

Children and Young Peoples Health & Wellbeing Newsletter – Autumn Term 2024 – Edition 1

Welcome to the latest edition of the health and wellbeing newsletter. There has been so much going on in education and so much good work going on. If anyone would like to contribute to this and submit an article of their good practice for the edition please send to: samantha.payling@nelincs.gov.uk we would love to hear from you.



NE Lincs Talk PANTS! Week- w/c 14th October

It's once again time to Talk PANTS! Following the success of last year's Talk PANTS week across NE Lincolnshire, we are back! It would be terrific if you and your school could get involved in this year's week of activities.

In 2013 we first launched our Talk PANTS campaign to help parents and carers understand how they can have simple conversations with their children to help keep them safe from sexual abuse. Since we started, parents have had over 6 million conversations with their children about sexual abuse and our 2023 campaign survey shows us that 1.4 million parents talked PANTS in the last year alone.

From P through to S, by sharing the PANTS rules with a child, you can help them understand and remember some simple but vital messages. We need to keep raising awareness to ensure more of these important conversations are happening...that's why we're holding **PANTS Week from 14th October!**

From **activities within school** to **social media**, there is lots of ways you can get involved. Please visit NSPCC Learning for free teaching resources. Pantosaurus hopes to visit as many schools as possible during the week so if you would like our cuddly dinosaur to visit your school, please do get in touch.

If you would like more information, please email: gail.sayles@nspcc.org.uk

Thank you in advance for your support in helping to keep more children across NE Lincolnshire safe from abuse.

NSPCC



What are Head lice?

Head lice are tiny insects that live in hair, they are a common problem, especially in children. Head lice are largely harmless, but if not treated they can be irritating and frustrating to deal with. Nits is a word used to describe the empty egg cases attached to hair that head lice hatch from.

What are the symptoms of head lice?

Head lice lay small white eggs or nits (egg cases) often in the hair behind the ears or at the back of the neck. This can cause an itchy head and a rash on the back of the neck. Often people with head lice report feelings that something is moving in their hair.

What do head lice look like?

Head lice are very small whitish or grey-brown insects. They can be difficult to see even when looking closely. It is often the white eggs in the hair that can be seen.



How do I protect me and my family?

Head lice and nits can usually be removed from the hair by combing wet hair regularly with a special fine-toothed comb which you can buy from a pharmacy or supermarket. Usually, you do not need to see a doctor.

How to wet comb hair

Wash hair as normal and apply lots of conditioner. Comb the hair using the special fine-toothed comb from roots to ends for 10 minutes for short hair and up to 30 minutes for long or curly hair. You will need to repeat this every 4 days: on days 9, 5 and 13 to remove any newly hatched eggs.



If wet combing has not worked and you can still see head lice or nits, you can try a special safe treatment spray or lotion. Your pharmacist or Dr can advise you on the best treatment. Always check the pack to see if the treatment is ok for you or your child and follow the instructions on how to safely use these.

Where to get treatment from?

Safe and effective treatment for head lice is available to buy from pharmacies.

If you live in Leeds and do not pay for your prescriptions you can get the treatment and comb for free from your local pharmacy.

If you need to access free treatment for a child who is not with you, you will need to provide their details and bring proof of their head lice. The easiest way to do this is to stick it to a piece of Sellotape and bring it to show the pharmacist.

What should I do at home?

You may wish to wash your bedding and towels on the same day you start the head lice treatment. Check other family members hair frequently for signs of head lice as they spread easily. They may need to wet comb too.

Cleaning more than normal is not required.

How do I stop the spread?

It is very difficult to stop someone catching head lice although regular wet combing can catch any head lice early.

Lotions and sprays do not prevent head lice and should only be used if a live louse has been found in hair.

You do not need to keep your child off school if they have head lice

If you have questions about head lice, need support or treatment take this leaflet to your local pharmacy and they will be able to help you.

