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| Healthy Lives - Banner 1 May 2020 - FINAL**Here's a selection of fun activities and helpful information for you and your school...****IMPORTANT UPDATE****Welcome to the new SCHOOL STAFF newsletter from The Healthy Lives Team!****Each Wednesday we will be sharing school relevant information, lesson plans and resources which can be used to support the teaching of health and wellbeing. This will go out to school contacts only.****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 now have a** [**Healthy Lives Team webpage**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MDcuMjY2ODY2MzEiLCJ1cmwiOiJodHRwczovL3d3dy50b3dlcmhhbWxldHMuZ292LnVrL2xnbmwvZWR1Y2F0aW9uX2FuZF9sZWFybmluZy9UaGVfSGVhbHRoeV9MaXZlc19UZWFtL1RoZV9IZWFsdGh5X0xpdmVzX1RlYW0uYXNweCJ9.dcY74tjMgjcDOD2ljAVxMqACjcgLvgMiGh4veU8pjj0%2Fs%2F1163651019%2Fbr%2F83291966240-l&data=02%7C01%7Celeanor.odonohoe%40towerhamlets.gov.uk%7Cd8098c685c19494c3be408d852fbd75b%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637350588881184058&sdata=iw9rOJr%2Fd8KeMtetqJ%2F2WzsGhFdktsyHmabcVX4eVZ8%3D&reserved=0) **where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.****If you would like further support or details, please contact Kate Smith, Head of Healthy Lives, at**kate.smith@towerhamlets.gov.uk**.**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 and 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:Bookmark and ShareIf 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](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwOi8vd3d3LnRvd2VyaGFtbGV0cy5nb3YudWsvc2lnbnVwIn0.Ex0N2KZ1TczAvSInf2C8Lnx0QJ20b_efzei7Ns5i_R4/s/1161606047/br/86515644964-l)Take care,The Healthy Lives team at London Borough of Tower Hamlets.YHMFA**Youth MHFA Aware course – New dates announced** The Training Hub (CEPN) have announced new dates for the online version of the Mental Health First Aid Youth aware course. This course is for non mental health specialists who work & care for children and young people. The introductory four hour session raises awareness of young people’s mental health. It covers:* Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
* Skills to work more effectively with young people living with mental health issues
* Ways to support young people with a mental health issue and relate to their experiences

Limited fully funded places are available for Tower Hamlets workforce. Bookings close 10 days before each course date as participants will need to be sent learning materials through the post. [**Register here >**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwOi8vd3d3LnRoY2Vwbi5jb20vbWhmYXlvdXRoYXdhcmUifQ.pNKt6j7XvYJZLv2oH4zCBMXS7RT2RbD5noFf7CPgLlM/s/1161606047/br/86515644964-l)Worry lesson**What to do about worry - Year 6 lesson plan pack**Public Health England have created resources to help students identify worry and actions they can take if they feel worried. The lesson has been designed alongside teachers and consists of a lesson plan, classroom tips, activities, a detailed PowerPoint and an embedded video. The Year 6 lessons can be adapted for other year groups. By the end of the lesson pupils will be able to:* Identify what worry might feel or look like
* Describe actions that a person can take if they are worried
* Decide which actions might be more or less effective in dealing with worry

[**Year 6 lesson pack >**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvc2Nob29scy9yZXNvdXJjZXMvd2hhdC10by1kby1hYm91dC13b3JyeS15ZWFyNi1sZXNzb24tcGxhbi1wYWNrIn0.Z3ZxC9ftDAF7QxPVrZbPXTaq6NqLZWN8Gj3reoJNSFA/s/1161606047/br/86515644964-l)Education for choice**Education for Choice free workshops for KS4 and KS5**The Education for Choice Team at Barts and the London Medical School, are offering a free workshop on the practical aspects of pregnancy decision-making, including contraception choice and abortion.  Workshops are 1 hour but can be adapted to 40 and 90 minutes. They are suitable for Key Stage 4 and Key Stage 5 and are facilitated by trained Barts medical students. The workshops are designed to be evidence-led, non-judgmental and inclusive for all students, providing practical information and reliable resources for pregnancy prevention and decision-making. To find out more, to view the lesson plan and PowerPoint or to book a session for your school, please email Varnika Kaushik at efcbarts@gmail.com, from the Education for Choice Team. Please note: The short video clip used during the session does have three brief uses of swear words, although they are used in context. FA**Football Association – Beyond the Physical** The Football Association has put together a series of webinars for teaching staff.  All the webinars are specifically designed for primary school teachers. They would be ideal for any trainee or current practicing teacher to aid their understanding of the importance of high quality physical education in primary schools and how it could be delivered.[**Watch here >**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaWdtYXJrZXIuY29tL3RoZS1mb290YmFsbC1hc3NvY2lhdGlvbi9CZXlvbmQtdGhlLVBoeXNpY2FsMy0yMDIwLTA0LTMwLTA0LTAwLXBtIn0.OD7zkF1FlIiu-c-Ge1AE634WbChau66jPbDzmrZlAyk/s/1161606047/br/86515644964-l)Place2Be**Wellbeing assembly ideas and activities from Place2Be**Place2Be have produced resources to support pupils returning to school. The assembly and class/group ideas are intended to be used as a starting point to promote emotional wellbeing, resilience and recovery. They have split these resources into four themes: self-efficacy, hope, gratitude and connectedness. Their website provides further advice and updates on how to access their support services.[**Access resources here >**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL3d3dy5wbGFjZTJiZS5vcmcudWsvbWVkaWEveWVzbHR3enQvcHJpbWFyeXNjaG9vbHJlc291cmNlcy5wZGYifQ.mvY7IsbSGQeH32j66nISOLGTZJh0dt3nAZ6NtF8g71c/s/1161606047/br/86515644964-l)**And remember...**Michael Jordan**“Always turn a negative situation into a positive situation.”**Michael Jordan

