

# Healthy Schools Team Newsletter – Issue 27



Summer term 26



## Welcome and Introduction

Here we are in the Summer term of 2026!

Your ECFWS Healthy Schools Team are working together to deliver a termly newsletter to support schools in Essex. This is intended to serve as a practical resource to aid schools on their Healthy Schools journeys. We urge you to share this Newsletter with your whole school community. If you would like to be added to our distribution list, please [contact us](#).

Please share this newsletter with your teams  
Thank you

## Latest News

The Healthy Schools team continues to support schools in achieving needs-led health and wellbeing outcomes. In recent months, the team has been working with schools to develop grant proposals focused on emotional wellbeing as well as food and nutrition and we are still taking submissions for schools working on whole school approaches to food and nutrition.

### Healthy schools grant funding – open for food and nutrition applications!

Essex County Council, in partnership with the Essex Healthy Schools Programme (part of Essex Child and Family Wellbeing Services), is offering grant funding exclusively for schools in Essex. Applications remain open for schools interested in developing food and nutrition projects.

Both primary and secondary schools are eligible to apply. Successful applicants will work alongside the Essex Healthy Schools team to deliver projects that promote a whole-school approach to food and nutrition. This could include developing healthy eating curriculum resources or improving the school food environment.

Participating schools will also be expected to support the evaluation process by reporting on the impact of their project. Upon completion, schools will be eligible for a Healthy Schools Project Award and may also be considered for a Best Practice Award, with recognition at the Essex Healthy Schools Festival and Awards event.

For more information, please contact us [healthyschools@barnardos.org.uk](mailto:healthyschools@barnardos.org.uk)

## Training updates

**RSHE Youth Vaping staff training** - This term we are working with secondary schools that are engaged in the Youth Vaping Interventions Pilot Programme, led by Essex County Council, to deliver RSHE staff training which aims to support teachers to effectively deliver youth vaping content through the PSHE curriculum.

### Expressions of interest for Autumn & Winter pilot are open

This will be the fourth round of EOIs for the fully funded youth pilot vaping programme, Autumn & Winter terms 2026. If your secondary educational setting would like to take part, please submit your interest [here](#) by the 18th May 2026.

# Healthy Schools updates



## Health and Wellbeing Peer Educators Programme for Secondary schools

One of the main benefits of having Health and Wellbeing Peer Educators in your school is that it ensures the school's PSHE/RSHE programme is pupil/needs led. This enhances pupil knowledge, skills and attributes in PSHE/RSHE as well as Health and Wellbeing Peer Educators being approachable role models for pupils. This in turn, promotes pupil voice, a key expectation of the Healthy Schools Programme. If your school would like to find out more about this free training opportunity, please contact:

[healthyschools@barnardos.org.uk](mailto:healthyschools@barnardos.org.uk)

The main aims of the Peer Educators Programme are:

- To address the concerns and questions that young people have around health and wellbeing
- To enhance the learning that takes place in Personal, Social, Health and Economic (PSHE) education including Health, Relationships and Sex Education (HRSE) lessons
- To provide young people with training, workshops, resources, information, advice and support
- To provide the young people with details of support services that are available to them both locally and nationally



## Healthy Schools Workplace Wellbeing Award

We are delighted to be working in partnership with Essex Wellbeing Service to deliver a staff health and wellbeing award that will provide evidence for the Healthy Schools award. The award evidences and recognises the development of a wellbeing strategy and robust health and wellbeing plan to support staff. We understand that healthy, connected and engaged staff are an essential part of achieving good academic attainment as well as positive Ofsted results.

The programme is free for any school (primary or secondary) in Essex. It's quick and easy to sign up and the programme includes:

- Anonymous staff health and wellbeing survey
- Workplace Health Champion eLearning (optional)
- Weekly Newsletter with links to Guest Speaker sessions, online training, eLearning and curated podcasts and webinars
- Setting up robust health and wellbeing communications and information for staff
- Developing a Wellbeing Strategy and annual plan of events and activities
- Evidencing at least one staff event or activity that demonstrates a positive impact on health and wellbeing

We'll be there every step of the way to support the development of your programme. It typically takes 5-6 months to achieve the Healthy Schools Workplace Wellbeing Award, and you can then access 2 free Mental Health First Aid England training places.

There is also the option to obtain more training at a highly discounted rate.

