

December 2017

www.abettermedway.co.uk

Hi All,

Welcome to Decembers edition of the news letter.

The Child Health team would like to wish you all
a very merry Christmas and a happy new year!

Internet Safety

NSPCC

Many children will be receiving mobile phones and tablets for Christmas this year, providing them with access to the internet.

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your children are staying safe?

The NSPCC have produced a range of free resources for schools and teachers, that can be used in the classroom to help children.



You can find them [here](#)



Next training day...

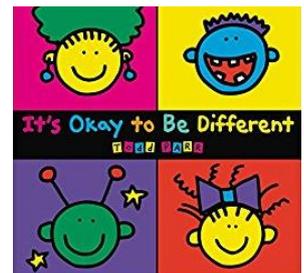
Youth Mental Health First
Aid – 2 day course



11/12

DECEMBER

Book of the Month



It's Okay to be Different

It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format.

Find it [Here](#)



New RSE Lesson Plans



We are delighted to be working with the PSHE Association to produce a set of RSE lesson plans for primary schools. The new set of plans will complement our existing plans and cover the following topics:

Naming body parts

Key Stage 1

We are learning:

- to respect the differences and similarities between people
- the correct names for the main parts of the body

Healthy Relationships

Year 6

We are learning:

- about different types of relationships (friends, families, couples, marriage, civil partnership)
- about what constitutes a positive, healthy relationship
- how relationships may begin, change over time or end

How a baby is made

Year 6

We are learning:

- about human reproduction in the context of the human lifecycle
- how a baby is made and how it grows

The lesson plans will be available with an updated set of teacher's notes for all of our primary lesson plans. We are hoping to have the completed set by the end of term so we can send them out to you before the Christmas break.



To request a set of the new resources please email childhealth@medway.gov.uk providing your name, school and email address.

Medway Model of PSHE

THANK
YOU!



The Medway model of PSHE has been recognised nationally as best practice and has featured in the Children and Young People Now Magazine.

The child health team would like to thank all of you for all of your hard work and dedication to PSHE in your schools. The children and young people of Medway are very lucky to have such a passionate group of PSHE leads and teachers.

We look forward to continuing our partnership working in 2018.

If you would like to find out more about our PSHE offer which includes free resources, teacher training and curriculum planning, please email

childhealth@medway.gov.uk



Medway Teaching
School Alliance

Mindfulness for Teaching Staff and Children

The Medway Teaching School Alliance, in partnership with David Bignell, are delighted to be able to offer a one day taster course on mindfulness on Friday 26th January 2018.

The first part of the course will focus on activities for adults to develop their own experience of mindfulness including body scans, mindful movement and meditations on the breath, sounds and thoughts.

The second part will focus on activities for children and will include an opportunity to experience some of the materials produced by the Mindfulness in Schools Project. Advice will be available to show participants possible routes into training to become a mindfulness teacher in their own school.

To find out more or to book your place....

Telephone Enquiries: (01634 844008) Email Enquiries: info@mtsa.co.uk

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