

## Manchester Healthy Schools Information



### Responding to COVID-19 - support for parents, carers and teachers

We have updated our toolkits for parent/carers as well our teacher toolkit to help support you during this time. The toolkits include things such as: mental health and wellbeing tips, resources for keeping physical active, home-learning tips, suggestions and resources. The resources are available to download from our website

[here](#).

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### Home-learning resource list



A list of free educational resources categorised by school subject has been compiled to share with parents and carers. The resources vary from learning packs, courses, downloadable printouts, activities, games and suggestions for a range of learning opportunities in the home environment. The list is available to download from our website [here](#).

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### Manchester City Council hub

A new coronavirus support centre and hotline has been set up by Manchester City Council for vulnerable people self-isolating without friends or family to help them, including if you are a carer, care leaver or young carer. The new hub will coordinate food parcels, medicine and fuel top-up payments for people with no support network, as well as those who have been told by the NHS they are high-risk.

The hotline number is 0800 234 6123 and it will be open Monday to Saturday, 8.30am to 5.30pm.

### Developing independence and responsibility - a new resource for parents/carers of children with SEND



Skills for Life have created this simple guide to teaching a few basic skills at home, it aims to promote and develop self-management in young people, particularly those with SEND but could be helpful for a range of parents/carers. The guide encourages parents/carers to think of ways to help their children become responsible and organised through tasks such as building a weekly routine, learning how to make a cup of tea and doing a load of washing. For feedback

and/or further questions email: [natalie.dodd@manchester.gov.uk](mailto:natalie.dodd@manchester.gov.uk).

### Online safety skills

On the 31st March 2020 an addition was made to the DFE guidance 'Closure of educational settings: information for parents and carers'. This addition, 'Where can I go to get support to help keep my child safe online?', provides signposting information to parents/carers on key organisations that can support them with issues regarding online safety. In response to this update, Healthy Schools have devised some resources to support parents/carers along with

safety skills sessions for both primary and secondary school pupils. The resources available are as follows:

- Online Parental Tool kit: this document outlines key online issues that are affecting children and young people today and signposts you to further guidance, support and initiatives to set up parental controls.
- Online Safety Skills (Primary): this resource has 20 skills sessions for pupils to complete. The sessions aim to develop the critical thinking skills required to help students to keep themselves safe online.
- Online Safety Skills (Secondary): this resource has 12 skills sessions for pupils to complete. The sessions aim to develop the critical thinking skills required to help students to keep themselves safe online.

Resources are available to download from the Healthy Schools Website [here](#). Alternatively, resources can be downloaded here: <https://we.tl/t-N6tZK0nNhw>.



### **Prevent accidents, protect your family, help the NHS.**

Our Unintentional Injury lead would like to highlight the following campaign from Rospa: In the wake of unprecedented times, Rospa has a simple message to share: 'Prevent accidents, protect your family, help the NHS.' As people are spending time at home more than ever before, Rospa have developed a new information hub. Here you will find advice, information and practical resources to help keep yourselves and your loved ones accident free, however young or old they are and whatever they're doing.

Young children: With schools closed, many families will have young children at home 24/7, getting bored and looking for things to do. For some of that time parents may also be working and find their attention being pulled in different directions while trying to maintain good supervision of the children. Rospa have a 'Keeping Kids Safe hub' which gives advice on a wide range of topics including falls, choking, burns and scalds and playtime (including garden safety).

Click on the link at: [www.rosipa.com/AccidentFree](http://www.rosipa.com/AccidentFree)

Safety for older people and working from home: In addition to safety with children around the home, Rospa also have links to safety advice for vulnerable and older people who are being asked to self-isolate. For those who have been asked to work from home the society have tips to do this safely.

The message is simple: #AccidentFreeAvoidAandE #StaySafeAtHome

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### **Living Life to the Full**

Living Life to the Full for Young people is aimed at people attending secondary school and those who support them (family, friends, teachers, youth workers etc.). Please share this resource with colleagues, friends and family.

Are you up for a challenge?

The website contains three courses including: understanding why you feel as you do, changing upsetting thinking, and doing things that make you feel better. The courses contain modules, books to read online, and interactive worksheets you can complete on your phone or computer.

The courses are usually subscription-only but has been made FREE for parents and secondary school aged young people until June 30<sup>th</sup>. Register and get 3 months access. SIGN UP FOR FREE HERE: <https://www.llttyp.com/>. Living life to the full [Young People and Corona Virus](#) hand out.

### **Useful links, resources and sources of support (please share)**

Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak including Coronavirus (COVID-19): an easy-read guide to looking after your feelings and your body:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876989/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf)

Advice and information on coronavirus from Childline for children and young people:

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus>

Breathing exercises, activities, games and videos to help let go of stress:

<https://www.childline.org.uk/toolbox/calm-zone>

Coronavirus, and helping children with autism – Episode 4 ‘Autism, a parents guide’ with Dr. Ann Ozsivadjian and Dr. Marianna Murin: [https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/#163961\\_20200402035654](https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/#163961_20200402035654)

Coronavirus (COVID-19): free school meals guidance:

<https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance#2020-03-30T23:15:03Z>

How to have difficult conversations with children: <https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children/>

Keeping children safe when schools are closed: <https://www.ncb.org.uk/news-opinion/news-highlights/keeping-children-safe-when-schools-are-closed>

Social distancing in education and childcare settings: [Guidance for education and childcare settings on how to implement social distancing.](#)

Supporting school and college staff through the coronavirus:

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/supporting-school-and-college-staff-through-the-coronavirus>

The British Psychological Society’s Division of Educational and Child Psychology (DECP) has published tips for schools, parents and carers dealing with the unprecedented school closures: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>