

# Tower Hamlets Healthy Lives update



**3 March 2021**

**PLEASE FORWARD TO ALL TEACHING STAFF**

**The Healthy Lives Team update contains helpful information and activities for all school teaching staff**

**This is the SCHOOL STAFF newsletter from The Healthy Lives Team.**

Each Wednesday we share school relevant information, lesson plans and resources which can be used to support the teaching of health and wellbeing. This goes out to school contacts only.

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

We 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.

If you would like further support or details, please contact Kate Smith, Head of Healthy Lives, at [kate.smith@towerhamlets.gov.uk](mailto:kate.smith@towerhamlets.gov.uk).



## **Key back to school messages for families**

To support conversations with families, children, and young people about the full reopening of schools and colleges from Monday 8 March, LBTH have prepared the following three key messages to share with parents, carers and guardians.

Regular updates can be found at [www.towerhamlets.gov.uk/backtoschool](http://www.towerhamlets.gov.uk/backtoschool) with the latest advice, information and guidance for families in Tower Hamlets.

Schools can also download the 'Schools are safe places and the best place to learn' graphic here: [Landscape graphic](#); [Square graphic](#)

1. Face-to-face classroom learning for every child in Tower Hamlets will begin again from Monday 8 March. Speak to your school directly if you have any questions.

2. Schools in Tower Hamlets are safe and all set for return of every child from Monday 8 March. They are the best place to support your child's learning, life-chances and wellbeing.
3. Getting every child back to school on Monday 8 March is vital for their learning, their life-chances and their wellbeing.

[LBTH Back to school information >](#)



## Information to support conversations about COVID-19

The latest communications about the vaccine, self-isolation and Coronavirus can be found at the following links:

- [COVID-19 directory for Tower Hamlets](#)
- [COVID-19 news and updates](#)
- [COVID-19 Community Champions](#)
- [Download the NHS app](#) available in English and several community languages including Bengali, Somali, Chinese, Polish, and Arabic

Areas of specific interest or concern:

- [COVID-19 vaccine information](#) and [YouTube playlist of COVID-19 vaccination videos](#)
- [COVID-19 testing options locally](#)
- [A guide to getting benefits if you are self-isolating](#) and the council's [Resident Support Scheme](#)
- [Information for schools and families](#) including [advice and support for families, children and young people](#)
- [Free school meals](#)
- [The Tower Hamlets Family Information Service](#)
- [The Local Offer](#)
- [How to wear a fabric face covering](#)

Please remind families that they should also be proactive and follow the council's channels to stay informed:

- [Twitter](#) | [Facebook](#) | [Nextdoor](#) | [YouTube](#) | [Residents' newsletter](#) | [COVID-19 Community Champions](#)
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## Coronavirus staff resilience hub from MindEd

MindEd provide free e-learning about the mental health of children, young people, adults and older people.

The Coronavirus staff resilience hub is a collection of advice and tips for frontline staff from MindEd's large panel of international experts. The aim is to help frontline staff to manage their mental health and wellbeing with guidance covering the following areas:

- Helping Each Other
- Tips for Managers and Team Leaders
- Stress and Fear
- Trauma and Distress
- End of Life and Bereavement
- Further Resources for Managers

[Further staff support >](#)



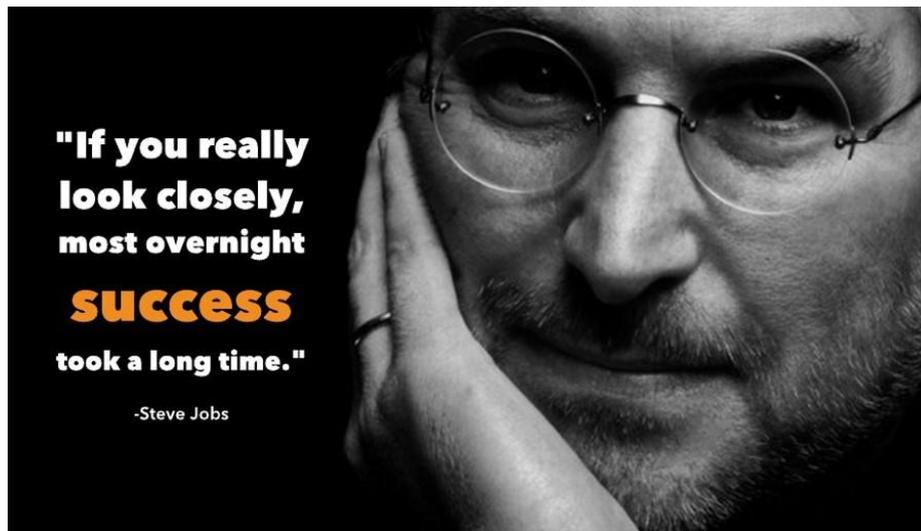
## Support helpline for school staff

The Education Support helpline provides a free, confidential helpline for all teachers, lecturers and staff in England, Wales and Scotland. It is available all day, every day. The website has specific coronavirus mental health and wellbeing support for all education staff.

The helpline number is 08000 562 561.

[Further information >](#)

And remember...



**"If you really look closely, most overnight success took a long time."**

Steve Jobs



## The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We send regular newsletters that are 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 and please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



## Subscribing to this newsletter

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

[www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

## Useful links

- [Latest government advice](#)
- [NHS coronavirus advice](#)
- [NHS 111 online coronavirus service](#)
- [Tower Hamlets coronavirus advice and support](#)

**Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?**

[See the list and sign up!](#)