



**School Health &
Wellbeing
Service e-bulletin**

April 2023

In this edition:

Service News
Pages 1 - 3

PSHE Education Updates
Pages 4 - 11

Training and Development
Pages 12 - 13



Welcome!

Welcome back and a happy new summer term to everyone – we hope you had a lovely Easter break! With a few extra bank holidays thrown into this term, it's bound to go super-fast, so you will be on the beach in no time!

In this brand-spanking new edition of our bulletin, we've got the regular reminder about our service and the usual mix of updates and from across the world of PSHE and health and wellbeing, plus the first term's training programme is included, too.

We also have a quick update around statutory RSHE, which I'm sure you know has come back into focus with a 'bang' in the last couple of months, including a wonderfully timed letter to schools from the Secretary of State for Education right at the end of March around the use of curriculum resources and parent engagement. Do take a read of the story later in the bulletin for more excitement on this!!

Enjoy the read and we hope it's as helpful as usual! Previous issues of all our service bulletins can be accessed [here](#).

Please note, as usual, the stories in this e-bulletin are sourced from a range of services including the DfE, PSHE Association, and other reputable organisations who focus on working to support the health and wellbeing of children across the broad spectrum of PSHE. Links to external websites and organisations are provided, but these do not necessarily reflect the views and opinions of the S4S School Health & Wellbeing Service.

S4S School Health & Wellbeing Service

Thanks to all of those schools who have signed-up to access support via a service package for the new financial year 2023/24 – we look forward to working with you all! If you haven't signed up yet then what are you waiting for – we'd love you to join us! If your school is potentially in the market for some PSHE support and would like to find out about the range of PSHE education-related help that we can offer, please contact us for a free initial consultation via Teams. In the meantime, here's a bit about what we do and why...



The S4S School Health & Wellbeing Service is provided as a partnership between S4S and Health & Wellbeing in Schools Ltd. This service offers a broad range of high-quality specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, Health & Economic (PSHE) education. Our service is designed to empower and support your school's delivery of best practice in PSHE education and whole-school approaches to promoting pupil health and wellbeing, including high-priorities such as statutory RSHE.

We are passionate about supporting schools, professionals and young people. Fundamentally, we know that a whole-school approach to improving the personal development, health and wellbeing of your school community will have a positive impact on wider school improvement and outcomes for children and young people. We can offer you the additional capacity and specialist support to help you achieve this!

Some of the benefits of buying in to the S4S School Health & Wellbeing Service include:

- Specialist support from a dedicated advisor
- High-quality advice, guidance and consultancy support to SLT, governing bodies, subject leads and teachers around PSHE themes
- Reliable advice on effective PSHE planning, delivery, and subject leadership, including guidance on appropriate curriculum materials and resources
- Ensure best practice on statutory and non-statutory policies within PSHE-related themes
- High-quality training opportunities to improve staff knowledge and confidence in delivery
- Support around statutory priorities, such as Relationships, Sex and Health Education (RSHE)

The various elements of the service can be accessed by purchasing one of our support packages which offer a cost-effective, high-quality and individualised focus for schools. Due to feedback from schools, we have also now extended the range of our packages for 23/24 so there is even more choice and flexibility to ensure schools get exactly what they need - and within budget!!

If you'd like a chat about any of the help that we can offer around PSHE, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call 0333 772 1272, option 2.

You can also visit the [Health & Wellbeing in Schools website here](#) to find out more about what we do, and [visit our section of the S4S website here](#) for more details about our partnership and to grab a copy of the service brochure for 23/24.

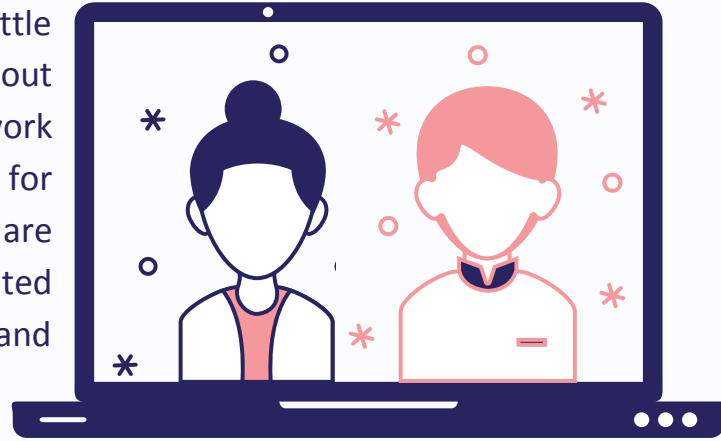
Schools that are interested in purchasing support from our service can also access FREE consultation session to discuss your school requirements.

