



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

November 2022

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Welcome!

So, that's the first half of the Autumn term 2022 done and dusted! Not long until Christmas...! This is the second edition of the half-termly S4S School Health & Wellbeing Service e-bulletin for this academic year and we have the regular mash-up of updates and stories, all designed to make the lives of PSHE subject leads and practitioners a tad easier!

As a service, we are always here to help, whether that's via a bespoke service package to deliver support around PSHE to your school, policy support, or for INSET/twilight sessions and more! If as a subject lead, practitioner, school or MAT you need any specialist help or capacity around PSHE then please get in touch with us.

You'll also find our training calendar at the end of the bulletin if you or any other colleagues need some CPD on PSHE-related themes. We've started to add events for the spring term too, so please keep checking [our training website!](#)

Please note, the stories in this bulletin are sourced from a range of organisations and services including the PSHE Association, Anti-Bullying Alliance, and others who focus on working to support the health and wellbeing of children across topics within the broad spectrum of PSHEe. 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.

The next edition of our half-termly bulletin will be with you in early January so if we don't see you, then have a great Christmas (too early?!) Previous issues of our service bulletin goodness can be accessed [here](#).

S4S School Health & Wellbeing Service

The S4S School Health & Wellbeing Service is provided as a partnership between Service 4 Schools (S4S) and Health & Wellbeing in Schools Ltd. We offer a broad range of high-quality specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, Health & Economic education (PSHEe) – a curriculum area that really has never been more important in schools as it is now.

The various elements of the service can be accessed either ad-hoc or by purchasing one of our support packages which offer a cost-effective, high-quality and individualised focus for schools. If you'd like a chat about any of the help and support that we can offer around PSHEe, 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 visit the

[Health & Wellbeing in Schools website here](#)

and you can also

[visit our section of the S4S website here](#)

for more details about our
partnership and offer with S4S



AUTUMN TERM PSHEe NETWORK MEETING 10 November

A reminder that we will be hosting another one of our free PSHE network meetings later on this term on **Thursday 10th November** after-school from **3:45 pm – 5 pm**

Our PSHE Network Meetings are for Personal, Social, Health and Economic (PSHE) education subject-leads and staff who are responsible for delivering PSHE. The sessions are welcoming, informal, and allow colleagues to discuss topical issues and share best practice as well as acting as a forum for updates from across the field of PSHE education.



There will be an opportunity to find out what support is available to schools from our service and also hear from our guest speaker for this session, RSE specialist Rebecca Jennings. We'll even try and squeeze in some time for an open forums and questions at the end of the session.

The meetings are open to both primary and secondary phase school staff! As this is a free event, places go quickly on a first come, first served basis so please sign up as soon as possible.



To go straight to the booking page and save your space for this session, or find out more, **[then click this link here](#)**

If you want to ask a particular question in advance of the session, then you can!

Please email **russell@schoolhwb.co.uk** with the subject title 'network meeting question' and we'll do our best to fit it in during the network meeting.



Personal, Social, Health, and Economic education updates

www.



A quick look at recent news from across the world of PSHE education....

New resources available from PSHE Association

There have been a couple of new resources to hit since our last bulletin in September, so we thought that a bit more signposting was in order. Remember, these are only available to PSHE Association members – but if you aren't a member yet, then why not?! Hyperlinks included below.

[Developing learning skills: Helping students thrive in a new key stage \(KS3 & 4\)](#)

A new lesson pack to help students manage the transition to secondary school (KS3) and KS4. Contains two KS3 lessons and one KS4 lesson, covering themes like identifying values and setting clear goals, strategies to succeed and how to self-evaluate.

[Personal identity lesson pack \(KS1 & 2\)](#)

These two lessons (one for KS1 and another for KS2) help pupils explore the physical and abstract aspects of identity, supporting them to learn about the range of factors that contribute to personal identity and develop the skills to recognise positive aspects of their own identity. They will also help schools to hit relevant statutory Health Education outcomes – winner!

[Firework safety lesson pack \(KS2 & 3\)](#)

A timely couple of lessons and resources on fireworks, risk and peer influence.