For more information and to get involved click [here](#)

# Essex Healthy Schools Festival 2026



***“The Children were buzzing when they returned to school, they were proud to have represented our school and wanted to tell everyone about it”.***

On 4th March, an incredible 238 children, young people, and teachers from schools across Essex came together at the Brentwood Centre for an action-packed day of health, wellbeing, and celebration! The event was filled with fun activities, energy, and inspiration, giving everyone the chance to get involved, try new things, and focus on positive wellbeing. It was also a fantastic opportunity to celebrate the amazing achievements of schools across Essex, recognising the hard work and enthusiasm of pupils and staff alike. The atmosphere was vibrant, uplifting, and full of smiles - a truly memorable day for everyone who took part.

The day was focused on getting involved in activities to promote wellbeing, with attendees taking part in a fantastic range of activities delivered by agencies and support services from across Essex. From cycle skills and circus skills to board games, arts and crafts, and multisport games, there was something for everyone to enjoy. Participants also got moving with Zumba, learned about healthy eating, and even tried their hand at smoothie making - all designed to promote positive health and wellbeing in an engaging and interactive way.



*‘Once again, it was a fantastic event with plenty of opportunities to network, share ideas, and take away useful, healthy resources. Thank you for all the hard work and enthusiasm you put into promoting wellbeing and mental health in education.*

*Many thanks from everyone at Freshwaters Primary Academy, our pupils had their best day ever!’*

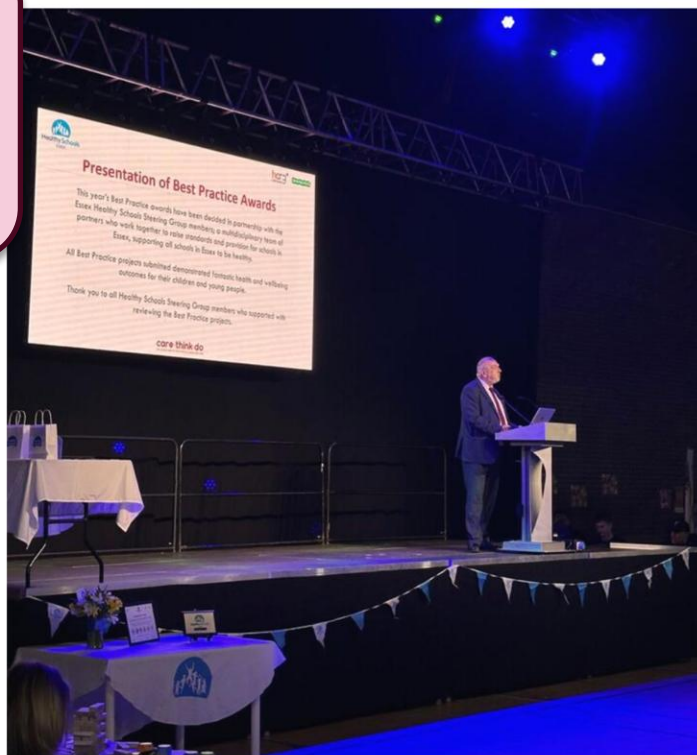
*‘A great festival of all things good in schools’*

*‘Children were buzzing when they returned to school - they were proud to have represented our school and wanted to tell everyone about it’*

# Continued.....



We were delighted to welcome Cllr Ball to this year's Festival, who shared valuable insights on the importance of health and wellbeing in schools, highlighting the positive impact that supportive environments can have on pupils' learning and development.



**Presentation of Best Practice Awards**

This year's Best Practice awards have been decided in partnership with the Essex Healthy Schools Steering Group members in a multi-judges panel of partners who work together to raise standards and provision for schools in Essex, supporting all schools to Essex to be healthy.

All Best Practice projects submitted demonstrated fantastic health and wellbeing outcomes for their children and young people.

Thank you to all Healthy Schools Steering Group members who supported with reviewing the Best Practice projects.

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Care Group

**Healthy Schools Projects**  
Achievements across  
Essex Schools

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'Thank you for all the hard work and enthusiasm you put into promoting wellbeing and mental health in education'.

'We were able to talk to a range of different organisations all in one place and get ideas for our next healthy schools projects.'

# Continued.....



A special highlight of the day was celebrating the incredible achievements of over 45 schools that have been working on Healthy Schools projects throughout the last academic year. Each school was proudly presented with a certificate of achievement in recognition of their commitment to improving health and wellbeing in their communities.

Some schools also nominated their projects for the Healthy Schools Best Practice Award, and we were delighted to present 6 outstanding schools with a trophy and certificate to recognise their inspiring work. Congratulations to all schools that received certificates and awards - your dedication truly makes a difference.

