



School Health &  
Wellbeing  
Service e-bulletin

January 2022

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# Welcome!

A Happy New Year to you all from the S4S School Health & Wellbeing Service. We hope that you managed to get some much-needed rest and relaxation and had a lovely Christmas break with those family and friends who you were able to get to see. As I was putting this version of the bulletin together, I was reflecting on the similarities in the introduction for the equivalent bulletin from the start of 2021...it's fair to say that the position we're in now feels a bit 'Groundhog Day', doesn't it?! Still, it's a new year and hopefully this one will bring some positive and exciting experiences for us all!

Speaking of which, after a bit of feedback from delegates and conversations with other colleagues, we are pleased to be trying out an additional new format for some of our more topical training sessions. These new 'twilight' training webinars aim to provide condensed, practical CPD at a convenient time just after the school day. Please take a look down in the training and development section later on in the bulletin for more information about these new webinars and to take advantage of a special introductory offer!

We hope that this latest edition of our service e-bulletin will give you valuable updates from the world of PSHE education and the related health and wellbeing arena, all of which might help to make your working lives a tad easier – that's the idea, anyway!

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, Anti-Bullying Alliance, DfE 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 opinions of the S4S School Health & Wellbeing Service. Previous issues of all our service bulletins can be accessed [here](#).

## OUR SERVICE

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

The S4S School Health & Wellbeing Service is provided as a partnership between Services 4 Schools (S4S) and Health & Wellbeing in Schools Ltd. 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 with S4S.



**Health & Wellbeing  
in Schools**  
PSHE Education Consultancy



Any school interested in finding out how the service can support them is also able to access an initial brief support meeting to discuss individual school requirements and determine a bespoke support package.

**So, please get in touch - we love to chat about PSHE!!**



## FREE PSHEe NETWORK MEETING!



We are hosting another one of our ever-popular FREE PSHE education Network Meetings on

**Wednesday 9th February**, which will be held via Teams from 3:30 pm – 4:45 pm.

These informal online meetings are for PSHE education leads and staff who are responsible for delivering PSHEe and offer a chance for colleagues to share best practice as well as acting as a forum for topical discussion and updates from across the field.

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. Our PSHEe Network Meetings are open to both primary and secondary phase school staff. As this is a FREE event, places are strictly limited to one per school and are allocated on a first come, first served basis so please sign up for your place as soon as possible. We'd love to see you there!

**Please visit the booking section of the S4S workforce development website to [book your place on this FREE session here!](#)**

# Personal, Social, Health, and Economic education updates

A brief roundup of a few stories and news from across the field of PSHE education...

## UNITED AGAINST BULLYING (UAB) PROGRAMME

It's a great start to the new term to hear that the Anti-Bullying Alliance have recently announced their new whole-school anti-bullying programme, United Against Bullying, which is being funded by the Department for Education. The programme supports schools to reduce bullying and improve the wellbeing of all children, focusing on those most at risk, including children and young people with SEND, children and young people who experience racist and faith-targeted bullying, sexual bullying, homophobic, biphobic and transphobic bullying, looked-after children, young carers and those on free school meals.

The UAB programme is free for all schools in England and the overall aim of the programme is to establish United Against Bullying Schools that have evidenced their work to reduce bullying and improve the wellbeing of all pupils. There are three 'plan, do, review' steps to complete to become a United Against Bullying School this academic year:

- Step 1: Complete a baseline audit and baseline pupil questionnaire by 7 February 2022.
- Step 2: Develop and implement your school action plan by 25 April 2022.
- Step 3: Complete a final audit, final pupil questionnaire and submit evidence by 20 June 2022.

Schools who can evidence the improvements they have made over the course of the programme will be awarded either Gold, Silver or Bronze 'United Against Bullying School' status in July 2022!

This all looks brilliant to us, and we would actively encourage all schools to sign-up and participate in the UAB programme. To do this, and get more information about the UAB programme [visit the ABA website here](#)



# ***New Children's Commissioner guide for parents on discussing online sexual harassment***

Just before schools broke up for Christmas, the Office of the Children's Commissioner launched a guide for parents and carers on online sexual harassment and how they can support children to stay safe online. Titled ['The things I wish my parents had known...Young people's advice on talking to your child about online sexual harassment'](#) the new guidance does what it says on the tin! On launch of the new guide, the Children's Commissioner Dame Rachel de Souza DBE said:

