



**Welcome to our end of term bumper edition with lots of fun and healthy recipes, activities, entertainment and ways to look after your mental and emotional health and wellbeing!**

**Please put on to your school website so parents are able to access this over the summer holidays.**

The Healthy Lives Team supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

[www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

**Here's a selection of answers and guidance to frequently asked questions about COVID-19...**



### Celebrating Tower Hamlets schools film!

The Healthy Lives team have put together a film to promote the best things about going back to school. Lots of schools sent in videos of how well they have been doing, interviewing pupils and teachers to find out how excited they have been about finally being back in school! **Please use this film to promote going back to school in September.**

[Play film >](#)



### Is it safe to order takeaways?

It is very unlikely that you can catch coronavirus from food because cooking thoroughly will kill the virus. COVID-19 is a respiratory illness and it is not known to be transmitted by exposure to food or food packaging.

It is especially important to wash hands before handling food or eating. Everyone should wash their hands regularly with soap and water, for at least 20 seconds, to reduce the risk of illness.

[Find out more >](#)

[Wash your hands >](#)



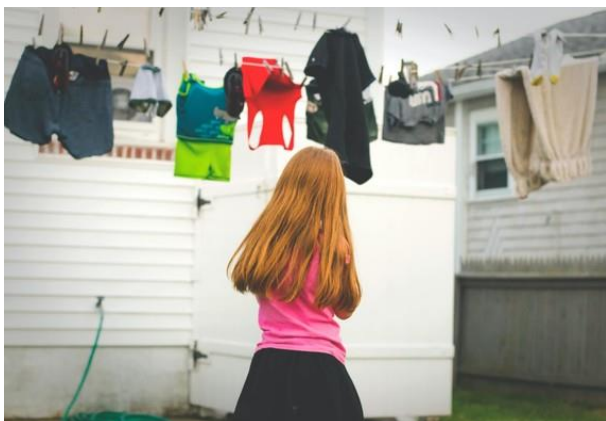
## Can my child get COVID-19 by touching or using another child's pencil, cutlery, cup, toy or other item?

Cleaning and hygiene are effective measures in controlling the spread of the virus. Schools have incorporated regular hand washing into the timetable and have been advised to clean surfaces that children and staff are touching, such as toys, books, desks, chairs, doors, sinks, toilets, light switches and bannisters, more regularly than normal.

Practices are also in place to reduce the number of people mixing; such as bubbles of children; staggered school times and designated outdoor spaces; and this aims to limit the exposure for each child. Schools are also reducing the use of shared resources by:

- limiting the amount of shared resources that are taken home and limiting the exchange of take-home resources between children, young people and staff
- seeking to prevent the sharing of stationery and other equipment where possible
- shared materials and surfaces should be cleaned and disinfected more frequently

[More information >](#)



## When my child returns from school, should I wash their clothes and shoes everyday?

The government advice is that there is no need for stringent cleaning of people or clothes following a day in an educational or childcare setting. This is only required by medical and care professionals providing intimate care to people with COVID- 19. It's important to ensure that all adults and children:

- frequently wash their hands with soap and water for 20 seconds and dry thoroughly
- clean their hands on arrival at the setting, before and after eating, and after sneezing or coughing
- are encouraged not to touch their mouth, eyes and nose
- use a tissue or elbow to cough or sneeze and use bins for tissue waste ('catch it, bin it, kill it')

[Further information >](#)



### **Do we need to wipe down items coming into the house, such as groceries, with alcohol wipes as soon as we bring them home from the supermarket?**

There is no need to sanitise the outer packaging of food. You should still follow good hygiene practice by washing your hands after handling any outer packaging. It is very unlikely that you can catch coronavirus from food.

You should follow good hygiene and preparation practices when handling and eating raw fruit, leafy salads and vegetables. This includes washing fresh produce to help to remove any contamination on the surface.

Peeling the outer layers or skins of certain fruits and vegetables can also help to remove surface contamination. It is advised not to wash raw chicken or other meat as this can lead to cross-contamination in your kitchen. It is important to [wash your hands](#) with soap and water, for at least 20 seconds before and after you prepare food.

[Find out more >](#)



### **What should teachers do if there is a first aid incident unrelated to COVID-19?**

Teachers are expected to respond to incidents as expected prior to COVID-19 and the child's safety is priority. Protective clothing of any sort over and above what would normally be used (e.g. disposable gloves when dealing with a bleeding cut) with individuals who are not showing any symptoms is not recommended. Good hand washing and regular cleaning of surfaces is the best approach to take.



### **If we are doing social distancing visits and are sitting on a piece of garden furniture or chair, do we need to wipe the chair down with alcohol wipes before and after use?**

The most effective way to prevent the spread of COVID-19 is to follow social distancing and personal hygiene guidelines. Washing your hands regularly, especially after being in a public space, as well as avoiding touching your face, will help limit the transmission of the virus.

When meeting others, the priority should be following these personal hygiene and social distancing guidelines, though you may want to clean any furniture before and after using normal household disinfectants and cleaners. Frequently touched areas such as door handles and bathrooms should be regularly cleaned with normal household disinfectants, as set out in the government's guidance.