We were also thrilled to receive wonderful feedback from both schools and partners, and we're already looking ahead to making our next festival even bigger and better. If you attended, we'd love to hear from you! Whether you have ideas for improvements, suggestions for activities you'd like to see, or simply want to share what you enjoyed most about the day, please take a moment to complete our short Healthy Schools Festival feedback survey. Your input will help shape future events!



'I was not aware of just how many things there are going on in Essex in terms of wellbeing. It is only through a large event such as this that we can see all that is on offer'

The 6 schools awarded Best Practice were:

- Hogarth Primary School**
- Abacus Primary School**
- The Bromford School**
- The Willows Primary School**
- St Luke's Park Primary School**
- St Lawrence Primary School**

Our Carol Partington Award recognises a school for demonstrating an outstanding commitment to health and wellbeing and the winner was:

**Bocking Primary School**



'The festival widened their horizons and inspired them to work towards a new wellbeing target'

*Thank you  
for  
Celebrating  
with us!*

## Health and wellbeing campaigns

This term, we're excited to celebrate the power of outdoor learning and the joy of connecting with nature as part of Outdoor Classroom Day on 21st May 2026! Through this inspiring campaign, we'll be sharing a range of creative ideas and practical resources to help you encourage children to explore, discover, and learn in the natural world—taking their learning far beyond the classroom walls.



Don't forget to check out the resource pack attached to this newsletter for plenty of activities and inspiration to get started!

Last term we celebrated Children's Mental Health Week in February and invited schools to take part in our competition to create their own 'Belonging tree'. We were thrilled to receive some great entries, thank you to all those schools who sent in photos. The winner was announced at our Healthy Schools Festival and Awards celebration in March.

And the winning school was Ongar Primary School, who created this wonderful belonging tree in their school grounds.....

All key stages across the school have their hands on the tree. Reception right through to year 6.

*"The children filled it with the most beautiful thoughts about kindness and inclusion. And honestly... they've nailed it"*

*One message really stayed with me:*

*"Everyone is different and everyone belongs."*

Congratulations!!



### **Family Hub School aged drop ins**

Essex Child and Family Wellbeing Services and Healthy Family Teams are running school aged drop-in sessions, where parents can drop in for advice and support about their school aged child's health and development. These are running out of the Family Hubs and delivery sites across Essex.

For more information about your local school aged drop-in sessions please click the links below and select your local family hub or delivery site to download the timetable:

[Berechurch Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Brambles Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Carousel Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Chelmsford Central Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Larchwood Gardens Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Little Lions Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Maldon Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Northlands Park Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Oak Tree Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Spangles Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Sydney House Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)

[Treehouse Family Hub – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://essexfamilywellbeing.co.uk)



A national consultation on the new School Food Standards is now open, closing on Friday 12 June 2026. These new School Food Standards will set out clearer rules on the food provided in schools and they will be monitored from September 2027.

The Department for Education want to especially hear from those who know school food best - students, parents, schools, caterers, growers.

Essex County Council Public Health, with Essex Healthy Schools and Zoe Griffiths Nutrition, will be holding free webinars for Essex schools to learn more about the new school food standards and this consultation process. Please see attached flyer for more details and to book onto one of the three sessions, the first one is being held on Thursday 30th April. Please see attached flyer for more details and to sign up.

You can also read the standards here and share your views: [public consultation for the school food standards](#)

# Other updates



## **Notley High School and Sixth form become first Essex School to achieve Bronze RSHE Recognition Award**

Notley High School and Sixth Form has become the first educational establishment in Essex to be awarded the Bronze RSHE Recognition Award by Essex Sexual Health Service, delivered by Provide Community and commissioned by Essex County Council.



The RSHE Recognition Awards Scheme supports schools and colleges to develop best practice in Relationships, Sex and Health Education (RSHE) through a whole-school approach. The scheme focuses on increasing staff confidence, embedding inclusive and comprehensive RSHE, amplifying pupil voice, and engaging parents and carers to support learning beyond the classroom. Educational establishments can achieve Bronze, Silver or Gold accreditation, recognising their commitment to high-quality RSHE provision.

The school has embedded RSHE across the curriculum, proactively supported LGBTQ+ students, and created opportunities for pupil involvement through initiatives such as the Pride Youth Network, inclusive displays, and clear codes of conduct. Engagement with parents has been strengthened through a comprehensive RSHE policy and active involvement at parents' evenings.