You can also ask your child's school for help, or bring this leaflet to the GRT drop in Wednesday 12-9pm Compton centre

If you cannot speak English, complete the section below and take to the pharmacy.

Write child's name and age below	Tick to confirm you have seen a headlice
<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>

If you would like the Headlice posters in Romanian or Slovak please contact:

Samantha.payling@nelincs.gov.uk



NEW COMPETITION NOW LIVE!



Exciting news! The Sure Breaking Limits Programme resources have now been 'Assured by nasen'! This means that Sure Breaking Limits Programme PE & PSHE resources are now triple confirmed by nasen, the afPE and PSHE Association as curriculum-ready and inclusive of all SEND students.

The programme is designed to give young people aged 9 - 14 the confidence to move by making it fun, inclusive and accessible for all.

In celebration of our partnership and the run-up to a huge year of sport, we are thrilled to announce a NEW competition...

WIN A MOVEMENT
WORKSHOP LED BY
TEAM GB PARALYMPIAN
ELLIE SIMMONDS
AT YOUR SCHOOL!



HOW DO I ENTER THE PRIZE DRAW?*



Download your resources below!

Download
PRIMARY
resources

Download **SECONDARY**
resources

Kind regards,

Louise Weisbloom

Head of NSP & Media

National Schools Partnership

*[See full terms and conditions here.](#)



PSHE Network – PRIMARY

PSHE Network – SECONDARY

Please check website for upcoming dates to be confirmed in September.

<https://www.eventbrite.co.uk>

TOGETHER FOR ALL



Together For All embraces collective responsibility for improving life chances

THE TOGETHER FOR ALL WEBSITE

The 'Together for All' partnership has created a website that can be found on the home page of www.lincs2.co.uk or via www.together4all.co.uk to share information for early years, primary, secondary and post 16 in North East Lincolnshire:

Resources, Guidance, CPD, News, Key Dates, Local Services, Intelligence

DEVELOPING THE CURRICULUM

Find resources for:

- Early Years
- Early Help
- Relationships, Health and Sex Education
- Wellbeing
- Curriculum for Life

ACTIVITIES, DATES AND SERVICES

Check out what's happening in our area with:

- CPD Activities
- Local services information
- Key Dates
- Careers Network Newsletter
- Health and Wellbeing Newsletter
- Local and national intelligence and reports

[Welcome - North East Lincolnshire's Professional Learning Community \(together4all.co.uk\)](http://www.together4all.co.uk)

EARLY YEARS RESOURCES AND GUIDANCE

The Early Years Foundation Stage (EYFS) sets the statutory standards for learning, development and care for children from birth to five years old that all early years providers must meet.

The sections will help you to support children's learning and development in your childcare settings:

- Curriculum prime areas of learning
- Curriculum specific areas of learning
- Supporting learning at home



RELATIONSHIPS, HEALTH AND SEX EDUCATION RESOURCES AND GUIDANCE



RHSE should be supported through the PSHE curriculum, which is well designed to ensure pupils' needs are met and they are taught the knowledge and skills they will need through life focusing on physical, moral and emotional understanding and development.

The planning for this curriculum should be done following a whole school approach using local and national intelligence.

Laura Peggs, Wellbeing Programme Lead for Schools at NELC has led on the development of the health and

relationships resources within the site 'the Together for All website includes support for planning for the statutory requirements for Relationships Education, Relationships and Sex Education (RSE) and Health Education (Department of Education June 2019). The links with the Ofsted framework is clear with a large focus on resilience, confidence and independence. Ofsted will be looking at how the school is developing an age appropriate RSE education for all their pupils. The website signposts you to:

- local and national intelligence/ data to help, plan and support you to deliver the RE/RSE & HE. This will help you to develop a well designed curriculum, to ensure all pupils needs are met and are taught the knowledge and skills they will need through life.
- high quality, evidence based resources, lesson plans, national guidance, which has been designed to help with each individual theme.
- a section about local service providers with links to their contact details and how to access support.'