[Government guidance >](#)





**Is there any extra food preparation guidance or extra hygiene practices we need to adopt when preparing food for other people? Can we share food made by us with other people?**

There is no evidence that food or packaging is a major route of transmission for COVID-19, especially if food is cooked properly. Good hygiene practice is the best protective measure and so anyone preparing food should wash their hands more often with soap for at least 20 seconds.

This should be done before and after handling food and directly after being in a public place or coughing or sneezing. Where personal hygiene or social distancing guidance can't be followed, the sharing of food with those from other households should be avoided.



**When we are receiving post or parcels, do we need to wipe these down or leave them for 72 hours before opening? Can we open post straight away?**

There are no extra precautions needed beyond the standard social distancing and personal hygiene guidelines when receiving post and parcels. You should make sure that you maintain a two metre distance from your delivery person and you may want to wash your hands after handling the package or post.

While COVID-19 can survive on surfaces, there is no evidence that packages and post are a major route of transmission and effective handwashing and social distancing will reduce any risks.



## What is the guidance on the use of paddling pools and sharing with other children?

To limit the spread of COVID-19, it is important to follow the social distancing guidance. This allows for families from different households to meet but it is important that you should socially distance from anyone not in your household or bubble. The sharing of items and objects, including paddling pools, is not recommended as this may make following this guidance impossible.

[Social distancing guidance >](#)



## When we bring them home, do we need to wash fresh fruit and vegetables which are not in packaging for longer, or do we wash them as normal?

While there is no evidence that fruit and vegetables are a major route of transmission of COVID-19, all fruit and vegetables should be washed before eating, as recommended by the NHS.

This can help get rid of a range of bacteria (including E. coli) as well as soil. The most effective way to prevent the spread of COVID-19 when cooking is to ensure you follow personal hygiene guidelines, washing your hands thoroughly before and after.

[How to wash fruit and veg >](#)



## Is there anything we can do to boost our immune systems, as we know getting more sleep helps to avoid catching flu?

Eating well, keeping physically fit, getting a healthy amount of sleep and reducing harmful substances like alcohol and smoking are essential to staying healthy. The NHS provides a number of helpful resources to support achieving this, including the Live Well portal for adults and older children, and the Change 4 Life website for families and children.

[Live Well portal >](#)[Change4Life >](#)

## Here's a selection of fun activities for you and your family...



### Summer Events 2020

Summer is here and there are even more activities to keep kids and teens busy and most of the events are absolutely FREE. So whether it's an online photography workshop or music production lessons, there's something for everyone.

[Find out more >](#)





## Letter to parents and carers on returning to school in September

The Corporate Director of Children and Culture and Director of Public Health have written a joint letter to parents and carers in Tower Hamlets about the return to school in September.

[Get it here >](#)



## Tell us about the impact of Covid-19 on your family

University College London want to learn more about the impact of Covid-19 on families with young children in Tower Hamlets. So if you live in Tower Hamlets and are pregnant or have a child who is under-five (up to 59 months old) they would like to hear from you. Participants will be rewarded with a £10 shopping voucher.

Survey results will support the council to shape its future service for families and young children, so please make yourself heard.

[Family survey >](#)



## Nikki Lilly meets Joe Wicks

At the age of six, presenter Nikki Lilly was diagnosed with an arteriovenous malformation; a life-threatening medical condition which began to affect her appearance and caused severe health issues.

Seven years after starting a YouTube channel to boost her self-confidence she now has more than one million viewers regularly tuning in to watch her give make-up lessons, talk about cyber bullying and share her 'average teenager' life.

In her latest TV series for CBBC Nikki interviews PE teacher and trending star of YouTube Joe Wicks.

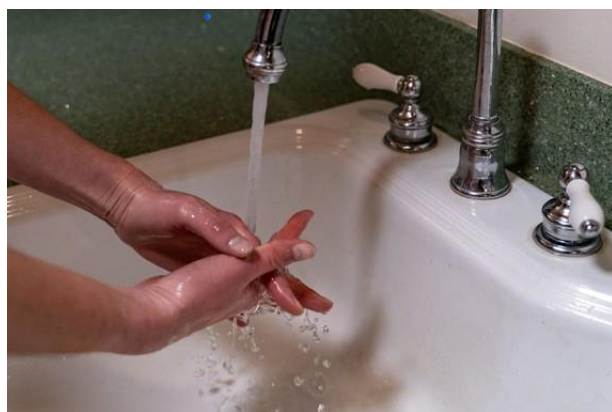
[Nikki Lilly meets >](#)



## Kindness is what makes us

'Kindness is What Makes Us' is a poem recited in this short film by a host of Team GB athletes, who between them have 12 Olympic medals. The poem highlights the importance of kindness to ourselves and to others to support our mental health.

[Find kindness here >](#)



## How to wash your hands NHS song

This cute hand washing video from the NHS offers a child friendly approach to personal hygiene.

[Wash your hands >](#)



## **(STAFF) - MIND mental health awareness training for physical activity leads**

MIND mental health awareness training for physical activity and sport is free until 31 August. The training looks at building people's resilience, self-esteem and confidence, adapting sessions to make them more inclusive, enabling and supporting mental health recovery, and tackling stigma and discrimination.