The KS2 lesson focuses on assessing and managing risks around fireworks, bonfires and sparklers. The KS3 lesson explores personal safety, managing risk around fireworks and bonfires, and the law regarding the use of fireworks.

[Changing and growing up KS1-2 lesson packs](#)

You may be familiar with the previous versions of these lessons, developed by the Association for Medway Public Health Directorate. The new version is a fully updated and expanded suite of Relationships and Health Education materials for primary settings.

There are 13 lesson plans available in total, supporting pupils to recognise and develop positive, healthy relationships. They also prepare them for the physical and emotional changes that take place as they grow, including those that happen during puberty. A great free addition to any schools PSHE curriculum, these again hit multiple statutory requirements, and an additional sex education lesson for Year 6.

These new materials also sit alongside the existing set of KS3 & 4 resources from Medway that are also available via the PSHE Association.

If you are looking for some help and advice on curriculum materials or signposting to any other reputable curriculum materials, then that is one of the many things that we can do for you at the S4S School Health & Wellbeing Service – drop us a line and we'll help!

Anti-Bullying Week 2022

Reminder



As if you needed it, a quick reminder that annual Anti-Bullying Week is coming up very soon! This year, it will take place from 14 to 18 November 2022 and has the theme 'Reach Out'.

The theme came about following consultation by the Anti-Bullying Alliance with teachers and pupils, who wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes - hence Reach Out!



To access loads of great free resources for both primary and secondary schools, please visit the ABA Anti-Bullying Week 2022 website here <https://anti-bullyingalliance.org.uk/anti-bullying-week/school-resources>

#reachout
#antibullyingweek



Talk Relationships from the NSPCC

Talk Relationships is a new, free service from the NSPCC to ensure that secondary school-aged children and young people can learn about sex and relationships in a safe education environment that fosters healthy relationships and recognises, responds to, and prevents abuse. In order to achieve this, NSPCC Learning has put together a great package of support providing resources, training and advice aimed at secondary-phase settings.



The Talk Relationships service offer includes:

- A CPD-certified elearning course to support secondary school educators to feel confident when delivering sex and relationships education and responding to abusive behaviours
- a series of 14 lesson plans created by sex and relationships education experts from the PSHE Association and the NSPCC
- a dedicated Talk Relationships helpline to provide advice and guidance to secondary school educators who deliver sex education around things like
 - how to respond to questions or concerns from students, parents or carers
 - preparing a response to questions you think you may be asked
 - managing a safeguarding concern or disclosure
 - managing anxieties about delivering sex and relationships education

The launch of Talk Relationships comes following a pilot of the resources in 101 secondary schools. In feedback to the NSPCC, 82% of teachers said the materials had made a difference to their professional practice.

NSPCC
Learning

**To take a look at Talk Relationships,
please visit the NSPCC Learning site**

here





Survey says 46% of secondary teachers 'don't feel confident' delivering RSE

'In an amazing coincidence to the launch of the Talk Relationships materials, a recent joint survey from the NASUWT and NSPCC found that of 1,034 secondary school teachers in the UK, almost half of secondary school teachers say they don't feel confident teaching sex and relationships education.

The survey also found that:

the majority of teachers (86%) feel they need more resources and training in this subject area

over a quarter of teachers don't feel confident answering difficult or sensitive questions in lessons

less than a third feel very confident delivering lessons on consent

This is no surprise, as many teachers from either phase will reflect on the fact that they have not had much in the way of training either in their initial teacher training, or to help once qualified in delivering much of what is covered in PSHE education, especially RSE-based learning. This is obviously important, especially as we now have statutory status, and as PSHE is definitely one of those subjects where ill informed or inaccurate teaching can potentially cause more harm than good! The great news is that there are some excellent materials and providers out there to support schools (the NSPCC Learning offer to support the Talking Relationships resource being one of them).

Our own current training programme has a number of course that can support colleagues around some of the themes highlighted in this survey, and in delivering RSE-based learning. Please check these out in our training calendar further down this edition.

NEW CLASSROOM WELLBEING TOOLKIT

Regular readers of our bulletins will know that we are die-hard fans of the Anna Freud Centre, the world-leading mental health charity! Well, in partnership with the Early Intervention Foundation (EIF), they have just created a new evidence-based toolkit for secondary school staff to improve students' mental health and wellbeing through simple everyday practices.



The toolkit has been informed by the latest evidence on what works and was designed with both teachers and young people to ensure that it reflects the reality of school life and the wider social context. The aim is that a wide range of staff can pick up the toolkit, read about effective strategies, and take steps to improve students' mental health and wellbeing – without the need to be mental health professionals.



This resource will help build staff confidence in supporting students, by covering five strategy areas:

- building supportive relationships
- creating a classroom environment where all students feel they belong
- promoting good mental health
- responding to stress, low mood and anxiety
- preventing bullying, cyberbullying and sexual harassment

To download the wellbeing toolkit, please go to the [schools and colleges section of the Anna Freud Centre website here](#)



Anna Freud
National Centre for
Children and Families

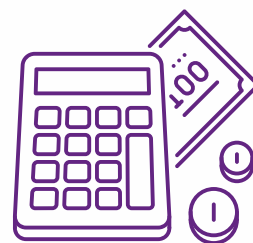
FREE FINANCIAL EDUCATION CONFERENCE!

Young Enterprise, the national charity for enterprise and finance education, are hosting a free teacher conference in London on 24th November for educators who are committed to helping young people become financially capable by embedding financial education into their curriculum.

The one-day event is taking place in London and is a fantastic opportunity to engage with a wide range of practitioners, attend interactive workshops and presentations and network with like-minded colleagues to share best practice and! Delegates will also be signposted to free resources to use in schools.

Some of the key themes for the day will be:

- Financial Education for beginners
- Engaging parents and financial education
- Why Ofsted considers financial and economic education important
- Embedding Financial Education in SEND settings



For full details, including the option to book your free place, [**please visit the Young Enterprise website here**](#). We might even see you there!





TRAINING & DEVELOPMENT OPPORTUNITIES

Our popular professional development training sessions run throughout the academic year, with courses offered across a range of themes related to PSHE education. These training sessions are open to all, regardless of whether your school is signed up to a service support package with us or not. Please try and get along to one of our sessions if you need some CPD!

For certain courses, we also offer delegates an additional bespoke one-to-one follow up session with our 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 [**S4S workforce development booking 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 in school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

A variety of introductory Governor-specific training sessions are also available, aimed at raising awareness around health and wellbeing themes, such as RSE, Health Education, Substances and Mental Health and Emotional Wellbeing. These can be delivered both virtually and in school to Governors to make them as accessible as possible.

Please do get in touch with the S4S School Health & Wellbeing Service if you would like to find out more about any of the training support that we offer.

Service Training Calendar: November 2022 - February 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over the next few months:

TRAINING SESSION

DATE/TIME

[PSHE Network Meeting - FREE!](#)

Thursday 10 November, 3:45pm to 5pm

[Bitesize CPD: Introduction to Drug Education](#)

Wednesday 16 November, 1:30pm to 2:45pm

[NEW: Teaching About Consent: Yes, No or Maybe? \(secondary phase\)](#)

Wednesday 23 November,
1pm to 3pm

[Assessment in PSHE Education \(primary phase\)](#)

Thursday 24 November, 1pm to 3:15pm

[Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE \(primary phase\)](#)

Tuesday 29 November,
1:30pm to 2:45pm

[Understanding PSHE Education: An Introduction for PSHE subject-leads](#)

Thursday 8 December,
1pm to 3pm

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

Friday 20 January, 1pm to 3:15pm

[Delivering effective RSE...'without the awkwardness!' \(secondary phase\)](#)

Thursday 2 February,
1pm to 3:15pm

[PSHE Network Meeting - FREE!](#)

Wednesday 8 February, 3:45pm to 5pm

Click the title of each course in the table above to go straight to the information and booking page for each session. Please note, courses will run subject to sufficient delegate numbers.

We regularly add further sessions to our rota, so please check our website regularly and look out for further courses. If there are any specific topics you'd like some CPD on, then please get in touch and let us know - we can always create new content!

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/