For further information please contact laura.peggs@nelincs.gov.uk

Useful resources for PSHE sessions

Being Healthy:

2-4 years old - [Going to the Doctors](#) (Usborne First Experiences)

2-5 years - [We're Going to the Doctors](#) (Big Steps Series)

2-5 years old - [Going to the Dentists](#) (Usborne First Experiences)

2-5 years old - [We're Going to the Dentist](#) (Big Steps Series)

3-7 years old - [Ruby's Worry](#), Tom Percival (as a YouTube video reading the book)

4-8 years old - [The Huge Bag of Worries](#) (as a YouTube video reading the book)

6-9 years old - [The Monster Health Book](#): A guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!



MHFA England

Adult MHFA – 2 day

North East Lincolnshire Council – Wellbeing Services

workplacehw@nelincs.gov.uk

Mental Health First Aid (MHFA) is an internationally recognised two day training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population. Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

17th & 24th September 2024

<https://www.eventbrite.co.uk/e/adult-mhfa-2-day-september-17th-24th-2024-tickets-772212066077>

19th and 26th November 2024

<https://www.eventbrite.co.uk/e/adult-mhfa-2-day-november-19th-and-26th-2024-tickets-772216358917>

Date	Session	Area	Location	Eventbrite Booking Link
19/09/2024	ARC Training for Senior Leaders (Session 1)	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.co.uk/e/senior-leadership-training-half-day-session-2-tickets-793053362957?aff=oddtcreator
20/11/2024 & 21/11/2024	ARC Champion Training (2 Day)	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.com/e/two-day-arc-training-pre-requisite-to-becoming-an-arc-champion-tickets-793040654947?aff=oddtcreator
22/11/2024	ARC Training for Senior Leaders (Session 2)	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.co.uk/e/senior-leadership-training-half-day-session-2-tickets-793055659827?aff=oddtcreator
08/08/2024	Half Day - AM	North Lincolnshire	Fenestra Conference Centre, 24 High Street, Flixborough, Scunthorpe DN15 8RL	https://www.eventbrite.co.uk/e/half-day-arc-training-north-lincolnshire-am-tickets-803821370357?aff=oddtcreator
08/08/2024	Half Day - PM	North Lincolnshire	Fenestra Conference Centre, 24 High Street, Flixborough, Scunthorpe DN15 8RL	https://www.eventbrite.co.uk/e/half-day-arc-training-north-lincolnshire-pm-tickets-803824790587?aff=oddtcreator
14/08/2024	ARC Full Day	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.com/e/full-day-arc-training-north-east-lincolnshire-tickets-803069270807?aff=oddtcreator
14/08/2024	Half Day - AM	Hull	TBC - Hull	https://www.eventbrite.com/e/half-day-arc-training-hull-am-tickets-803927828777?aff=oddtcreator
14/08/2024	Half Day - PM	Hull	TBC - Hull	https://www.eventbrite.com/e/half-day-arc-training-hull-pm-tickets-803937718357?aff=oddtcreator
10/09/2024	Half Day - AM	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.com/e/half-day-arc-training-north-east-lincolnshire-am-tickets-803172088337?aff=oddtcreator

10/09/2024	Half Day - PM	North East Lincolnshire	Centre 4, 17A Wootton Road, Grimsby, DN33 1HE	https://www.eventbrite.com/e/half-day-arc-training-north-east-lincolnshire-pm-tickets-803818030367?aff=oddtcreator
18/09/2024	ARC Full Day	North Lincolnshire	Fenestra Conference Centre, 24 High Street, Flixborough, Scunthorpe DN15 8RL	https://www.eventbrite.co.uk/e/full-day-arc-training-north-lincolnshire-tickets-800019187927?aff=oddtcreator
23/09/2024	ARC Full Day	Hull	TBC - Hull	https://www.eventbrite.com/e/full-day-arc-training-hull-tickets-803074917697?aff=oddtcreator

