

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Winter Wellness

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Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing on the NHS & Public Health England Winter Campaign- 'Help us, Help You'. There are lots of resources and [posters](#) linked to this campaign available to download for free.

There is lots of information in this publication which would be really beneficial to share with your wider school community. **Please do share this bulletin** via your website, parent mail - or any other place you feel relevant.

Primary

Part of the NHS England winter campaign 'Help Us To Help You – before it gets worse', is encouraging people to phone the NHS 111 help line, instead of going to A&E. This ties in with the new compulsory health lessons, which will include all primary school pupils being taught basic first aid skills. The British Red Cross provide free resources for primary schools and these can be downloaded from the [British Red Cross](#) website.

This time of year can see colds, flu and unpleasant bugs such as the Norovirus spread quickly through a classroom. Good hand hygiene prevents the spread and keeps children and staff healthy. For a fun assembly use this [clip](#) on hand washing by Northamptonshire NHS.

There are some really colourful & fun handwashing [posters](#) featuring princesses and superhero's from the Centre for Disease Control and Prevention that can be used around your school.

Secondary

'Help us, Help You' is the Public Health campaign this December. Remind those vulnerable groups within your school to have their [flu vaccine](#). If you are unsure who these are you can find out more on the NHS website.

This time of year can see colds, flu and unpleasant bugs such as the Norovirus spread quickly through a classroom. Good hand hygiene prevents the spread and keeps children and staff healthy. For a quick demonstration, use this [clip](#) on hand washing by Northamptonshire NHS.

From 2020 all secondary schools must deliver first aid and CPR training to pupils. To support schools with this the British Heart Foundation are offering free [CPR training kits](#) for secondary schools. The British Red Cross also provide First Aid [lesson plans](#) and resources for free which have been quality assured by the PSHE Association.

This time of year can be overwhelming for many. Are your students aware that they can anonymously message a school nurse about any concern or worry that they may have? [CHAT](#) health is available Monday-Friday 9am-5pm and the service aims to reply within 24 hours.

Family wellbeing

'Help us, Help You' is the Public Health winter campaign message which encourages everyone to seek help early and consider visiting the community pharmacist before the GP. The NHS 111 helpline is also available 24/7 & can prevent a trip to A&E.

Help your family to stay well this winter. Have those members of your family who are eligible for the [flu vaccine](#) had theirs? It's still not too late.

Other tips that will help keep your family healthy are:

- Good hand hygiene.
- Eat a balanced diet. Change 4 Life have some great [recipe ideas](#) to help you try new things & pack in some extra fruit or veg.
- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Staff wellbeing

With so much to organise at this time of year, staff often forget to look after themselves. To give yourself the best chance of staying well this winter follow the guidance on good [hand hygiene](#) too.

This time of year can get stressful for some, so remember to help look after your own [mental health](#). The Mental Health Foundation has some great tips including information on mindfulness, sleep & exercise which can all be downloaded for free- share these with your colleagues or leave some copies in the staff room.

[Adult community learning](#) offer health & wellbeing classes such as managing anxiety, building self-confidence, mindfulness, relaxation & yoga and other activities to support you to stay well this winter.

More information on a whole school approach to staff wellbeing, resources and actions plans can be found on the [Mentally Healthy schools](#) website.

References

Public Health England (2019). Campaign resources, available at:

<https://campaignresources.phe.gov.uk/resources/campaigns/34-stay-well-this-winter---flu/resources>

British Red Cross (2019) Teaching resources, available at:

<https://www.redcross.org.uk/get-involved/teaching-resources/first-aid-and-the-bystander-effect-teaching-resources?q=&Category=primary>

NHS Northamptonshire (2012) video clip, available at: <https://youtu.be/TGddyTW5eMc>

Centres for Disease Control and Prevention (2018) posters, available at: <https://www.cdc.gov/handwashing/posters.html>

NHS (2019) Flu vaccine information, available at: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Essex Child & Family Wellbeing Service (2019) more information available at:

<https://www.essexfamilywellbeing.co.uk/chat-health/>

British Red Cross (2019) Teaching resources, available at:

<https://www.redcross.org.uk/get-involved/teaching-resources/first-aid-and-the-bystander-effect-teaching-resources?q=&Category=secondary>

British Red Cross (2019) CPR kit available at: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-schools/get-a-cpr-kit-for-your-school>

Change 4 Life (2019) Recipes available at: <https://www.nhs.uk/change4life/recipes>

NHS (2019) How to wash your hands available at:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Mental Health Foundation (2019) looking after your mental health:

<https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>

Adult Community Learning (2019) Health & Wellbeing classes, available at: <https://www.aclessex.com/health-and-wellbeing/>

Mentally Healthy Schools (2019) information available at: <https://www.mentallyhealthyschools.org.uk/>



To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk