



School Health & Wellbeing Service e-bulletin

June 2023

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Welcome to the final edition of the S4S School Health & Wellbeing Service e-bulletin for academic year 2022/23. There's no doubt that we will have all earned our summer break by the time we finish in July and get a chance to relax and recuperate! But there's still time to do plenty of PSHE in summer 2, so don't switch off just yet!

We're keeping it fairly brief in this edition of our bulletin (just working on the spray tan...), but we've still got the regular reminder about our service and the usual updates from across the world of PSHE and health and wellbeing. Plus the last of our training programme for this academic year and a few coming up in September is included, too.

Over the last few months, quite a few schools have asked us in to support them with parent information and engagement sessions around PSHE and statutory RSHE, especially since the DfE's communication to schools at the end of spring term (as reported in our last bulletin). This has worked really well for those schools who have wanted to keep up that communication and transparency around their provision since any initial consultation as part of implementing the statutory RSHE requirements.

If your school is considering running any information sessions with parents (it's definitely a good idea!) then we would love to hear from you and, of course, help out if needed! We also have an after-school training session on how to go about engaging positively with parents/carers around RSHE taking place later on in June – check out the training section and sign up!!

Enjoy the read and we hope it's helpful. 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, Childrens Commissioner 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

A bit about us and what we do...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!



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.



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. Or you can buy us in or access our training programme ad-hoc!

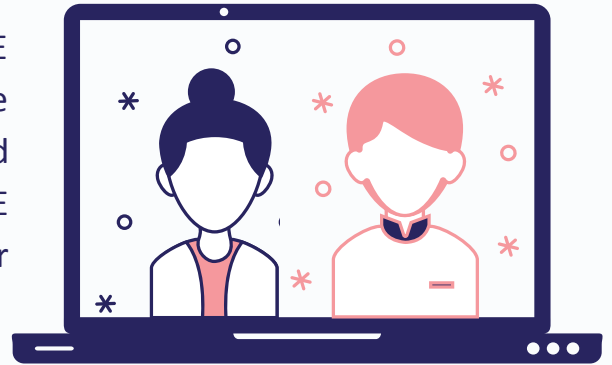
If you'd like a chat about any of the help that we can offer around PSHE, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call 0333 772 1272, option 2.

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

So, please get in touch – we love to talk about PSHE !

PSHEe NETWORK MEETING!

Yes, isn't it amazing?! We are hosting another PSHE Network meeting this term! 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.



This final meeting of 22/23 will be more of an update and retrospective look back at what has gone on across the field this year, as well as a look ahead to what 23/24 might hold for the subject! We are also allocating a minimum of 30 minutes for Q & A around any PSHE issues, topics or queries that attendees might have, so it's your chance to ask away on any niggling issues you might have!



This meeting is taking place on Thursday 6th July 3:45 – 5pm. [Click here to book a place for this session!](#)



If you have a specific (or anonymous) question you'd like us to pick up on during the meeting, then please email russell@schoolhwb.co.uk in advance and we will do our best to get it in as a priority to any questions asked on the day!

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

Personal, Social, Health, and Economic education updates

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



New report on damaging impact of online pornography

The latest research from the Children's Commissioner into the impact of pornography on children has highlighted some stark findings. The report explores the serious consequences of exposure to pornography, including how it plays a part in influencing abusive and harmful sexual behaviour between children.

[Evidence on pornography's influence on harmful sexual behaviour among children](#) is the second in a series of reports investigating the impact of pornography on young people, building upon the Children's Commissioner's first report published in January 2023, 'A lot of it is actually just abuse'.

This new report, as with the previous one, is a difficult read in places and it covers research from actual cases involving children but is one that anyone working with children should take a look at.

To access key findings from the report on an easy to use information sheet, [you can click here.](#)



**CHILDREN'S
COMMISSIONER**





New Healthy Steps resources from PHE School Zone

Just ready for summer, a whole new set of FREE Healthy Steps resources have recently been made available via the Public Health England 'School Zone'.

Featuring a range of flexible resources across different subject areas designed to address healthy eating and nutrition, they are intended for use throughout the school year to encourage pupils to build healthier habits for life!

Resources include assemblies, quests for pupils to complete and a guidance document to help schools deliver a whole-school approach to healthy eating and supporting families.

You can access these and all other resources from the wider suite in the School Zone [via this link!](#)



RSE Day 2023 – save the date!