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| TH Healthy Schools logo |  |  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 school, work, or at home.Please feel free to share this email. |

**Useful links*** [**Latest government advice**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZ3d3cuZ292LnVrJTJGY29yb25hdmlydXMmZGF0YT0wMiU3QzAxJTdDRWxlYW5vci5PRG9ub2hvZSU0MHRvd2VyaGFtbGV0cy5nb3YudWslN0M2NjdmYWQzMTQwMzQ0MDRjNTJlZjA4ZDg1YjMxYjYxMiU3QzNjMGFlYzg3Zjk4MzQxOGZiM2RjZDM1ZGI4M2ZiNWQyJTdDMCU3QzAlN0M2MzczNTk2MTYzNDQ2NzY1NjMmc2RhdGE9VFh5ako2dWw5VVBFQk91c2NGTUtGUGxRVXBEWHVzQlUwajdwbEFqdjlQOCUzRCZyZXNlcnZlZD0wIn0.d52NgeJsNCNza3uP51983bcJiJ6Z5DOh47nyEc_fR8w/s/1161606047/br/86515644964-l)
* [**NHS coronavirus advice**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZ3d3cubmhzLnVrJTJGY29uZGl0aW9ucyUyRmNvcm9uYXZpcnVzLWNvdmlkLTE5JTJGJmRhdGE9MDIlN0MwMSU3Q0VsZWFub3IuT0Rvbm9ob2UlNDB0b3dlcmhhbWxldHMuZ292LnVrJTdDNjY3ZmFkMzE0MDM0NDA0YzUyZWYwOGQ4NWIzMWI2MTIlN0MzYzBhZWM4N2Y5ODM0MThmYjNkY2QzNWRiODNmYjVkMiU3QzAlN0MwJTdDNjM3MzU5NjE2MzQ0Njc2NTYzJnNkYXRhPXEzU1J1QTY1a0F3TlEzb3cweE9TRkFBd0VoWFcyRTU5aWxISFlqVjVkeGslM0QmcmVzZXJ2ZWQ9MCJ9.9lqZ9yo-78e81O6m9xTGfiY57AycaUTI0dajvTtoCiU/s/1161606047/br/86515644964-l)
* [**NHS 111 online coronavirus service**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkYxMTEubmhzLnVrJTJGY292aWQtMTklMkYmZGF0YT0wMiU3QzAxJTdDRWxlYW5vci5PRG9ub2hvZSU0MHRvd2VyaGFtbGV0cy5nb3YudWslN0M2NjdmYWQzMTQwMzQ0MDRjNTJlZjA4ZDg1YjMxYjYxMiU3QzNjMGFlYzg3Zjk4MzQxOGZiM2RjZDM1ZGI4M2ZiNWQyJTdDMCU3QzAlN0M2MzczNTk2MTYzNDQ2ODY1NTEmc2RhdGE9RE5RaTRvMTRqY0RjRWFXa3lxSFRZNGNvVUFVcVNnanQlMkZnWGFOOGlzVE9vJTNEJnJlc2VydmVkPTAifQ.7Dxecoxwd8035MgxLnUC2eRS7MT0CZDvtl_kIdbqLOs/s/1161606047/br/86515644964-l)
* [**Tower Hamlets coronavirus advice and support**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZ3d3cudG93ZXJoYW1sZXRzLmdvdi51ayUyRmxnbmwlMkZoZWFsdGhfX3NvY2lhbF9jYXJlJTJGaGVhbHRoX2FuZF9tZWRpY2FsX2FkdmljZSUyRkNvcm9uYXZpcnVzJTJGQ29yb25hdmlydXMuYXNweCZkYXRhPTAyJTdDMDElN0NFbGVhbm9yLk9Eb25vaG9lJTQwdG93ZXJoYW1sZXRzLmdvdi51ayU3QzY2N2ZhZDMxNDAzNDQwNGM1MmVmMDhkODViMzFiNjEyJTdDM2MwYWVjODdmOTgzNDE4ZmIzZGNkMzVkYjgzZmI1ZDIlN0MwJTdDMCU3QzYzNzM1OTYxNjM0NDY4NjU1MSZzZGF0YT1PUVY5ZFVyRUpTMHdRVXBEYnV1Zk9aREVsUE0xckxRS25IS3gxemd6Z3pRJTNEJnJlc2VydmVkPTAifQ.MYGK-N4jYXpbUuwcHgToxEhm9ILlNbYeTdWvTrUrivI/s/1161606047/br/86515644964-l)

**Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?**[**See the list and sign up!**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDEwMDcuMjgzMjMwMTEiLCJ1cmwiOiJodHRwczovL3B1YmxpYy5nb3ZkZWxpdmVyeS5jb20vYWNjb3VudHMvVUtUT1dFUkhBTUxFVFMvc3Vic2NyaWJlci90b3BpY3M_cXNwPUNPREVfUkVEIn0.QbnB95soSkbO22H9VBJLdjvRPW-s1EuOvddEhf0OWVQ/s/1161606047/br/86515644964-l) |

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