So, please get in touch – we love to talk about PSHE and all the ways we can help!!



PSHEe NETWORK MEETING!

Just to prove our love for PSHE, we like to give a little bit back to all of the hard-working practitioners out there by hosting regular FREE PSHE Network Meetings! These informal online meetings are for PSHE education subject-leads and staff who are responsible for delivering PSHE education and related topics and offer a forum for topical discussion and updates from across the field.



We thought it would be good to run TWO of these free sessions to bookend the summer term! These are both taking place after school from 3:45 – 5pm and are running on:

Thursday 4th May - [Click here to book a place for this session!](#)

Thursday 6th July - [Click here to book a place for this session!](#)



There will be an opportunity to find out what support is available to schools from our service and hear from guest speakers, as well as time for some questions at the end of the session. The PSHE Network Meetings are open to both primary and secondary phase school staff.

As these are FREE events, places are allocated on a first come, first served basis so please sign up for your place as soon as possible – they do go quickly! All we ask is that you can definitely attend – and that if anything changes, you please let us know if you can't make it!



[Visit the booking section of the S4S workforce development website](#) to find out more and check out the rest of our training schedule whilst you are there too! You can also see what we have coming up in the training and development section at the end of this bulletin.

Personal, Social, Health, and Economic education updates

www.



A brief roundup of news from across the spectrum of PSHE education, health and wellbeing, including links to resources and signposting...

Resources to check out

Regular readers will know that we always try to share news of any decent (and generally FREE!) PSHE-related learning materials that we have come across lately. Even if you have bought into a scheme of work, because PSHE is such a broad and fluid subject with lots of topics to cover, then it's absolutely vital that you include up to date and effective materials. So here's a quick round up to save you a bit of keyboard time!

Top tips for teaching about economic wellbeing in PSHE education -

Not strictly a teaching resource, but this new guidance document from the PSHE Association is well worth a read to ensure that the 'E' in PSHE is not neglected just because it didn't get included in the statutory RSHE guidance. Produced with the Bank of England, there are some great ideas and tips to improve economic education within a primary or secondary phase PSHE programme. Well worth a read for any PSHE subject lead. [Free to download here](#) (you don't need to be a paid member to access this one).



This guidance goes nicely with four new lessons aimed at Year's Four and Six on **Money and Wellbeing** from the PSHE Association This KS2 lesson pack will help to equip pupils with the knowledge and skills they need to manage feelings about money and in making financial decisions – very appropriate in these testing financial times for families. You do need to be a member to access these though; [you can find them here.](#)



[Consequences of vaping \(Year 9\)](#) – another new resource available for members of the PSHE Association, this time for Year 9. This fills a much needed gap in their new-ish Drug Education resources, with vaping use being a growing concern with young people. The lesson explores the consequences of vaping and the influences that might encourage young people to vape.



Neurodiversity Celebration Week toolkit – back in mid-March, those lovely folks at the Anna Freud Centre, via their Mentally Healthy Schools website, released some great resources to mark Neurodiversity Celebration Week. There is a toolkit for both primary and secondary, with resources for pupils and staff to help increase understanding of neurodiversity throughout the school community.



Our Class KS2 friendships and peer relationships resources – are a series of stories with discussion questions and lesson plans (including narrated videos) to help children explore the complexities of friendship.



These educational resources have been developed by psychology researchers based on research into children's friendships and the importance of good quality relationships. As a bonus they have also been awarded the quality mark from the PSHE Association – and they are free!!



Catch On - free resource about Child Exploitation aimed at pupils in Years 7 and 8. Launched by Catch22 to mark Child Exploitation Awareness Day back in March, Catch On contains teaching materials exploring the topic of grooming and exploitation. Again, this is free – you just need to register to access them.



