

Vale Healthy Schools resources and updates – 21st April 2020

If you have not already done so please complete our survey -
<https://www.surveymonkey.co.uk/r/833QNF8>

Covid -19 updates

UK Government guidance on social distancing in childcare and education settings

<https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-social-distancing-in-education-and-childcare-settings/coronavirus-covid-19-implementing-social-distancing-in-education-and-childcare-settings>

Public Health Wales – latest updates <https://phw.nhs.wales/>
<https://icc.gig.cymru/>

Public Health Wales – Covid -19 dashboard

<https://public.tableau.com/views/RapidCOVID-19virology-Mobilefriendly/Summary?%3AshowVizHome=no&%3Aembed=true#2>

Latest updates from **Welsh Government** - <https://gov.wales/topic/980/latest>
<https://llyw.cymru/coronafeirws>

<https://www.publichealthnetwork.cymru/en/coronavirus-covid-19/>

New 'How are you doing?' Public Health Wales resources

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/>

Stay at home during Ramadan guidance

Guidance and information for everyone regarding Ramadan (beginning 23rd / 24th April) during the Covid emergency from the Muslim Council for Wales.

<https://mcb.org.uk/wp-content/uploads/2020/04/MCB-Ramadan-2020-Guidance.pdf>

Useful resources and activities online

Egg Seeds – one metre square garden

Fantastic short video explaining how to set up a growing area in a small space, even on a balcony or on a patch of waste ground.

<https://www.youtube.com/watch?v=9HNOH81UmQ4&feature=youtu.be>

RSPB - <https://hwb.gov.wales/news/articles/4aaf380c-1c97-458c-a14b-3848e293e59e>

Whitmore Headteacher's Blog

This is one of many blogs but thought the sentiments in here are useful!

<https://www.whitmorehigh.org/our-school/headteachers-blog/>

Scouts – the Great Indoors activities

Some great activities for families to do indoors with minimal preparation and materials.

<https://www.scouts.org.uk/the-great-indoors/>

Hwb heros

Could your children help a vulnerable person during this time?

<https://hwb.gov.wales/news/articles/dada8eac-9457-4099-9d8b-f0f5cedbc9ba>

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

British Nutrition Foundation – home learning resources

Some great resources for healthy eating for use by families at home, but could also be used in hub schools and other settings.

<https://www.foodafactoflife.org.uk/whole-school/remote-learning/wave-3-activities-and-ideas-20420/>

Spectrum project from Hafan Cymru

New activity packs for use by parents and carers with children and young people of all ages during the Covid 19 isolation period:

<https://www.hafancymru.co.uk/about-us/parent-activity-packs-covid-19-support/>

Cardiff Met student survey

If you have the chance please do complete this survey from a research student at Cardiff Met who is looking into the Welsh Network of Healthy Schools approach. *Thanks – from Kate Mason – student at Cardiff Met*

<https://www.surveymonkey.co.uk/r/X68QQPN>

Children’s commissioner for Wales

Daily updates, activities and videos from Sally Holland and her team:

<https://www.childcomwales.org.uk/>

<https://www.complantcymru.org.uk/>

Free Jenny Moseley wellbeing resources

Jenny and her team are currently offering a few resources for use at school and in the home for FREE.

<https://www.circle-time.co.uk/resources/>

FREE Fun in the Garden Book from Play Wales (bilingual)

New free book on encouraging outdoor play at home currently available by post from Play Wales:

<https://www.playwales.org.uk/eng/news/1299-new-right-to-play-storybook-launched->

<https://www.chwaraecymru.org.uk/cym/newyddion/1299-new-right-to-play-storybook-launched->

FREE film to watch – Project Wild Thing

A great short film exploring the need for us all to play and move outside in the wilds (even a garden or park will do!)

https://vimeo.com/67763495?utm_source=The+Wild+Network+2017&utm_campaign=3adb735a6f-EMAIL_CAMPAIGN_2018_02_08_COPY_01&utm_medium=email&utm_term=0_d8ec5e93eb-3adb735a6f-233199769

Outdoor Learning Ideas from Learning Through Landscapes

https://www.ltl.org.uk/free-resources/?swoof=1&woof_text=week

Ideas from our schools

- How about all staff write a personal letter home to their pupils?
- Creating a staff video – good one from my son's school here – <https://www.youtube.com/watch?v=NozJh5JFyx0>

A couple of recommended resources from a nursery school

<https://hungrylittleminds.campaign.gov.uk/>

<https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>

Take lots of care everyone 😊 Thanks for all your contributions - more to come next week. Keep the ideas coming - diolch!