

Challenge Faced...	Things I can do...	Further Support...
How can I adapt to a home-working environment?	<ol style="list-style-type: none"> 1) Get washed and dressed to get yourself in the mind-frame for working 2) If you can, set up a home-office space on the kitchen table/desk in a spare room 3) Try to stick to a daily routine, create work goals 4) Establish boundaries – what are your ‘office hours’ that you will be contactable and responding to e-mails from colleagues, parents, students? Try not to respond outside this time to allow yourself a healthy work/life balance. 5) Your step-count will go right down now you’re not on your feet teaching all day so make sure you keep active - go for a walk/run at lunch time if possible, stretch often 6) Take regular breaks 	<p>BBC – Five Ways to Work Well from Home</p> <p>TES – Five Wellbeing Rules for Teachers Working from Home</p> <p>TES - 5 tips for keeping home-working aches and pains at bay</p> <p>Mind – Coronavirus and your wellbeing – tips and strategies</p>
I will be teaching PSHE remotely / providing lessons for my students for home-learning, which topics should I cover?	<p>The PSHE Association has created a useful document – Guide for PSHE Leads in the event of school closure</p> <p>PSHE includes many sensitive, personal subjects that, if delivered incorrectly, could be potentially harmful or triggering to young people making them inappropriate for remote learning / home-learning.</p> <p>PSHE topics that can work well for remote/home learning at this time include:</p> <ul style="list-style-type: none"> • Strategies for preventing infection <i>Free primary and secondary resources for preventing infection with E-Bug</i> • Ways of promoting positive mental health and emotional wellbeing (not including unhealthy coping strategies) <i>Free primary and secondary resources for mental health with PSHE Association</i> • Sleep and good sleep habits <i>Free primary and secondary resources for sleep with PSHE Association and Public Health England</i> • Balancing time online with other activities <i>Free online safety at home packs with Thinkuknow</i> • Managing online friendships and social media <i>Free primary and secondary resources for social media with Public Health England and friendships online and offline with Thinkuknow</i> • Maintaining healthy eating habits and physical activity <i>Free activities and recipes to stay fit and healthy with Change4Life</i> • Study and revision skills <i>Many resources and ideas can be found for free on TES</i> • Careers education <i>The Nine to Five with Stacey Dooley on IPlayer and BBC Bitesize Careers for KS3 and KS4</i> • Shared responsibilities in caring for others 	<p>The PSHE Association will continue to update their resources and guidance over the coming days and weeks – check out their Coronavirus Hub for more information.</p> <p>Twitter: @PSHEassociation</p> <p>BBC Teach has further resources for teachers and parents</p>

	See BBC Acts of Kindness for ideas of how to increase social responsibility in young people and Amnesty International UK for more educational resources and information on protecting each other and human rights.	
I would like to develop my PSHE provision while I am working remotely – where do I start?	<p>The PSHE Association's Guide for PSHE Leads in the event of school closure outlines some of steps that can be taken to develop your PSHE provision in this time, including policy and curriculum development.</p> <p>Manchester Healthy Schools would be happy to assist you during this time. We have many policy templates, guidance, information and lessons on our website https://www.manchesterhealthyschools.nhs.uk/ - you will need your school login information to access (please contact anne.pendlebury@mft.nhs.uk if you have lost or forgotten your login details).</p> <p>For general enquiries and advice on your PSHE curriculum and provision please contact the PSHE Lead, Eleanor Reed – Eleanor.reed@mft.nhs.uk</p> <p>For more specific enquiries and resources in any of our health areas please contact the corresponding lead below:</p> <p>Team Lead – Kimberley Evans: Kimberley.evans@mft.nhs.uk RSE – Colette Holland: Colette.holland@mft.nhs.uk Healthy Lifestyles – Nicola Howe: Nicola.howe@mft.nhs.uk Unintentional Injury Prevention – Helen Johnstone: helen.johnstone@mft.nhs.uk Drugs and Alcohol – Kelly O'Brien: Kelly.obrien@mft.nhs.uk Mental Health and Wellbeing – Clare Ledsham: clare.ledsham@mft.nhs.uk Social and Emotional Health – Emma Pilling: emma.pilling@mft.nhs.uk</p>	
Is there any guidance or information to help my school tackle in-school provision?	<p>Coronavirus: How to tackle in-school provision from TES offers insight into how different schools are tackling problems such as staffing, social distancing and the curriculum.</p> <p>Updated (7th April) government guidance on social distancing in schools: Coronavirus (COVID-19): implementing social distancing in education and childcare settings</p> <p>Please go to GOV.UK Coronavirus (COVID-19): guidance for schools and other educational settings for a collection of the all the government guidance and responses to COVID-19 for education.</p>	TES has created Coronavirus and schools: LIVE – a live blog with helpful information, tips and strategies going forward for teachers and schools.
What new creative content is out there that could work for both home-learning and in-school provision?	<p>For extensive list see TES.</p> <p>Carol Vorderman - The former <i>Countdown</i> presenter has made her online maths school free for all children aged 4-11 until schools re-open.</p> <p>David Walliams - Children's author and TV personality David Walliams will be releasing a free audio story every day for the next 30 days.</p> <p>Dan Snow - The History Guy, is offering free access to his history documentary channel History Hit for 30 days.</p> <p>Brian Cox - The professor of particle physics and TV personality has said he will be getting involved with "several great initiatives" over the coming weeks. On Saturday, he took part in a Q&A session for the Comic Shambles Network's Stay At Home Festival.</p>	<p>BBC Teach has further resources for teachers and parents</p> <p>Greater Manchester Health and Social Care – creative resources, ideas and signposting</p>