PSHE Association Spring Conference 2023 – a quick report!

Our very own Russell Stanley attended the recent PSHE Association Spring Conference, held online on 23rd March, so we thought we'd give you a summary of how it went in case you couldn't attend yourself!

The conference had a core safeguarding theme and hosted contributions from the police, leading academics working in gender based violence and Everyday Sexism's Laura Bates, alongside a range of the regular mix of practical CPD based workshops covering all sorts of PSHE-related themes.

With over 700 delegates attending, the event proved as popular as ever, and its theme was very well pitched given some of the media-hype and conjecture surrounding PSHE and its topics at the moment. Fundamentally, attendees were frequently reminded of the important part that PSHE plays in addressing safeguarding through the curriculum, and in helping children and young people to safely explore some of the complex themes that are present in our modern world.

Delegates received access to an advance copy of the new 'Not Just Flirting' KS2 – 4 lesson pack, with age-appropriate resources on sharing nudes. No doubt these will be available for all members soon, so keep your eyes peeled!

The Association also published a briefing document – PSHE education and safeguarding – a 'compelling case' – to complement the conference theme. This is now available to all members, and we would advise you to take a look at this if you (or anyone else!) need a summary reminder on PSHE education's critical role in keeping children safe, and how to best implement effective PSHE to achieve this.

Available here for members only.

These conferences are always a good bet, and this one felt particularly timely given the spotlight on PSHE/RSHE right now. No doubt there will be plenty of quality stuff coming out from the Association over the remainder of this year, so whether you attended or not, make sure you check in on their website frequently over the coming months!



Statutory RSHE... here we go again!!


Well, if it's true that there's no such thing as bad publicity, then the statutory guidance for RSHE certainly has its name up in lights again, big time! RSHE (especially sex education) has been all over the media in the last few months, with all sorts of inflammatory claims and counter claims knocking about. You will be aware by now that the Government have elected to 'bring forward' the review of the guidance, with consultation set to begin as 'soon as possible,' and possibly even with an independent review. To be fair, the statutory RSHE guidance was due for review this year anyway so it's not exactly being brought forward, but the statement in Parliament from Rishi Sunak in early March was a response to a letter from a group of Conservative MPs who were concerned that "children are being indoctrinated with radical and unevidenced ideologies about sex and gender", particularly around the use of external agencies and speakers and inappropriate curriculum materials.

Of course, it has always been important that schools check out any organisation or resources they are working with, to ensure they fit in with the ethos and values of their school and wider PSHE offer, but the evidence on which these concerns are based does seem somewhat thin. Indeed, in response to the alleged issues and review, the National Association of Head Teachers (NAHT) said: "There is a real concern that this is a politically motivated review, rather than one based on the reality of what is happening in the vast majority of schools up and down the country.

"We have seen no evidence to suggest there is a widespread problem with pupils being presented with age-inappropriate materials and if this were the situation, we would expect it to have been picked up on a case-by-case basis."

Then, just as schools were winding down for Easter, the education secretary Gillian Keegan wrote to schools to "ensure" they are complying with a legal obligation to publish their approach via an RSE policy, as well as sharing curriculum materials with parents. The letter basically explained that parents should be able to view "all curriculum materials" and that they can ask to see material if it has not already been shared, especially in relation to sensitive topics.

It also advised schools that they should "stop entering into contracts that seek to prevent parents from seeing materials", which is directed at schools who have purchased PSHE/RSHE curriculum materials from many reputable and established providers who, for legal intellectual property right and copyright reasons, make it clear that these should not be shared outside of schools who purchase or license them. This all seems to put schools in a bit of a tricky spot, to be honest! Worth checking your Head's inbox or post for this letter when you get chance, for sure!



The DfE has also said that the review of RSHE will conclude by the end of 2023 and will be advised by a yet to be appointed expert panel on how to put “clear safeguards” in place to “stop pupils from being taught contested and potentially damaging concepts” – no doubt a direct response to the alleged-issues raised by the group of MPs and referenced in Parliament earlier in March. You can [**take a read of the DfE press release here**](#), if you want!