[Free training >](#)



## **(FAMILY) - Quick and easy snack ideas with Change4Life**

Spending more time at home can provide more opportunities to eat a greater number of unhealthy snacks. Change4Life have lots of great ideas for DIY snacks, which are often healthier and cheaper alternatives to the packaged ones. They can also be a fun activity to make together.

[Healthy snack ideas >](#)



## (FAMILY) - Free guided meditations for life

Wellmind Health are offering their Meditainment course of 20 guided meditations for free, helping you to feel less stressed, sleep better and feel calmer. Register before September 2020 for free lifetime access.

Unique, highly accessible and engaging, the guided meditation journeys promote better health and wellbeing in an exciting and interesting way. It's meditation that takes you places!

[Register here >](#)



## (FAMILY) - Discover a World of Music

The Royal Albert Hall is still closed but they are doing everything they can to share their venue and their wonderful music with the world. Their Education and Outreach team have curated a range of activities everyone in the family can enjoy.

You can meet the orchestra; join storytime and dance and sing-a-long; download colouring sheets; build your own puppet theatre and discover music and maths.

[Discover music >](#)



## (ADULTS) - Digital mental wellbeing support for Londoners

Good Thinking provides digital mental wellbeing support for London. This includes free NHS-approved apps to help you deal with stress, anxiety, low mood and poor sleep. They are regularly adding new resources so keep checking back to see what's new.

[Find out more >](#)





### **(FAMILY) - Match of the Day Kickabout**

Head over to CBBC for this football fitness and skills series, which can be carried out either at home or out in the garden. The football home circuit is aimed at helping you to keep your fitness up, skills sharp and body active.

[Get active >](#)



### **(FAMILY) - How to make a suncatcher**

Newsround has teamed up with sisters and Youtubers, Ruby and Raylee, to teach us how to make colourful stained glass suncatchers! Simple to make and beautiful, they are a great way to brighten your home.

[Make a suncatcher >](#)



### **(ADULTS) - Every Mind Matters**

Developed by Public Health England and the NHS, Every Mind Matters offers clear expert advice, practical tips and actions to take care of your mental health and wellbeing.

Advice includes how to fall asleep faster and sleep better, tips to tackle working from home, what to do if you're feeling lonely and much more.

[Every Mind Matters >](#)



### **(FAMILY) - Storytime videos with Star Wars**

Three Star Wars characters are here to read you short books from a galaxy far, far away!

Three Star Wars books will be read by Daisy Ridley who plays 'Rey', Chewbacca himself, Joonas Suotamo and Anthony Daniels, the actor behind C-3PO since 1977.

[Anthony Daniels >](#)

[Daisy Ridley >](#)

[Joonas Suotamo >](#)



### **(FAMILY) - Back to nature activity cards**

The Royal Horticultural Society has collaborated with HRH The Duchess of Cambridge to create a set of activity cards aimed at inspiring children to engage with nature and to get them into gardening. This includes tin can herbs, a fairy garden, welly and toy planters and a bug hotel!

[Back to nature >](#)



### (ADULTS) - Free OpenLearn courses from the Open University

The Open University has nearly 1000 free courses across 8 different subject areas, which are available to start straight away.

Subjects include, health, sports & psychology; education and development; history and the arts; languages; nature and environment and science, maths and technology.

[Start learning here >](#)



### (FAMILY) - Quick and easy family meals

Are you stuck for ideas of what to cook for dinner each evening? Change4Life have compiled 30 flexible dinner ideas with step-by-step instructions. With healthier versions of fish and chips, curry and foods such as chilli and jacket potato, there is plenty of inspiration to suit your budget and schedule.

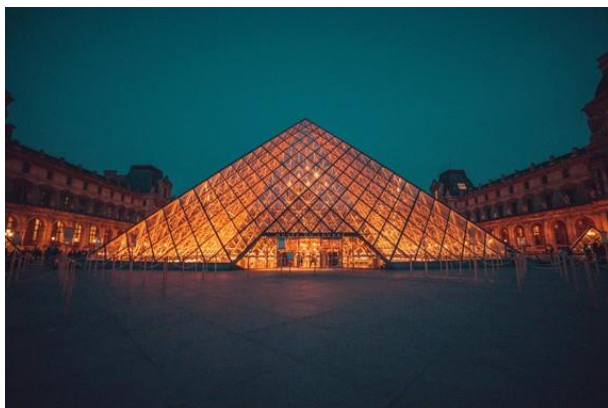
[Healthy recipes >](#)



### (ADULTS & FAMILY) - Enjoy free theatre with the National Theatre live

Every Thursday, enjoy a new full-length play for free from the National Theatre. Be sure to check each week what the production is as sometimes it might even be appropriate for the whole family!

[National Theatre live >](#)



### (FAMILY) - Visit the Louvre in Paris

Visit the museum's exhibition rooms and galleries and contemplate the façades of the Louvre. Take a virtual tour and enjoy the view, there are lots of works of art to choose from!

[Take a virtual tour >](#)

### And remember...



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.