	<p>Steve Backshall - The naturalist, broadcaster and author will be running a live "wildlife chat" on Facebook, Instagram and YouTube on Wednesday night.</p> <p>Myleene Klass - The classical musician and radio presenter is offering free music lessons as part of a "Klass timetable" for children stuck at home.</p> <p>Jamie Oliver - Chef Jamie Oliver is hosting a nightly cooking show on Channel 4 to help families plan their meals "in these unique times".</p> <p>Theo Michaels - The former <i>MasterChef</i> star is streaming live cooking classes on his Instagram account and YouTube channel.</p> <p>Dame Darcey Bussell – her DDMIX for Schools is hosting a 10-minute "shake up" on Facebook Live every day this week.</p>	
Where can I find educational resources to sign-post parents to?	<p>Your school should provide you with some work and resources you can be using in this period of school-closure.</p> <p>We have created a Home-learning Resource List for parents and teachers to download, categorised by school subject for ease of use.</p> <p>Examples of some websites on the list include: TES – Covid-19 Home-Learning Pack</p> <p>BBC Bitesize - Learn and revise subjects for all ages</p> <p>BBC Teach – Teaching from Home - Guidance and Live Lessons Available for Primary and Secondary in many subject areas</p> <p>TTS Group – Free Home-school learning packs and activities</p> <p>Oxford Owl – activities, resources, e-books for English, Maths and Science</p>	<p>BBC Teach has further resources for teachers and parents</p> <p>Twinkl – free one month ultimate subscription of educational resources aged 0-18+ years: www.twinkl.co.uk/offer Enter code: UKTWINKLHELPS</p>
How can I talk to my students about coronavirus?	<p>The PSHE Association has created a useful document – Discussing coronavirus (COVID-19) with children and young people</p> <p>See the document for full details - key points include:</p> <ul style="list-style-type: none"> • Create a safe learning environment with agreed ground rules • Be reassuring • Encourage questions and be honest • Keep up to date with government guidance • Reinforce hygiene routines • Discuss ways to support their wellbeing • Address misconceptions and untruths <p>Anna Freud – Supporting Schools and Colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption</p>	<p>WHO - Guidance for talking to children about coronavirus.</p> <p>Place2Be – Answering Children's Questions about coronavirus</p> <p>Newsround Clip – Coronavirus: Why it might not be as scary as it sounds</p>
How can I help my students burn off energy throughout the day?	<p>Youtube videos free to access:</p> <p>Cosmic Kids Yoga</p> <p>Just Dance</p> <p>Joe Wicks Classroom Workouts</p> <p>Disney Wake Up Shake Up</p> <p>BBC Supermovers</p> <p>GoNoodle</p>	<p>The Body Coach TV – Monday – Friday 9am - Live Stream 30 minute PE lesson for Primary and Secondary school</p>
How can I look after my own mental health?	<p>Looking after your mental health:</p> <ul style="list-style-type: none"> ✓ Decide on your adjusted daily routine ✓ Find ways to relax and be creative 	<p>Anna Freud - Looking after each other and ourselves: A guide to</p>