Geoff Barton, general secretary of the Association of School and College Leaders, also said: “It is important to understand a review of the guidance was always planned at this time and it is not now happening in response to some sort of calamity over the teaching of this important subject. It is very disappointing to see education secretary Gillian Keegan’s implicit criticism of schools when she says the review will restore the confidence of parents.”

He added that the vast majority of schools teach this subject cautiously, sensitively and in an age-appropriate manner, and said: “Claims made about inappropriate teaching are overblown, sweeping and supported by evidence which is flimsy at best.”

Whatever the motivation or background to all of this, the DfE review will no doubt serve to whip up even more interest than usual in RSHE, particularly RSE-based content around potentially sensitive topics such as sex, body parts, gender and sexuality, across all phases of school. With this in mind, we would urge schools to really consider how they communicate their offer and best ensure that their school community, especially parents/carers, are able to meaningfully engage with information and any questions around resources, content or topics covered.

Of course, as you will no doubt remember, all schools had to ensure that they consulted with parents around their RSE policy and related curriculum content before they implemented the statutory RSHE guidance by September 2020. Ideally, there should be an ongoing protocol on engaging with parents/carers on your PSHE offer, including statutory RSHE, as well as an advance reminder of delivery on any particularly sensitive topics, and parents’ rights around RSE and Health Education content. To be honest, only by being as transparent as possible can we help to ease any concerns that parents may have. This can sometimes feel counter-intuitive to PSHE leads or SLT, and there is a temptation to not voluntarily say anything if you aren’t asked. However, from experience, our service would testify to the critical importance of giving parents/carers a voice and as much information as possible, in context, in order to build a shared understanding as to the relevance and importance of PSHE to things like safeguarding, values, behaviour and the physical, social and emotional development of children.

Having done many parent/community engagement and consultation events over the years, the [**S4S School Health & Wellbeing Service**](#) is well-placed in supporting schools and staff to prepare, organise and run sessions for parents, so please contact us if you would like some help and advice in delivering an information or consultation event around RSHE or wider PSHE; it really is important stuff!

We are also running a bitesize after-school training session for school staff on engaging with parents/carers on RSHE themes in June – check out our summer term training and CPD offer later in the bulletin for more info!

What do young people want from RSE?

Following on from the last story about RSHE, it seemed a good idea to round up a few interesting sources on RSE from the recent perspective of young people – after all, at its core RSE should be for them and about meeting their needs, shouldn't it?!

In early March (ironically, just before the Government officially announced the pending RSHE review), the Sex Education Forum (SEF) published the results of their latest **'Young People's RSE Poll 2022'** in a report which, to be honest, makes generally depressing but unsurprising reading, unfortunately. The poll, of 1002, young people took place over the first few weeks of December 2022 and really highlights the importance of improving the quality of RSE delivery and involving young people directly in RSE curriculum development and consultation.





Some of the key findings that emphasise this well are:

- 40% of respondents rated the quality of their school RSE as 'good' or 'very good' – with 18% rating the quality as 'bad' or 'very bad'
- Respondents were split in their opinions about time dedicated to RSE, with 37% agreeing that 'enough time was dedicated to RSE in my school' and 38% disagreeing
- Just over half (51%) of respondents agreed that RSE was taught by people with enough knowledge and confidence, with 21% disagreeing
- Around 3 in 10 (32%) of respondents agreed that RSE was taught by people who enjoyed teaching it, and a similar proportion (31%) disagreed
- 32% of young people agreed with the statement 'my school asked me for my opinions about RSE' and a higher percentage (42%) disagreed with the statement
- 31% of respondents agreed that 'my school asked students for their opinions about RSE and acted on them' and a higher percentage (40%) disagreed with the statement



The Sex Education Forum has long championed that the views of young people are used to inform curriculum and develop RSE, so this research adds further evidence to this important argument. It is also highly topical!! This is just a snapshot of some of the interesting data and commentary from young people about RSE in their settings. To find out more, **[you can get the full report here.](#)**





It's also worth signposting you to some other excellent and positively-motivated academic research from the University of Birmingham - **[A students' guide to what you don't know - University of Birmingham](#)**. The aptly titled guidance document is created and written by a representative group of secondary-aged young people in receipt of RSE and provides some incredibly valuable advice and perspective for teachers, Governors and SLT on how to do better on RSE!

