



PLEASE FORWARD TO YOUR TEACHING STAFF and PARENT CONTACTS WHERE APPROPRIATE

The Healthy Lives Team Families update contains helpful information and activities for your whole school community

The HEALTHY LIVES TEAM supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We now have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.



Toolkit for teachers, pupils and parents during children's mental health week

Once again, school, further education leaders and staff are on the front line, supporting children, young people and their families during the pandemic. Keeping schools open to vulnerable and key worker children whilst returning to remote learning during another lockdown is enormously challenging for everyone.

The Anna Freud National Centre for Children and Families have created the **'Express Yourself' toolkit** to help school staff, pupils, parents and carers to prepare for Children's Mental Health Week running next week from 1st to 7th February.

[Download free resources >](#)



How to support your own wellbeing

BBC Newsround has collaborated with psychologist Laverne Antrobus to compile a range of tips to look after yourself in the current climate.

1. Connect with other people and talk about your feelings
2. Keep active
3. Try to be 'mindful' and don't worry about what you can't control
4. Do what you enjoy
5. Be kind

[Access top tips >](#)



Support after sudden bereavement from Covid-19

Thrive LDN on behalf of the Public Health England Office for London have designed this resource to support you if you are grieving the sudden death of someone close to you, or if you are supporting someone going through sudden bereavement.

They have outlined what might happen in the coming weeks and months. They have looked at a practical approach, around what processes and actions need to happen; and an emotional approach, looking at the many different feelings you may experience.

[Get support >](#)



Top tips for how to start writing poems

Poetry can be a great way of helping children (and adults) express themselves, share how they feel, or to tell a story. You just need your imagination!

BBC Newsround have put together these top tips to help you get started.

1. Read lots of poetry to get inspired
2. Keep a diary to keep track of events at home or beyond, real life events are great for inspiration
3. Compare things to other things, for example 'the light bulb in my room, burned like the sun'
4. Be honest with your poetry, write about what's important to you or how you feel
5. Perform them to your family in lockdown

[Find out more >](#)



Telephone support and counselling for teaching staff

Education Support is providing a free helpline to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland 24/7, 365 days a year.

In these unprecedented times their trained counsellors are here to listen to you without judgement and help you find a way forward and feel better, whatever your worries or concerns.

The helpline is free and confidential and available 24/7 on 08000 562 561 or you can text 07909 341229 which will be answered within 24 hours.

[Find out more >](#)



Free lessons for teachers made by teachers

The Oak Academy was developed in April 2020 as a rapid response to the pandemic. It is made by teachers and funded by the Department for Education.

The 10,000 lessons and resources cover a wide range of subjects, from Early Years Foundation Stage to Year 11, with specialist lessons covering a wide range of learning areas and therapies.

In hour long lessons, they are delivered by a teacher, with a pre-recorded video as well as quizzes, worksheets and creative activities. It's all easy to use, there's no login or password, you can access lessons on nearly any device, and pupils only need materials they can find at home.

[Free lessons >](#)



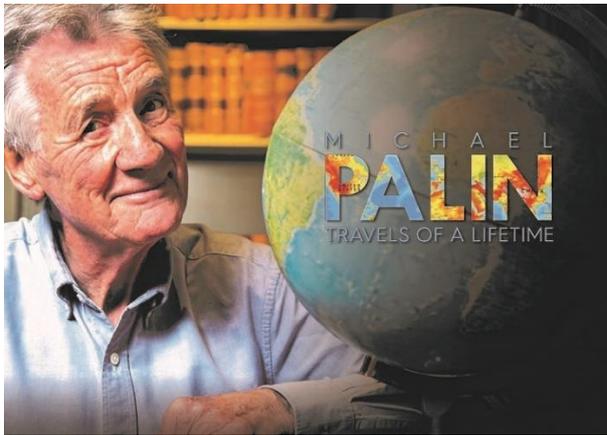
BBC Bitesize learning at home

CBBC are broadcasting three hours of primary school programmes from 9am every weekday, bringing together hundreds of educational resources to help with home schooling.

This includes BBC Bitesize Daily and shows such as Celebrity Supply Teacher, Horrible Histories, Our School and more.

Secondary students will have two hours of programmes supporting the curriculum on BBC Two every weekday. This will be complemented by drama adaptations, BBC science, history and factual programmes.

[Access learning >](#)



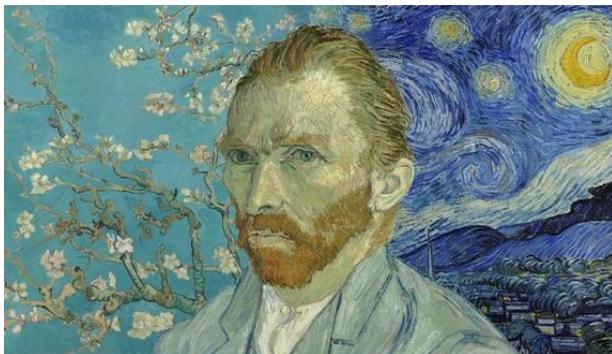
Travels of a Lifetime with Michael Palin

In 1989 Ex-Monty Python comic Michael Palin accepted an offer to go around the world in 80 days, following the route of Phileas Fogg in the classic Jules Verne Story.

This series is a reflective journey for Palin to relive his experiences through original footage, personal diaries and tape-recording's. Fans of his, such as Sir David Attenborough and Joanna Lumley also reflect on his achievements and the impact the show had on travel TV programmes.

[Travel with Palin >](#)

And remember...



"I often think that the night is more alive and more richly colored than the day."

Vincent Van Gogh



The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.