Schools and colleges across Essex can find out more about the RSHE Recognition Awards Scheme and how to apply via the [Essex Sexual Health Website](#)



## **Free Oral Health training for Professionals**

The Oral Health Improvement Team for Community Dental Services in Essex are commissioned to provide free Oral Health training to professionals working with children, including children with additional needs in Essex. This includes nursery workers, childminders, primary school teachers or any professional who works with children aged 0-11 years within Essex. Upcoming training opportunities are detailed within the flyers below.

[Essex Children's training April - Dec 2026.pdf](#)

[Essex CWAN Essex training \(1\).pdf](#)

# Other updates



Our **Move With Us Ambassadors Programme** is a Youth Voice opportunity that empowers young people to influence and shape inclusive physical activity and sport across Greater Essex.

This opportunity is suitable for ages **13-17** who are passionate about making a difference to the children and young people through physical activity.

Check out our website to find out more about becoming an Ambassador: [Move With Us Ambassadors - Active Essex](#)

Our upcoming Get Together focuses on **Physical Activity For All**.

This event will celebrate inclusive activity, introduce ambassadors to adapted sports, and open up conversations around inclusion and making positive change.

We are delighted to announce we will be joined by **Paralympian Ellie Challis** who will be hosting a Q&A session!

## **What will ambassadors take part in?**

Adapted sports, including Paralympic sports such as *Power Chair Football* and *Boccia*

A conversation on inclusivity in sport and the small changes that can make a big difference

A social media workshop, sharing top tips for promoting inclusive activity opportunities

## **Event details**

**Date:** Tuesday 26th May 2026

**Location:** Witham

**Lunch:** Lunch will be provided

**To find out more please email** [cyp@activeessex.org](mailto:cyp@activeessex.org)

This event is **FREE** to attend and is a great chance for ambassadors to learn, connect with others, and build confidence in championing inclusive physical activity.

Places are first come, first served. To secure a place you must register to be an Ambassador.

 [Sign up here](#)

Please note:

Ambassadors **must be registered as an ambassador** to attend

Registration closes on **8th May 2026**

We may also be able to **cover public transport costs**, please get in touch if this support is needed.

# Other updates



## **The Daily Mile:**

June to July 2026

European Athletics Championships Birmingham 2026 and Commonwealth Games Glasgow 2026: Two world-class events to inspire through sport, teamwork, and global celebration. We will create resources to increase engagement with fun, themed activities for the summer term

Find out more here: [The Daily Mile | Active Essex](#)

## **Cycle Week (9<sup>th</sup> –15<sup>th</sup> June): Primary & Secondary**

Celebrate Cycle Week (9<sup>th</sup> –15<sup>th</sup> June) with our free Cycling Toolkit, packed with exciting and engaging activities for children and young people. Dive into our fun activities of *Design Your Own Helmet*, *Spot the Difference*, *Bike Word Web*, *Wheelie Wednesday* and an interactive *Cycling Journal* to spark confidence, creativity and active travel. Sign up now to receive your free resources, and to show us your interest for us to visit your school to promote cycling and receive a certificate of completion to get everyone riding, learning, and loving cycling! ”

<https://www.activeessex.org/children-young-people/school/>

## **Active Essex PE & School Sport Conference:**

**Friday 19 June 2026**

**9:00am – 2:30pm**

**Colchester Rugby Club, Raven Park, Cuckoo Farm Way, Colchester, CO4 5YX**

This flagship annual conference brings together **Primary, Secondary and SEN PE Subject Leads, teaching staff, and Headteachers** from across Essex. It offers a valuable opportunity to network with colleagues, share best practice, and gain insight from expert-led workshops designed to support high-quality physical education and school sport.

[PE & School Sport Conference 2026 - Active Essex](#)

## **Power of Movement – Youth Mental Health Conference 2026**

(designed for system leaders and providers – including education from across all sectors in Greater Essex) It's a space to share, learn and explore ways for system and cross-sector partners to come together with a shared passion and purpose. We will look to collectively build upon and improve mental health outcomes, whilst helping to tackle inequalities in children and young people (CYP) across Greater Essex, using physical activity, sport and movement as an integral tool alongside other support.

[Power of Movement - Youth Mental Health Conference - Active Essex Foundation](#)

## **Mental Wellbeing Toolkit**

In the lead-up to Mental Health Awareness week on 11-17th May 2026, we'd like to support you in promoting mental wellbeing suitable for both primary and secondary schools and the community. Celebrate by getting active, discussing key topics, and supporting your peers through accessing our new Mental Wellbeing toolkit. This includes our new and exciting walk and talk cards and activities created by our Active Essex Move with Us ambassadors! Click 'View More' to sign-up to receive your resources.

