

## Healthy Children and Young People at Home

*Southwark's "Healthy Schools Bulletin Eight" provides ideas on how to keep your children and young people fit, healthy, happy and busy while they are home-schooled.*



### Education ideas

#### LEARN: How to stay safe online

Parent Zone are offering all schools and organisations **free Parent Zone Membership until 19 June** to ensure you have the most useful information and advice at your fingertips, whatever happens. You'll have access to a library of exclusive materials written by the expert team at Parent Zone to support the families you work with through this difficult time – including resources specifically designed to help families deal with the new challenges posed by COVID-19 such as how to talking to children and young people about COVID-19 and what parents in lockdown need to know about digital resilience.

[Learn More](#)

#### LEARN: with Hans and the Gruffalo

The London School of Hygiene & Tropical Medicine (LSHTM) has teamed up with well-known illustrators and publishers to launch an extensive range of free digital COVID-19 educational resources for children

[Learn More](#)

#### LEARN: PSHE, Mental Health & Wellbeing at home

**NEW** resources for parents/carers from the PSHE Association:

- Guide for parents & carers educating children at home
- Home learning resources

[Learn More](#)

## Healthy body & mind ideas

### MAKE: Jerk-style Chicken Skewer

These spicy skewers are quick to prepare and cook – and a great way to brighten up any barbecue!



[Learn More](#)

### EXERCISE: with The PE and Schools Sport Network

The following challenges can be used in you school or home as a form of physical activity and competition, and all can be found <https://www.lpessn.org.uk/>

- [Wall Sit](#)
- [Burpees](#)
- [Static Balance](#)
- [Target Throw](#)
- [Standing Long Jump](#)
- [Shuttle Run](#)
- [Speed Bounce](#)

### EXERCISE: with Wellbeing through Sport

Wellbeing Through Sport activity programme - Team Mental Health and EdStart Sports Coaching have produced a range of fun 'Wellbeing Through Sport' activities to do at home. These can also be adapted for use in the schools supporting children who remain in education at this time.

[Learn More](#)

### EXERCISE: With British Cycling

Launched a daily activity calendar to keep kids moving and help them to develop new skills, as millions across Britain adjust to life out of school.



[Learn More](#)

## RELAX: with Save the Children

Relaxation activities for children from Save the Children - six simple activities for relaxation at home.

[Learn More](#)

## MENTAL HEALTH & WELLBEING: Groundwork & Southwark Council

The Nest in Southwark provides free mental health and wellbeing support for young people aged 13 – 25: <http://www.thenestsouthwark.org.uk/>

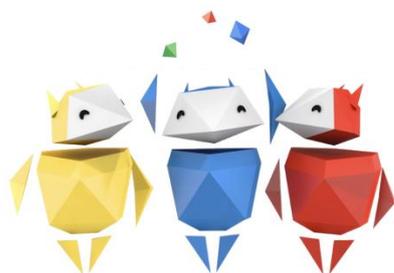
## MENTAL HEALTH & WELLBEING: Anna Freud Centre

[Supporting schools & colleges: A guide to supporting](#) the mental health and wellbeing of pupils and students during periods of disruption. There are also videos for [parents](#) and for [children and young people](#) which may be useful. Also, a practical guide to [supporting](#) pupils and students managing anxiety during a period of disruption.



## MENTAL HEALTH & WELLBEING: Google and Parent zone

Google and Parent Zone have launched two online sessions to support children's online safety during the pandemic. A NEW virtual assembly – recorded by our expert team – will equip pupils with the skills they need to be safe and confident online.



[Learn More](#)

## Evening entertainment

### WATCH: Cirque du Soleil

The Montreal-based circus company has launched an online channel called the [Cirque Connect Content Hub](#), where everyone can tune in every week and watch an hour-long performance from the comfort of their living room.



[Learn More](#)

### WATCH: Shows that inspire

Watch fantastic educational programmes on BBC iplayer for free that promise to inspire. There are hundreds of excellent Science & Nature documentaries for the whole family to watch for free but our favourites include Planet Earth 2 and Brian Cox' The Planets.

[DISCOVER MORE HERE](#)



*Have fun – and feel free and email us on [standardsteam@southwark.gov.uk](mailto:standardsteam@southwark.gov.uk) if you would like to share other enjoyable activities.*

*A huge “thank you” to the Healthy Schools Team at Ealing Council as well as to Southwark’s Business Support Team, for pulling all this fun together.*