We are very happy to remind all schools that this annual event is coming up again. The theme for RSE Day 2023 is 'Let's Launch into Kindness' and is being held on Thursday 29th June.

RSE Day is a day to celebrate great Relationships and Sex Education in schools and other settings. The day is also an opportunity to share good practice, reflect on successes and areas for development and be creative with RSE content and delivery.

To help you celebrate and get involved, there are all sorts of resources and activities housed on the RSE Day website, all aiming to engage children and young people in discussion around relationships and the theme, 'Let's Launch into Kindness'.

[Visit the RSE Day website here](#) – and get involved in promoting, celebrating and all things RSE in your school!!



RSE
DAY



#RSEday

Independent ‘expert’ advisory panel for RSHE announced



Last week, the Education Secretary announced the formation of an independent expert advisory panel who will advise on the review of the Relationships, Sex and Health Education (RSHE) curriculum.

This is the first review of the statutory guidance since it came legally into force in 2020, although due to Covid schools were given some flexibility over full implementation until this current academic year. We covered updates to the current debate around RSHE in our last bulletin, which you may want to refer back to for a refresh!

On the announcement of the RSHE review panel, Education Secretary Gillian Keegan, said:

“The vast majority of teachers do an incredible job navigating these complex and sensitive issues. But the review of the statutory guidance - with the help of this expert panel - will provide clear safeguards against children being taught concepts they are too young to understand or that are inappropriate for their age.

“I’m determined to bring forward new guidance as quickly as possible, and schools should continue to engage with parents on lessons that cover the teaching of sensitive issues.”

The review is scheduled to be completed by the end of this calendar year, following a wider consultation in the autumn. Input from the independent panel and wider stakeholders over the summer will conclude by September and inform the consultation process to follow.

In our opinion, it is disappointing to not see the teaching community better represented on this expert panel, perhaps also with more specialist representation from across the field of PSHE and RSE, but hopefully the wider involvement of these type of colleagues prior to the consultation process will ensure that a full breadth of opinion and facts are gathered and considered.

We will of course watch the coming inevitable back and forth between different viewpoints unfold and will do our best to keep you updated!

Financial Literacy and Inclusion Campaign (FLIC)



Do your students know how to create a personal budget, read a bank statement or avoid an online scam?

"Now is the time to help students living in an ever-changing financial landscape, from inflation to digital investments. The new curriculum covers topics like Crypto, tax deductions and Money Muling across six weeks of work specifically designed to meet the needs of learners in each year group of KS3, 5 & 5! To access these resources, which include lesson plans, PowerPoints, FAQs, videos and a handy teacher toolkit please take a look and explore the learning hub [here](#).

Health and Wellbeing in Schools have teamed up with the FT's Financial Literacy and Inclusion Campaign, FLIC, to offer your secondary school a unique FREE financial literacy curriculum!

We are also really pleased to be welcoming colleagues from FLIC along as our guest speakers at our Autumn term FREE PSHE Network Meeting, which is planned for the afternoon of 20th September. You'll be able to hear more from FLIC about these teaching materials and have the opportunity to ask questions about using them in your school – and the potential to access even further support. To find out more about the work of FLIC, supported by the Financial Times, [you can click here](#).

If you'd like to get super-organised and book a place at the Network Meeting in September, then you can [click here to reserve your spot!](#)



FLIC

Financial Literacy & Inclusion Campaign
Supported by the Financial Times

Training Calendar: June – September 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over the remainder of summer term 2023, and then into the new school year in September! 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

[NEW Addressing the Impact of Pornography & Other Explicit Online Material on Secondary-aged Children & Young People](#)

Thursday 8 June 1 pm - 3:15 pm

[NEW Addressing the Impact of Exposure to Explicit Online Material on Children \(primary phase\)](#)

Friday 9 Jun 1 pm - 3:15pm

[NEW Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE](#)

Tuesday 20 June 3:45 pm – 5 pm

[What You Need to Know About OFSTED & PSHE!](#)

Tuesday 27th June 1 pm – 3:15 pm

[FREE PSHE Network Meeting \(JULY\)](#)

Thursday 6 July 3:45 pm – 5pm

[FREE PSHE Network Meeting \(SEPTEMBER\)](#)

Wednesday 20 September 3:45 pm to 5pm

[Planning & Developing an Effective PSHE \(RSHE\) Curriculum for Primary Schools](#)

Wednesday 27 September 1pm to 3:15pm

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/