

PSHE leads' bulletin

Issue 5: July 2020

A Message from GHLL

Well, I can't quite believe we are coming to the end of the 15th week of working in very different ways.

I'm sure we've all met our own personal and professional challenges along the way, and are finding new ways to build our resilience and improve on our physical and mental wellbeing.

Restrictions are gradually easing and people are once again adapting to a new 'normal'.

We are now focusing on supporting schools and Further Education colleges with the [Recovery Curriculum](#).

Just to make you aware the guidance for Keeping Children Safe in Education has been updated for 2020.

Guidance will come into force on 1 September 2020 and at that point KCSIE 2019 will be withdrawn.

[GSCE](#) are in the process of preparing a briefing for schools that can be delivered as a webinar.

As always the GHLL team are here to support you. Please do not hesitate to contact us.
ghll@gloucestershire.gov.uk

Deadline for University of Oxford Lockdown OPS and Y6 Transition Survey



If you have signed up to complete the School Lockdown or Y6 Transition Survey, please note that the deadline for completion was end June.

This has been extended.

Surveys must be completed by 10th July at the absolute latest. However any queries please do contact paule@fabresearch.com

Active Gloucestershire

Join us for the Gloucestershire virtual school games!



- **Warm up** with Tweedy
- **Meet** local sports legends
- **Represent** your school - at home or at school

There has never been a more important time for young people to be active.

We would like every young person in the county to be given the opportunity to represent their school as part of Gloucestershire's biggest ever virtual physical activity festival.

It is **free**, it is **fun** and it is **easy** to take part and it is for **everyone**.

Click [here](#) for all the details.

Sharing good practice and looking to the future.



This booklet includes examples of good practice that schools have shared with us about how they have adapted and responded to the challenges of lockdown.

We also considered how learning from this period can help inform schools planning going forward.

[Sharing good practice and looking to the future.](#)

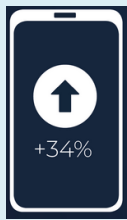


smoking relationships body image family issues bullying self harm mental health bullying smoking relationships self harm mental health NHS Gloucestershire Care Services NHS Trust

If you're aged between 11-19 and want confidential, friendly, helpful advice, text a school nurse on **07507 333 351**

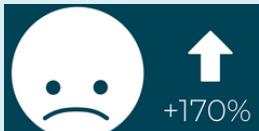
ChatHealth

How has COVID-19 affected The Mental Health of Children And Young People in the United Kingdom?



Increased Demand for Mental Health Services.

Children are Feeling the Impact as Family Bonds are being Tested.



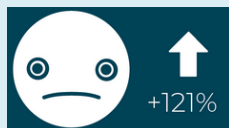
Quarantine Sees Sharp Rise in Sadness and Depression.

Children Bear Brunt of Increasing Violence at Home Under Lockdown.



Lockdown Produces Increasing Levels of Loneliness.

Children are Struggling to Sleep Properly in Lockdown.



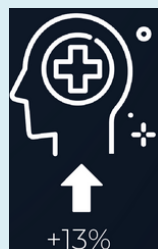
Suicidal Thoughts are Increasing by a Worrying Amount.

Lockdown brings a Rise in Children's Eating Difficulties.



Health Anxiety Escalates amid Coronavirus Outbreak.

Psychotic Symptoms are Showing an Increase.



[Click here to read the full data release](#)

TIC+ chat

Tic+ is a Gloucestershire Service for Children and Young People.

We are really pleased to announce the launch of tic+ chat.

tic+chat
anonymous

Need someone to talk to?
You're not alone. We're here for you.

tic+chat is an anonymous, 1-2-1 support service for young people aged 9-21 living in Gloucestershire. Speak to our friendly team about anything that's troubling you.

No problem is too big or too small.

Drop-in service.
Open hours:
Sunday-Thursday
5pm-9pm
Find out more at
www.ticplus.org.uk

We care. We won't judge.

call **0300 303 8080**
chat with one of our team members over the phone*

live message
chat online via ticplus.org.uk

Charity No. 1045429
Company No. 2954230

tic+

*standard provider rates apply

PARENT SUPPORT & ADVICE LINE

Are you worried about your child's mental health, emotional wellbeing or behaviour?

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

FREE - CONFIDENTIAL - ANONYMOUS

TIC+ cares – we're here to help!

If your child is 0-25 years old and lives in Gloucestershire, drop-in to our free, anonymous, confidential helpline during open times and talk to one of our trained parent support advisors.

YOU ARE NOT ALONE

PARENT SUPPORT LINE
0800 6525675

PARENT SUPPORT WEB CHAT
www.ticplus.org.uk/parents-carers

OPEN TIMES:
Monday & Wednesday: 5pm – 9pm
Tuesday & Saturday: 9.30am – 1pm

Open times may be subject to change - check our website for up to date information
www.ticplus.org.uk

tic+
TIC+ is a mental health charity founded in 1993. Our mission is to improve, preserve and promote, good mental health and wellbeing among children, young people and families.
Charity number 1045429

School Beat

School Beat are planning to have their officers back in Schools in the Autumn Term. Please do get in touch to discuss your needs and to arrange dates for delivery.

Schools.Unit@gloucestershire.pnn.police.uk



Daily actions to help you [be more resilient](#) in challenging times.



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. We all struggle at times



ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Access to SEAL resources



All Gloucestershire schools and LA staff can now have full access to the SEAL Community website, download member resources, receive the regular newsletter, join SEAL interest groups and post on the forums. To Register follow the instructions below:

- Go to www.sealcommunity.org and click 'REGISTER'
- When you get to the box that asks for your organisation, put **Gloucestershire Local Authority**
- You will be asked whether your organisation is already a member of the SEAL Community. CHECK YES TO THIS
- When these details are submitted, you will receive an email with your unique password
- Go back to the site and login with your username and password from the email (instructions for changing your password are provided).

Managing Transitions



Transitioning to a new phase of school can be a difficult time under normal circumstances, but in this pandemic, the change may bring up more complex emotions than usual. It's not too late to sign up to the [Moves Transition Survey](#).

In their [latest toolkit](#), our Mentally Healthy Schools team have pulled together lots of fantastic resources for teachers, parents and carers, to help prepare children for the change and help them manage and understand their emotions at this time.

Black Lives Matter



Resources, Activities, and Tips for Families to empower children to work towards racial equality.

[Parent's Guide to Black Lives Matter Racism and Mental Health](#)