**Healthy Schools Bulletin 19th May 2020**

**Manchester Mind Children and Young People Service**

Manchester Mind Children and Young People’s Service offer a range of services for young people,**including counselling and advice,** all of which they have adapted to ensure we they can continue to offer this vital support. They are also pleased to launch a telephone **listening service** to help young people in Manchester who are struggling. More information on these services and details on how to access them can be found here: [www.manchestermind.org/cyp-update](http://www.manchestermind.org/cyp-update)

**Greater Manchester Suicide Prevention Service**

Please find attached a poster about Greater Manchester Suicide Prevention Service. This vital service can help you to:

                     Identify resources and support in your local area

•                    Clarify the things you may need to do and who to contact

•                    Access on-going support services and groups

•                    Find out about resources available nationally

**Healthy Lifestyles**

Food A Fact of Life, the British Nutrition Foundation’s education programme for schools has launched a new remote learning hub - the Food a Fact of Life Classroom, comprising a range of free cross-curricular resources and activities for primary and secondary pupils studying at home. There are new sets of resources being launched every week. You can access these resources via this link:  <https://www.foodafactoflife.org.uk/remote-learning/>. Also, on **Tapestry**, is this week’s challenge from Big Active Manchester, this week is Time Warp Week!

**10 tips to help you if you are worried about coronavirus**

The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It's important to remember it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. There are some simple things you can do to help you take care of your mental health and wellbeing during times of uncertainty. Doing so will help you think clearly, and make sure you are able to look after yourself and those you care about. [Click here](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips) to view 10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak. For specific tips and advice while staying at home, read this advice on [maintaining your mental wellbeing while staying at home](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/).

**Greater Manchester Health and Social Care Partnership Resources**

The partnership has a wealth of resources on their website linked to mental health including useful documents, films and links for our mental health programme. To access the resources please click here: <https://hub.gmhsc.org.uk/mental-health/resources/>

**Alcohol – tips, advice and support for current times**

Drinkaware have put together some advice, information and support that you can share with your school community. Advice includes:

         What to do if you’re worried isolation is making a friend or loved one drink more

         Ways to relax without drinking

         Alcohol and sleep

         Coronavirus, alcohol and anxiety

         Isolation: how to cut down on alcohol at home

         Coronavirus, alcohol and mental health

         Alcohol support services

         The impact of drinking in front of children

[Click here to access the resource hub.](https://www.drinkaware.co.uk/)

You will also find free, shareable assets for you to raise awareness about the link between alcohol, mental health and isolation, including this video with top tips from Dr Sarah Jarvis, Fellow of the Royal College of General Practitioners:

<https://www.youtube.com/watch?v=uwW_nvJ7PnU>

**Unintentional Injury Prevention (UIP)**

**The UIP Lead would like to highlight that doctors are seeing an influx of children with burns linked to steam inhalation as parents incorrectly believe it helps cure Covid-19.**

**The Child Accident Prevention Trust** are raising awareness of this danger, alongside other burns risks during lockdown including hot drinks, bath water scalds and burns from cooking. They have put together lots of family-friendly content on preventing burns during lockdown, including articles, social media posts, a fact sheet, first aid advice, an activity sheet and an illustration. These are all free for you to use.

**Online Safety at home**

Every two weeks the NCA-CEOP Thinkuknow Education Team is releasing online safety learning packs for all key stages. The activity packs are filled with simple and interactive 15 minute activities that encourage and stimulate conversation around issues of online safety.  Parents and carers can do these activities with their child to support their online safety at home. Guidance sheets are also available to provide further support for parent and carers. Access your fifth #OnlineSafetyAtHome pack with new activities for parents and carers to use at home: <https://www.thinkuknow.co.uk/>

In addition, further information regarding new apps, games and online learning systems can be accessed via the following link: <https://nationalonlinesafety.com/guides>. The National Online Safety provides all the information that we need to know about new and existing social media apps, gaming apps, games and gaming devices along with online learning platforms.

**Mental Health Awareness Week: 18th- 24th May 2020**

**Theme: Kindness**

**Resources**

Taking into consideration this year’s theme our wellbeing packs for primary, secondary, staff and parents have a series of feel good activities and challenges that aim to help promote self-esteem, self-awareness, resilience and knowledge of wellbeing strategies. In addition, there is a ‘Self-care Guide’ for secondary pupils that advise on a series of strategies to help pupils to look after their mental health and wellbeing. These resources also provide details of helpline services: Chat Health, Kooth, 42nd Street and YoungMinds. These resources are available to download via the following link: <https://we.tl/t-NDU1ull9mD>.

Further information and resources from the Mental Health Foundation on how you can get involved with Mental Health Awareness Week can be found via the following link: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>.

 **Thank a Teacher Day**

In Manchester schools, staff have gone to great lengths to quickly respond to the closures of schools and help our region to tackle the coronavirus. From embracing remote learning opportunities, providing emergency childcare, to being there to support vulnerable children and their families - we have heard and seen some great and heroic things from our schools. School staff have been delivering food parcels to families, providing free meals to vulnerable children, providing online lessons, sending out home packs and making themselves available to offer and provide support for any pupils that need it. These are just some of the amazing things that schools are continuing to do week in week out! Therefore this THANK A TEACHER DAY!, the Manchester Healthy Schools team would like to take this opportunity to recognise the work of our teaching staff in saying thank you for the difference that they have made not only in these unprecedented times but every day of the year!

If you would like to show your appreciation and join together to say a HUGE thank you to the amazing teachers and support staff that you work with, you can share your message or thanks with the Teaching Awards Trust. They are aiming to share your messages with the whole country. If you are interested in getting involved click on the link here: <https://thankateacher.co.uk/thank-a-teacher-day/?utm_medium=email&utm_source=govdelivery>