



Newsletter

Health & Wellbeing - Check In, Catch Up & Prepare..... (in case you missed it first time round)

Loads of Ideas, activities, lesson plans and resources to support schools in the check in, catch up and prepare for summer and September with pupils.

Healthy Eating



Foundation Phase and KS2 Resources.

<http://greatgrubclub.com/for-teachers#.Xun5eXJYbIU>



Foundation Phase and KS2 Resources.

[Change4Life Resources](#)



Primary and Secondary Resources.

Food a fact of life - Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.

[Food A Fact of Life](#)

Click to edit this placeholder text.

Play & Physical Activity



Sports Wales

Play to learn - Foundation Phase

[Play to Learn Resources](#)



Dragon Multi Skills – KS2

[Dragon Multi Skills Resources](#)



BBC Supermovers - Fun curriculum linked resources to get your class moving while they learn – Foundation Phase/KS2

[Supermovers](#)

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The Daily Mile—Primary and Secondary

[The Daily Mile](#)



Cosmic Yoga - Primary

[Cosmic Yoga](#)



Create Development—KS2

FREE home learning resources for ALL schools and families which supports ideas on being active, play and learning together, Complete an online form to receive your log on details.

[Real PE - Home Learning Resources](#)

Risky Behaviours & Internet Safety



[NSPCC – Lesson plans for Primary and Secondary on PSE topics](#)

[NSPCC Lesson Plans](#)



Rise Above—Primary and Secondary

[Rise Above](#)



Thinkuknow - Primary and Secondary

Education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

[Think U Know](#)



Hwb Primary and Secondary

<https://hwb.gov.wales/>



SchoolBeat.cymru—Primary and Secondary.

A bilingual site from the All Wales School Liaison Core Programme, providing information and resources for pupils, teachers, parents and partners to reinforce the key messages delivered by our School Community Police Officers in primary and secondary schools as well as alternative educational settings.

[School Beat - Teaching Resources](#)



SWLG - Primary and Secondary.

Online safety programme 2020-21 - a roadmap of resources and events

<https://swgfl.org.uk/projects/online-safety-wales/>



Internet Legends Primary and Secondary

<https://parentzone.org.uk/school-zone>

Hygiene



E Bug – Primary and Secondary

E-Bug is a free educational resource for classroom and home use and makes learning about micro-organisms, the spread, prevention and treatment of infection fun and accessible for all students.

[E-Bug Teaching Resource](#)



Food Standards Agency – Cookin Castle—Primary

An interactive game intended to teach and promote healthier eating and good food hygiene practices to children aged approximately 8 to 11 years old (key stage 2)

[Cookin Castle Wales - Teacher-guide](#)

Sleep



The Sleep Council – Primary and Secondary

Info on Sleep from advice to useful tools.

[The Sleep Council](#)

The Childrens Sleep Charity

Teachers who attended the Sleep Training in February 2020 organised by Healthy Schools will have Toolkits to work with the pupils on.

[The Childrens Sleep Charity](#)



- Primary Teachers attended the Sleep Success training and should use the Booklet provided as part of the training to discuss sleep with the children. (FP/KS2)
- Secondary Teachers attended the Sleep Champion Training and should use the Sleep Champion toolkit and resources they were provided during the course and emailed to them following the training. Great sessions on sleep and importance of it. (KS3/KS4)

Sleep Lesson Pack Secondary



Public Health England

[KS3/KS4 Lesson Plan Pack on Sleep](#)

Emotional Health & Wellbeing



NSPCC – Lesson plans for Primary and Secondary on PSE topics

[teaching-resources-lesson-plan](#)



Jenny Mosely, Circle Time—Primary

[Circle Time Resources](#)

Young Minds - Primary and Secondary



UK's leading charity fighting for children and young people's mental health.

[Young Minds - school-resources](#)



National Centre for Mental Health—A guide for anyone supporting people who have experienced traumatic events,

[Supporting-people-who-have-experienced-traumatic-events](#)

National Centre for Mental Health



Spectrum—Primary and Secondary Resources

A Whole School Approach to tackling Domestic Abuse. Educating schools in Wales about Healthy Relationships

[Resources](#)

DEAL—Samaritans—KS2 and Secondary



DEAL is a free resource for teachers and other educational professionals designed to help develop resilience in young people

[Deal Resource](#)

Outdoor Learning



Countryside classroom Primary and Secondary

<https://www.countrysideclassroom.org.uk/resources>



Council for Learning Outside the Classroom – Primary and Secondary

[Education Resources](#)

Council for
Learning Outside the Classroom



RSPB- Primary

[Fun & Learning for Teachers](#)



The Wildlife Trusts

<https://www.wildlifetrusts.org/wildlife>



Chester Zoo (Primary and Secondary)

[School Resources](#)

[The Pod](#)—Primary and Secondary



An interactive website and educational platform for teachers, community group leaders and children. It offers free lesson plans, practical activities, assemblies, films, games and information, all with cross-curricular links.

<https://www.jointhepod.org/teachers>



Natural Resource Wales - Primary and Secondary

[Learning Resources](#)

Further Information

You can access further information and resources from the Wrexham Health and Wellbeing website on Hwb by accessing the following link:

<https://hwbwave15.sharepoint.com/sites/665/H%26W>

You will require a Hwb logon to access the site. Once on the site you can access past Health and Wellbeing newsletters in the Healthy Schools section that have links to useful websites and resources as well as other areas on policy and guidance.

Alternatively you can contact a member of the Healthy Schools Team on the details below:

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