	<p>✓ Take care with news and information – if it makes you anxious limit the amount of news you receive See further advice from Mind - Coronavirus and your wellbeing</p> <p>NHS - Five Ways to Wellbeing</p> <ol style="list-style-type: none"> 1) <i>Connect with other people</i> Facetime/skype/games online, check in with friends by calling them not just messaging 2) <i>Be physically active</i> If you can't get out to run/walk there are lots of youtube exercise sessions! Try The Body Coach or Yoga with Adriene 3) <i>Learn new skills</i> Keep your mind stimulated - learn a new language with Duolingo or try your hand at gardening or growing in your house! 4) <i>Give to others</i> Particularly important to stay giving right now - think about actions you could do for vulnerable people in your area – create something with your children for an elderly neighbour / offer to do help out with their shopping 5) <i>Pay attention to the present moment</i> Practice mindfulness with the Headspace App <p>Live in Manchester City Council? Sign up to Manchester Libraries, download the Borrowbox app and download books and audiobooks on to your phone/tablet all for free!</p> <p>Mentally Healthy Schools – signposting and further information, including staff wellbeing</p>	<p>supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption</p> <p>Mind – Coronavirus and your wellbeing – tips and strategies</p> <p>Young Minds – Parents Helpline - advice and tips on a range of topics chosen by parents, for parents.</p> <p>Further mental health services for those affected by social restrictions from Greater Manchester Combined Authority.</p> <p>Greater Manchester Health and Social Care – COVID-19 resources for children and families</p>
How can I help my students to look after their health and wellbeing?	<p>Cosmic Kids Yoga – Yoga and Mindfulness using words, play, stories RHS School Gardening website has lots of ideas for simple gardening activities that families can try at home NHS Healthy Eating for Teens webpage has hints and tips for eating well on a budget along with some delicious and nutritious recipes to try BBC Good Food website is full of recipes suitable for all different abilities and budgets and there are loads of healthy options to choose from. Change4Life website has a wealth of ideas to support children and families including; 10 minute fitness games, simple recipes and healthy lifestyles advice, all presented in a family friendly way. Free online tours of the best art galleries in the world Google Arts & Culture teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world. The Trussell Trust is a nationwide network of food banks that together provide emergency food and support to people locked in poverty. 42nd Street is a mental health charity exclusively for young people in Manchester, they offer free and confidential services to young people experiencing difficulties with their mental health and emotional wellbeing. Anna Freud – Self-care tips and strategies Anna Freud - Helping children and young people to manage anxiety: A practical guide to supporting pupils and students during periods of disruption</p> <p>ChatHealth – an anonymous text support service from Manchester School Nurses is available to all children in Manchester aged 11-16, offering support in many areas including mental and emotional health, relationships, healthy eating. Students need to text #ChatHealthNHS to 07507330205. T&Cs: https://chathealth.nhs.uk/important-info/privacy/</p>	<p>Anna Freud NCCF - Supporting young people's Mental Health during Periods of Disruption</p> <p>Manchester Healthy Schools – Talking to My Child About Mental Health</p> <p>Kooth – a free online counselling platform where young people aged 11 upwards can access professional support with their mental health</p> <p>Further mental health services for those affected by social restrictions from Greater Manchester Combined Authority</p> <p>Mentally Healthy Schools – signposting and further information</p>

	Greater Manchester Health and Social Care – COVID-19 further signposting and resources for young people in Manchester	
What information, guidance and support is there for families with children with SEND?	Carers UK – Coronavirus Guidance WellChild - COVID-19 Information For Parents And Carers Mencap – Easy Read Coronavirus Guidance Dealing with COVID-19: Resources for Special Educators, Therapists & Families Anna Freud - Supporting the most vulnerable children and young people A guide to supporting vulnerable pupils and students during periods of disruption Anna Freud – Running an Alternative Provision during Lockdown	These links were taken from the School Wellbeing Service at Leeds City Council