

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

Subject: World Friendship Day
Date: July 2019
Issue: No. 7

The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, 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 education, advice and information to other 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 our campaign on friendships in response to **World Friendship Day on Tuesday July 30th**. To find out more please visit the [United Nations web site](#). 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.

We would also like to wish all children, families and staff an enjoyable summer.

Your pupils' wellbeing – Primary

Do you teach year 6 pupils? There is the opportunity for a member of staff from the [Essex Child and Wellbeing Service](#) to facilitate a 90 minute [making sense of relationships](#) lesson to your pupils in the summer term. The lesson has been written by the NSPCC in partnership with the PSHE Association and includes our addition of 'an introduction to our School Nurse service'. Please contact your [School Nurse](#) for further information.

[Childline](#) have some great advice and resources for children on friends, it includes advice on how to help a friend and top tips on making friends. There is also an online [friendship quiz](#) that pupils can complete.

[Young Carers](#) may have less time to make and maintain friendships, please let your pupils know that there are social groups that they can attend with other young carers across Essex.

Remember to access the Department for Education draft statutory guidance on [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#). Our team will also be delivering 'Effective Delivery of RSE' workshops in the Autumn term for school staff, further details to follow.

Your pupils' wellbeing – Secondary

If you teach 11-16 year olds then we recommend downloading the FREE Public Health England 'Rise Above' [forming positive relationships lesson plan pack](#). These resources have been awarded the PSHE Association's Quality Mark for effective practice in PSHE education.

Pupils will also enjoy watching the online clips on the 'Rise Above' website, we particularly liked [Suli Breaks](#) interesting and useful advice on friendship.

Did you know that the [NSPCC](#) in partnership with the PSHE Association have written lesson plans for key stage 3 and 4 on; healthy relationships, safer online relationships and unhealthy relationships?

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Family Wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

To help your child make friends look at the [Childline](#) top tips with them. If your child is a Young Carer they can attend a social group with other Young Carers, [click here](#) to find out the locations across Essex.

To meet other parents/carers in your community please see the FREE groups and services that the [Essex Child and Wellbeing Service](#) offers. The following websites may also be helpful in providing you with opportunities to meet other parents/carers: [Gingerbread](#), [Families in Focus](#) and [Home Start](#).

The Department of Education is introducing compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary education from September 2020. Also, from September 2020 it will be compulsory for all schools to teach Health Education. To find out more please [click here](#).

Wellbeing for you

We all know the benefits of spending time with friends (emotional support, a sense of self-worth) and relationships are good for our mental wellbeing, which contributes to us feeling good about ourselves. It can be difficult to make time for friends when we have many demands on our time.

The NHS suggest the following ways to build [stronger and closer relationships](#):

- Arrange a day out with friends that you haven't seen for a while
- Have lunch with a colleague
- Instead of texting or messaging a friend, phone them
- Speak to someone new today

References

Please use these references to further your reading and find out more information on the topics covered this month.

1. United Nations (2019). International Day of Friendship. Available at: <https://www.un.org/en/events/friendshipday/index.shtml>
2. Essex Child and Family Wellbeing Service (2019). Welcome. Available at: <https://essexfamilywellbeing.co.uk/>
3. NSPCC (2019). Making sense of relationships. Available at: <https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>
4. Essex Child and Family Wellbeing Service (2019). School nursing. Available at: <https://essexfamilywellbeing.co.uk/article/school-nursing/>
5. Childline. (2019). Friends. Available at: <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/>
6. Childline. (2019). Friendship Quiz. Available at: <https://www.childline.org.uk/toolbox/games/friendship-quiz2/>
7. Essex County Council. (2019). Group locations. Available at: <https://www.essex.gov.uk/Health-Social-Care/Families-and-childrens-social-care/Essex-Young-Carers/Pages/Group-locations.aspx>
8. Department for Education. (2019). 2019 Relationships Education, Relationships and Sex Education and Sex Education (RSE) and Health Education. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/781150/Draft_guidance_Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education2.pdf
9. Public Health England (2019). Forming positive relationships plan pack. Available at: <https://campaignresources.phe.gov.uk/schools/resources/relationships-lesson-plan-pack>
10. Public Health England (2019). Suli Breaks on Friendship. Available at: <https://riseabove.org.uk/article/suli-breaks-on-friendship/>
11. Gingerbread (2019). Single parent groups. Available at: <https://www.gingerbread.org.uk/community/single-parent-groups/>
12. Families in Focus (2019). Welcome. Available at: <http://www.familiesinfocusessex.org.uk/>
13. Home Start (2019) Welcome. Available at: <https://home-startessex.org.uk/>
14. NHS (2019). Connect for mental wellbeing. Available at: <https://www.nhs.uk/conditions/stress-anxiety-depression/connect-for-mental-wellbeing/>

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

