

# PSHE lead's bulletin

Issue 6: 25 June 2020

## Hi everyone,

This issue of the PSHE lead's bulletin has updates on some national PSHE resources for mental and physical health education, including oral health and, topically, hand and respiratory hygiene! You've probably researched resources to talk about Black Lives Matter with children at school, and we've included a few extra ideas to support this work on page 2.

We have also produced a resource for years 2-5 on 'changes' home learning, as discussed during the primary network webinar (see page 2 below).

Here to support you,  
Public Health & Wellbeing Schools' Virtual Team:  
Sarah Godsell, Nikki Giles, Helen Cleugh, Emma Hoggett

## Secondary PSHE lead's network webinar

Secondary colleagues – the next network is planned for 2 July starting at 9.30 for about an hour. I'll be joining at about 9.15 if anyone fancies a chat beforehand! You should have received an invitation to join via MS Teams (don't worry if you haven't got MS Teams, you can still join!). Let me know if you didn't receive it.

### \*\*\*PSHE newsletter user feedback\*\*\*

*"Just wanted to say thanks for the helpful resources on here. I've just referred back to one of the websites for a family and it really helped and I hope it will also help them with a really difficult situation they are facing."* Primary head

*"I am loving the PSHE newsletter by the way. I think it is another brilliant issue – loads of great links and resources, really keeps the momentum going."* Secondary PSHE lead.

If you have some user feedback to share please email us, we'd love to hear from you!

## NEW Bristol RSHE Hub - <https://bptsa.org/rshe-hub/>

Support for schools with the implementation of new guidelines for Relationships, Sex and Health Education

A comprehensive programme of support and development for PSHE and RSHE leads in all schools.

The hub aims to showcase new materials which have been written by the DfE and support schools to understand how they can link in with existing resources, such as [Jigsaw](#) or with a school's own resources in order to deliver high quality provision for children and young people.

Register your interest in this free training and support.

## Oral Hygiene resources

e-bug Prevention of infection: oral hygiene. Key Stage 1 & Key Stage 2 [https://e-bug.eu/junior\\_pack.aspx?cc=eng&ss=2&t=Oral%20hygiene](https://e-bug.eu/junior_pack.aspx?cc=eng&ss=2&t=Oral%20hygiene)

Change4Life dental lesson plans for schools for lower and upper primary school pupils. (The teaching resources are all free to download from the School Zone)  
<https://campaignresources.phe.gov.uk/schools/resources/keeping-our-teeth-healthy-lesson-plans>

NHS doctor, TV presenter, author and celebrity contestant on "Strictly Come Dancing", Dr Ranj is the star of three new mini-videos made by the British Society of Paediatric Dentistry. The videos combine live action with computer animation and are aimed at parents of children aged 0-3, 3-6 and 7+ to reinforce key tips in preventing dental decay:

- Brush for two minutes at least twice a day, including last thing before bed
- Use a fluoride toothpaste
- Spit, don't rinse after brushing your teeth

0-3 years: <https://youtu.be/owbp5F0K45c>

3-6 years: <https://youtu.be/IQE4xxk1r5g>

7+ years: <https://youtu.be/GHS27DHylI0>

## e-Bug hand and respiratory hygiene – fun and active (and free) lessons for all ages

We've created a [COVID-19 page](#), which collates our:

- age appropriate **lesson plans/activities** to teach about hand and respiratory hygiene
- 'Hand hygiene' and 'Cover coughs and sneezes' **posters** to display in school bathrooms, handwashing stations, classrooms and shared spaces
- Free **e-learning** for educators and members of the community who teach children and young people
- Antibiotic Guardian Youth Badge to support **home-schooling**

We are currently finalising "My Back to School Bubble", a **storybook** to help school children understand new COVID-19 protective measures and tackle anxiety about returning to school.

## Mental Health – STEM 4; supporting teenage mental health:

Oodles of resources on this website...

<https://stem4.org.uk/resources/>

## Alcohol Education Trust – [June newsletter](#)

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## Black Lives Matter:

“Your Kids Aren't Too Young to Talk about Race: [Resource Roundup](#)” includes the following.....

**Short podcast** put together by NPR and the Sesame Street Workshop to be a great one for a primer and understanding on how to talk to young children about race:

[Talking Race with Young Children](#) (Podcast Episode)

**Great Educational Podcast for Adults on the History of Race in America** [Seeing White Series on Scene On Radio](#)

**For Teachers & Educators:** [Teaching Tolerance: Race & Ethnicity](#)

**Books for Adults:** [So You Want to Talk About Race by Ijeoma Oluo](#)

### Books for Children:

[The Ultimate 2018 List of Diverse Books For Children](#)

[No White Saviors: Kids Books About Black Women in US History](#)

[Children's Books By Brilliant Black Women: #OwnVoices Authors & Illustrators](#)

A few more:

[Whose Toes Are Those? by Jabari Asim](#)

[Let's Talk About Race by Julius Lester](#)

[Lovely by Jess Hong](#)

[Sugarplum Ballerinas by Whoopi Goldberg](#)

If you want to show your children some examples of black history these are a few video links that show inspirational moments where people were brave, they stood up and made change happen.

<https://youtu.be/SQezQJKd3oM> - Oti Mabuse goes through her Top Five Horrible Histories moments for Black History Month.

[https://youtu.be/9iQVMWGE3\\_s](https://youtu.be/9iQVMWGE3_s) The Rosa Parks story

<https://youtu.be/PVI-JNa9Cu8> Harriet Tubman tells the story of her life. She shows us how she escaped slavery and then went back to help others escape too

**And finally – You may be interested in this... ‘Negative self-talk seminar’** How to recognise different types of negative and unhelpful self-talk, why we experience it and why some of us may be struggling with it more during lockdown. Presented by Confidence & Co, an organisation dedicated to providing clear, accessible and evidence based self-help via online programmes and seminars:

### Take aways:

- How to identify your negative self-talk in all its forms.
- How your brain works and why it creates these thoughts.
- Why you may experience more negative self-talk during stressful times, specifically during the Covid-19 pandemic.
- How to prevent falling into an anxiety loop.
- How you can control and reduce your negative self-talk using a range of different tools and techniques.

<b>Length:</b> 30 minutes + Q&A	<b>Platform:</b> Zoom
<b>Contact:</b> <a href="mailto:kate_shlugman@hotmail.com">kate_shlugman@hotmail.com</a>	<b>Cost:</b> negotiable (on numbers etc.)

## Resources for primary home learning in term 6 – changes including puberty

During the primary PSHE lead's network webinar we promised to put together something that could be sent home during term 6 specifically for years 2 – 5 on the theme of changes, usually covered in sex education and science at this time of year.

We know that some things are just too difficult to expect families to talk about, and yet we also know this learning, about themselves as they change and grow, is so important.

So...Nikki has created two home learning resources to try and cover the bare minimum, yet essential learning: Changes-home learning Key Stage 1 & Changes-home learning Key stage 2 – available in the '[download](#)' [section here](#)

We also have the Year 6 pack created before we knew year 6 would be back in school! – [Available here](#)

RSE day 25 June - [resources](#) – including ideas for parents [here](#).

### Communicating this with parents

You will need to let parents know about the puberty content of the KS2 PowerPoint, and the fact that they'll really have to engage with their child with this learning. We've added a couple of websites in the notes section on slides 3 & 4, you may also want to suggest they access these to prepare themselves. As an afterthought, the KS2 resource may also be useful in households where there may also be year 6, 7 or 8 children, and this being an opportunity to do some collective learning as the older sibling may not have received all the learning they've needed so far, so joining in could be really useful.