Date	Session	Area	Location	Eventbrite Booking Link
15/01/2025 & 16/01/2025	ARC Champion Training (2 Day)	Hull	Mercure Hull Grange Park Hotel Grange Park Lane, Willerby, HU10 6ED	Two Day ARC Training (Pre-Requisite to becoming an ARC Champion) Tickets, Wed 15 Jan 2025 at 09:00 Eventbrite
17/01/2025	ARC Training for Senior Leaders (Session 1)	Hull	Mercure Hull Grange Park Hotel Grange Park Lane, Willerby, HU10 6ED	Senior Leadership Training (Half Day with Half Day follow up) Session 1 Tickets, Fri 17 Jan 2025 at 09:00 Eventbrite
12/03/2025 & 13/03/2025	ARC Champion Training (2 Day)	Hull	Mercure Hull Grange Park Hotel Grange Park Lane, Willerby, HU10 6ED	Two Day ARC Training (Pre-Requisite to becoming an ARC Champion) Tickets, Wed 12 Mar 2025 at 09:00 Eventbrite
14/03/2025	ARC Training for Senior Leaders (Session 2)	Hull	Mercure Hull Grange Park Hotel Grange Park Lane, Willerby, HU10 6ED	Senior Leadership Training (Half Day with Half Day follow up) Session 2 Tickets, Fri 14 Mar 2025 at 09:00 Eventbrite

Free
Service

Supporting your journey to motherhood

If you're planning on pregnancy, a mum-to-be or you've just had a baby, the maternal wellbeing service is here to HELP!

WHAT DO WE DO?

We're a free friendly and motivational service

Things we can help with:

Low Mood

Confidence/ Self-Esteem

Coping Strategies

Anxiety

Unhealthy Behaviours

Stop Smoking

Stress Management

Debt/ Financial Concerns

Healthy Eating

Daily Routines/ Focus

Housing, Family Concerns

Wider Wellbeing

How you can access us:

Self-refer by completing a form online:

Web: www.nelincs.gov.uk/mws

Email: wellbeingservice@nelincs.gov.uk or



Call us on 01472 325500 to speak directly to a team member.

* Note that this is not a psychological or clinical service.





Connected Communities Award

A connected community is stronger together

Become a recognised 'Health & Wellbeing conscious employer!'

NEL Connected Communities Award!

The steppingstone to positive workplace health and wellbeing

- Do you want to be recognised as a Health & Wellbeing conscious Employer/ Team Leader?
- Are you a business owner, organisation or manager that wants to make positive wellbeing a priority, for both your staff and customers?
- Do you want to know more on how to look after your own wellbeing and upskill your staff to look after theirs?

Then this is the award for you and its FREE!!

What do you get?

- Access to our wellbeing focused training platform 'The Wellbeing Academy'
- Support & Guidance from our Workplace Health & Wellbeing team
- Promotion & Recognition on obtaining the award.
- Promotional material for display and to promote your team or organisation as a Health & Wellbeing conscious employer.
- Invites to free annual networking events.
- Direct referral pathway to support employees and customers with wellbeing challenges.
- And many more benefits

If you want to make wellbeing a priority in your personal and professional life and be a part of a connected community that values its employees and customers, **then get involved!**

To express interest in this award or to gain more information, please contact lifestyleservices@nelincs.gov.uk or call 01472 325914.

Supporting & brought to you by NEL

Upcoming Dates

Vaping Education



FOR SECONDARY SCHOOLS

<https://intent.evidencetoimpact.com/>

4 NEW VAPING SESSIONS ADDED

- Aimed at Years 7 and 8 but can be repeated in Years 9 and 10.
- Covering the unknown risks of vaping, MODS, the environmental impact, peer influence and more.
- Can be delivered by teachers OR other suitable school staff.
- Sessions include a personal plan to reinforce the main smoking prevention programme.



NORTH EAST LINCOLNSHIRE COUNCIL is now including vaping education in the INTENT smoking prevention programme which your school can access free of charge.

01472 325500 |

laura.peggs@nelincs.gov.uk