



The Healthy Lives Team supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

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.

If you're in a school, 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:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

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

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

Here's a selection of fun activities and helpful information for you and your family...



NHS Test and Trace film opportunity – case studies wanted

The Tower Hamlets communications team are looking to create a video to promote the [NHS Test and Trace programme](#), featuring young people in the borough aged 16 upwards who have had symptoms of Covid-19 and booked a test through the national programme.

Case studies would be required to film a short clip (one minute maximum) talking about their experience of booking a test and the ease and importance of getting tested.

Please contact Lucy Fordham in the communications team on lucy.fordham@towerhamlets.gov.uk for more details.

Your help is much appreciated.

[NHS test and trace programme >](#)

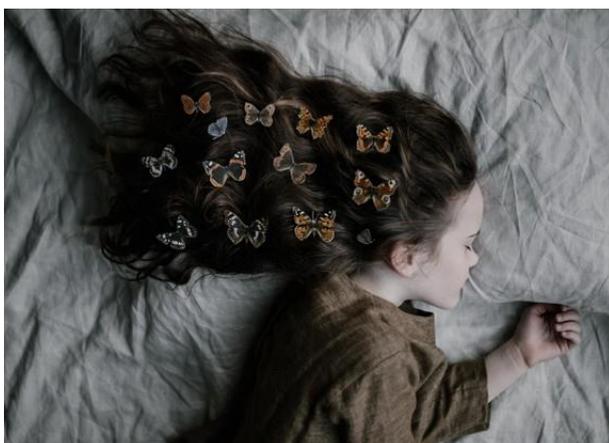


Families wanted to help study the effects of the Covid-19 pandemic on families and communities

University College London is working with Tower Hamlets Council to understand the impact of the Covid-19 pandemic on families and communities in the borough. It would be fantastic for as many people as possible to take part in the study.

You are eligible to take part if you live in Tower Hamlets with a postcode beginning E1, E2, E3, E9, E14 or E1W. Also if you are currently pregnant or a mother or father of a child under five years of age (0-59 months).

[Take part in the survey >](#)



How to create a calm bedroom for your child

Children benefit from having a calm bedroom environment in order to promote relaxation and get a good night's sleep. It is important to spend some time planning your child's bedroom to make sure that it is relaxing rather than stimulating. The Children's Sleep Charity have put together some helpful tips to help your child sleep.

[Healthy bedroom >](#)



National Geographic kids

Packed full of cool kids games that will test your skill and cunning, prepare for a challenge! Plus there are all sorts of mind-boggling word scrambles and perplexing puzzles for you to solve as well as 10 fab tiger facts!

[Fun activities here >](#)



Card games

Card games are great for challenging young minds and creating hours of fun. Grab a box of cards and check out some favourite traditional card games.

[Card games galore >](#)



Educational activities from the World Wildlife Fund UK (WWF)

The WWF have provided engaging ways to connect with nature and teach about the planet. Using themed weeks they will be hosting webinars with WWF experts and linking to popular educational materials. Content will remain on the website too, so you can revisit any videos you missed.

[Find out more >](#)



Food A Fact Of Life home learning hub

The Food a Fact of Life classroom is a remote learning hub, which comprises of a range of cross-curricular resources and activities for primary and secondary school pupils. The classroom provides tips and best practice for parents, carers and teachers and they will provide an activity or resource every day until 1st September 2020.

In addition to this there are a number of online video lessons.

[Remote learning hub >](#)

[Online video lessons >](#)

MINDFULNESS CALENDAR				
MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	ATTITUDE OF GRATITUDE	USING THE SENSES	COLOUR BREATHING	BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING	FINGER COUNTING	SLIMY HANDS	RISE AND FALL	RELAXING MUSCLES

Mindfulness calendar with daily five minute activities

This two-week calendar resource has been produced by Mentally Healthy Schools and contains a range of daily mindfulness activities that can be used any time of the day.

Each activity will take approximately five minutes and can be undertaken at home or in school and as an individual, small group or whole class. The resource can be displayed as a poster and a detailed guide has also been provided.

[Get your own calendar >](#)



Resources for helping families at home

The Tavistock and Portman NHS Foundation Trust have curated a range of resources ranging from videos, activities for children, advice for parents and carers and government guidance. The resources are arranged according to what is most needed in the moment.

[Family help here >](#)



Free mental health webinars for parents of primary aged pupils

The Tower Hamlets Education Wellbeing Service are hosting this free mental health webinars for parents of primary aged pupils.

Transitions: Children Transitioning from Year 6 to Year 7 - 8th September 4pm

This is a webinar looking at the experiences of young children going through major transitions, in particular the move from primary to secondary school. You will also learn some tips for helping manage your child's anxiety through this period.

[Book 8th September 4pm >](#)



Calling all secondary school students...Free summer mental health webinar

Student Reintegration - Wednesday 26th August 1pm

Tower Hamlets Education Wellbeing Service are hosting a free mental health webinar for secondary school pupils. Exploring common worries of returning to school, this session will include helpful strategies and coping techniques to manage the return in September.

[Book Wednesday 26th August 1pm >](#)



Free mental health webinars for parents of secondary aged pupils

Supporting Your Child's Emotional Wellbeing - 2nd September 10am

Tower Hamlets Education Wellbeing Service are hosting a free webinar designed to increase understanding of mental health and different experiences of mental health, as well as outlining how you can help support your child with their mental health.

[Book 2nd September 10am >](#)



Free webinars for school staff on reintegration

Reintegration - 25th August 10am / 1st September 3:30pm / 9th September 3:30pm

Tower Hamlets Education Wellbeing Service are hosting this free webinar looking at the challenges faced by students and staff on returning to school and will also provide some strategies for supporting yourself and students.

[Book 25th August 10am >](#)

[Book 1st September 3:30pm >](#)

[Book 9th September 3:30pm >](#)

And remember...



"There is no friend as loyal as a book."

Ernest Hemingway



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.