Speaking about the project and the wider research, Senior Fellow and project lead Dr. Sophie King-Hill said:

"I have found throughout my work in relationships and sex education, both as an educator and a researcher, that young people are eager to talk about the issues that affect them and want to be involved in the design of the education that they receive. They are candid and mature in their approach – something that is not always acknowledged and in many cases they are assumed to be too immature to make educational decisions and have opinions when it comes to relationships and sex education. In my experience I have seen that quite often their voices are quashed and there is a perception, especially with relationships and sex education, that older generations know better. However, when given a voice it can be seen that this is not the case."

Please take a look and share this document with your colleagues in secondary school!

We told you that that there was a lot going on around RSHE! If you feel like you need a bit of a hand on any aspect of statutory RSHE, be it training, policy, advice or support, then please reach out to us – we've got you! Remember, you might also want to check out a few of the new training courses in the training calendar towards the end of this bulletin too...



UNIVERSITY OF
BIRMINGHAM



Our popular professional development training sessions run across the academic year, with courses offered across a range of themes related to PSHE education. Our training sessions are open to all, regardless of whether your school is signed up to a current service support package with us or not.

For certain courses, we also offer an additional bespoke one-to-one follow up session with a specialist advisor. As well as attendance at the training session, delegates who book this option (£99) will be able to access an individual one hour online follow up meeting to help discuss any specific issues for their school around the themes in the training session – ideal for those schools who need that extra bit of help or confirmation that they are putting the right things in place. Visit the [workforce development section of the S4S website](#) to see which of our training session this option is available on.

We also offer Inset or 'twilight' training opportunities to enable schools to effectively deliver key learning points to wider groups of staff, either virtually or physically in school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

Please do contact the S4S School Health & Wellbeing Service if you would like to find out more about any of the training and professional development support that we offer.

Training Calendar: April – July 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over summer term 2023. **Course places start from just £51 or come in at no additional charge for school's that buy into our service level agreement, so book your places before they go!**

Please click the title of each course in the table below to go straight to the information and booking page for each session.

TRAINING SESSION	DATE/TIME
<u>What You Need to Know about OFSTED & PSHE!</u>	Wednesday 26 April, 1 pm – 3:15 pm
<u>FREE PSHE Network Meeting</u>	Thursday 4 May, 3:45 pm – 5pm
<u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u>	Wednesday 17 May, 3:45 pm – 5 pm
<u>What You Need to Know about OFSTED & PSHE!</u>	Thursday 18 May, 1 pm – 3:15 pm
<u>NEW Bitesize CPD: Teaching & Discussing the Protected Characteristics</u>	Tuesday 23 May, 3:45 pm – 5 pm
<u>NEW Addressing the Impact of Pornography & Other Explicit Online Material on Secondary-aged Children & Young People</u>	Thursday 8 June, 1 pm - 3:15 pm
<u>NEW Addressing the Impact of Exposure to Explicit Online Material on Children (primary phase)</u>	Friday 9 June, 1 pm - 3:15pm
<u>NEW Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE</u>	Tuesday 20 June, 3:45 pm – 5 pm
<u>What You Need to Know About OFSTED & PSHE!</u>	Tuesday 27th June, 1 pm – 3:15 pm
<u>FREE PSHE Network Meeting</u>	Thursday 6 July, 3:45 pm – 5pm

Please note, courses will run subject to sufficient delegate numbers. You can get further information about these courses and make bookings by visiting the [workforce development section of the S4S website](#)

We regularly add further sessions, so please check our website and look out for more. If there are any specific topics you'd like some CPD on, then please let us know – we can always create or source added content! Remember, we will also come to you if you need any twilight, Inset or Governor training – please get in touch to find out more.

Contact details

Don't be a stranger - we would love to hear from you!

Contact us by email via:



info@services4schools.org.uk

or

russell@schoolhwb.co.uk



**Health & Wellbeing
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



www.services4schools.org.uk/school-health-wellbeing-service/