Link: [Children's Mental Health - Active Essex](#)

# Other updates



 Essex County Council

## Designated Mental Health Lead Newsletter

The SEMH Team have a half-termly newsletter for Designated Mental Health Leads in your Schools and settings. For access to these click the link below:

[Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Designated Mental Health Lead Newsletter \(essex.gov.uk\)](#)



## Trauma Perceptive Practice

The Essex approach to understanding behaviour and supporting emotional wellbeing.

To find out more about TPP and how you can get involved, please see our information pages: [Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Social, Emotional and Mental Health Portal for Schools, Colleges and Settings \(essex.gov.uk\)](#) - SEMH Training (essex.gov.uk) or contact us at [tpp@essex.gov.uk](mailto:tpp@essex.gov.uk)

**NSPCC**  
**Learning**

## PANTS resources

NSPCC Learning has published a new series of Talk PANTS videos. Talk PANTS is an NSPCC campaign to keep children safe from sexual abuse and includes a range of resources to help teachers, schools and early years settings deliver age-appropriate sessions with children. The new videos are funded by The Executive Office in Northern Ireland and include an introduction to what Talk PANTS is. They also feature videos for use with children aged between 3- to five-years-old, 5- to 7-years-old, and 7- to 11-years-old, as well as children who have special educational needs and disabilities (SEND) and additional support needs (ASN) aged 4- to 11-years-old to help them understand Talk PANTS.

Access the resources [PANTS resources for schools and teachers | NSPCC Learning | NSPCC Learning](#)

## Harmful online content

Channel 4 has aired a documentary telling the story of Molly Russell who took her own life at 14-years-old after accessing harmful online content relating to self-harm and suicide on social media. Through Molly's story, the film highlights the broader issue of harmful online content and the role that platform design and economic business models play. The Molly Rose Foundation has launched a campaign calling on the government to end algorithms that target harmful content towards young people and to take action against big tech companies to ensure they make safety and wellbeing a priority. There are also supporting resources for parents to talk to their children about Molly's story and harmful online content and a resource hub for educators

[Online Safety Resources for Educators](#)



### **Free resources**



### **Digital Deception: Understanding deepfakes and manipulated images**

With support from the Home Office, the PSHE Association have produced a suite of free RSHE lesson plans that give all schools access to the tools and strategies to educate about deepfakes and manipulated images..

The vast majority of deepfakes and manipulated images are sexual and created without consent, with women and girls overwhelmingly the victims of AI 'nudify tools' and related technologies accessible online or via apps and of course social media. This is why addressing the issue is a key priority in the Government's violence against women and girls (VAWG) strategy.

It is also a requirement under the new statutory RSHE guidance to cover deepfakes and AI-generated sexual imagery at key stages 3 and 4 from September 2026, and it is recommended to do some foundational age-appropriate teaching at primary – which is why the lessons range from KS2 to KS4.

### **Digital deception: Understanding deepfakes and manipulated images**



### **Melanoma Fund: Sunguarding Schools**

The PSHE Association have awarded their Quality Mark to Sunguarding schools a free KS2 lesson pack developed by the [Melanoma Fund UK](#) designed to build pupils' understanding, confidence and decision-making around sun protection.

Through discussion, exploration and practical activities, pupils engage with the topic in an age-appropriate and empowering way. [Melanoma Fund: Sunguarding® Schools](#)



## **The PSHE Association – Updates**

### **New resources for member schools**



### **New Programme of Study and Curriculum Models**

The PSHE Association have recently launched their new Programme of Study and brand new Curriculum Models for 2026. The new Programme of Study outlines all new statutory RSHE guidance requirements plus essential non-statutory content, combining it all into a coherent programme with learning opportunities for each key stage. The New Curriculum Models for Primary and Secondary show you how to cover all 2026 statutory RSHE and other essential PSHE education content with confidence in the curriculum time available.

#### **[Programme of Study for PSHE education \(KS1-5\)](#)**

#### **[PSHE education Curriculum Models](#)**



### **Money and Wellbeing**

Now featuring two new lessons for KS1 pupils, the updated Money and wellbeing lesson pack will support you to teach high-quality and engaging lessons on this topic at Primary — helping pupils learn how money and financial decision making can affect people’s wellbeing, and how to make informed and responsible spending choices now and in the future.

#### **[Money and wellbeing](#)**

## The Healthy Schools Team



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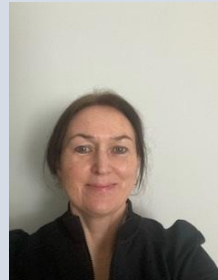


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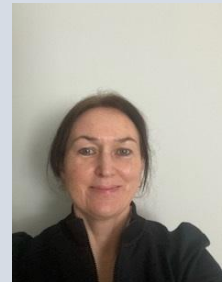


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## South Essex Team – Healthy Schools Engagement Workers



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## West Essex – Healthy Schools Engagement Worker



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## North Essex – Healthy Schools Engagement Worker



Deb Cook  
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Checkout our website for more information

[Healthy schools – Essex Child & Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](http://Healthy schools – Essex Child & Family Wellbeing Service (essexfamilywellbeing.co.uk))

## Support Websites - Directories of support

Directory name	Provides	Link
<b>Essex Child &amp; Family Wellbeing Service</b>	Provide a range of child and family services throughout Essex that are free at the point of delivery.	<a href="https://essexfamilywellbeing.co.uk/">https://essexfamilywellbeing.co.uk/</a>
<b>Essex Effective Support</b>	The Effective Support Windscreen illustrates how Universal, Early Help (Additional and Intensive) and Specialist services in Essex are provided. Website includes Children & Families Hub Request for Support Portal.	<a href="#">Resources for practitioners: Effective support resources   Essex County Council</a>
<b>Essex Local Offer</b>	Online directory of Services and support for special educational needs and disability.	<a href="#">Essex County Council: Special Educational Needs and Disabilities (SEND)   Essex Local Offer</a>
<b>Essex Map</b>	Online resource to help find the groups, services, and activities who are working to better the community, rather than focusing on profit.	<a href="https://www.essexmap.co.uk/">https://www.essexmap.co.uk/</a>
<b>Essex Schools Info Link</b>	Mental Health Information Portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.	<a href="#">Essex Schools InfoLink  </a>
<b>SNAP</b>	Special Needs and Parents includes directory of support for families.	<a href="http://www.snapcharity.org/index.php/information">http://www.snapcharity.org/index.php/information</a>
<b>Southend Essex Thurrock Domestic Abuse Board (SETDAB)</b>	Southend, Essex and Thurrock domestic abuse partnership website, providing advice and information on services for those affected by domestic abuse	<a href="https://setdab.org/">https://setdab.org/</a>

## PSHE Education Support

PSHE Association [PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

Brook [Sexual Health & Wellbeing - Brook – Healthy lives for young people](https://www.brook.org.uk)

Sex Education Forum [Home | sexeducationforum.org.uk](https://www.sexeducationforum.org.uk)

Essex Sexual Health Service [Welcome to Essex Sexual Health Services](https://www.essexsexualhealth.org.uk)

Terrence Higgins Trust [Sexual health information and advice | Terrence Higgins Trust \(tht.org.uk\)](https://www.tht.org.uk)

### Emotional Regulation Support

Affinity Programme - a targeted early intervention project working across all of Essex, including the unitary authorities of Southend and Thurrock, for children and young people who are at risk of exclusion from education due to emotional dysregulation. [Affinity Programme – Essex Child and Family Wellbeing Service \(essexfamilywellbeing.co.uk\)](https://www.essexfamilywellbeing.co.uk)

Support children (and adults) to self-regulate and build their understanding of their own behaviour and emotions <https://keepyourcooltoolbox.com/>

Mindful Magic <https://www.mindfulmagic.info/schools>

### Emotional Wellbeing Support

Anna Freud – Mentally Healthy Schools

<https://www.annafreud.org/insights/news/2020/09/framework-launched-to-support-schools-to-develop-whole-school-approach-to-mental-health/>

Young Minds <https://youngminds.org.uk/>

### SEND

PSHE Association – SEND Hub <https://www.pshe-association.org.uk/content/send-hub>

MENCAP <https://www.mencap.org.uk/advice-and-support/children-and-young-people/sen-support>

Multi-schools Council <https://www.multischoolscouncil.org.uk/>

Your School Nurse is available to support you with the Health and Wellbeing needs of any child, young person or family you may have concerns about. Please contact your local team for further information:

Mid Essex	Tel: 0300 247 0014
North Essex	Tel: 0300 247 0015
South Essex	Tel: 0300 247 0013
West Essex	Tel: 0300 247 0122