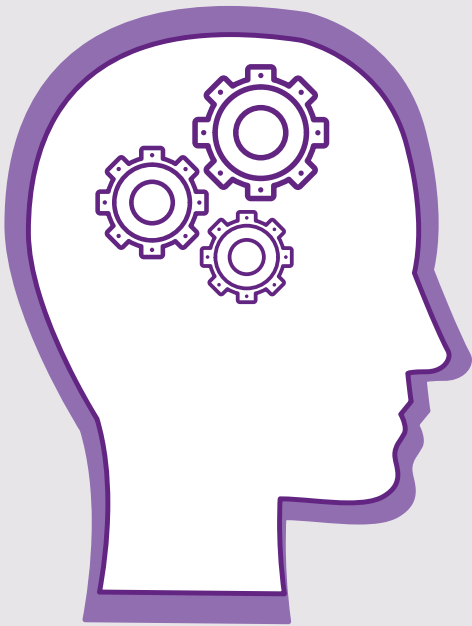
*"No child should have to stumble across harmful content online, and my office is taking action to try and tackle this issue. But, in the meantime I wanted to provide support and guidance for parents now on how to support your child if they do come across harmful content online. An overriding message is that parents should start these challenging conversations early. Our focus groups suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10.*

*"The aim for the guide was to pull together these challenging (often seemingly unapproachable) topics for parents in an accessible way. We see this guide as the 'starting point' for parents to begin confronting the issues with their children."*

The guidance was drawn together with a steering group of leading national organisations working in this area, as well as input from a group of 16 – 21 year olds, so is built upon a solid foundation of expertise and the voices of young people. It is a useful document for any professional to read and reflect upon in terms of the way we engage with pupils around the issues highlighted but is obviously best used for the designed purpose – to share with parents. We would recommend that school-based colleagues read through the guidance, and subsequently either use elements of the content to inform how they support parents around this matter, and/or publish the document or links to it on their school website.

Given the fact that issues relating to sexual harassment and abuse, in particular of young women, are still very much in topical focus, the new guide is another way in which schools can ensure that they are doing everything possible to facilitate solutions to this complicated and sensitive theme.

The S4S School Health & Wellbeing Service also has several very pertinent training sessions coming up over the next few months on this and related subjects for professionals; please check out our training calendar later in the bulletin to find out more.



# PSHE Association updates mental health and emotional wellbeing lesson pack

The PSHE Association has recently strengthened its suite of lessons for KS1 - 4 on mental health and emotional wellbeing by adding in lessons on change, loss and grief. The new lessons have been added to the existing materials for each key stage. They will help young people to understand:

- how change, loss and grief affect people
- the different responses people can have when grieving
- strategies to help manage change loss and grief
- sources of support and how to access them

PSHE Association Subject Specialist Liz Laming said:

*“Children and young people can experience a range of significant changes and losses before they reach adulthood. These lessons are designed to support pupils to explore change, loss and grief safely and effectively, and help them manage their emotions and seek support when needed”*

Members of the Association can [access the lesson plans, including the new ones, here](#)

Of course, there are also plenty of other reputable PSHE materials and resources out there, so if you would like some help in navigating these or in mapping them into your provision, then please do get in touch with us at the S4S School Health & Wellbeing Service - this is just one of the many ways that we can help!

# Financial education guidance for primary and secondary schools

In late November, The Money and Pensions Service (MaPS) launched new guides for both primary and secondary schools on financial education, with the support of the Department for Education (DfE).

Developed for school leaders, subject leads and other education decision-makers, the guidance documents highlight the links between financial education and the curriculum and set out how schools can improve the financial education they deliver and signpost to services and resources that can help. The guidance also places a strong emphasis on PSHE education, with practical guidance from KS1 on how a broad and effective PSHE curriculum can help develop economic wellbeing.

**[Visit the MaPS website here](#)** to download the primary and secondary school guidance.



**Money &  
Pensions  
Service**

# DfE research brief on experiences of Relationships and Sex Education

The relevance and importance of effective Relationships & Sex Education (RSE), as part of PSHE, has once again been highlighted in a new high-level report. The significant health benefits for young people receiving RSE are made clear in a new report published by the Department for Education, which draws upon data from a longitudinal study of young people's RSE experiences and risk-taking behaviour (second Longitudinal Study of Young People in England - LSYPE2) In 2018, 6,922 young people were interviewed for LSYPE2, and the [DfE research brief paper](#) published in November 2021 makes the following findings:

Young people who did not receive any RSE in schools were more likely to go on take more sexual risks, including intercourse before the legal age of consent, unprotected sex and contraction of a sexually transmitted infection (STI)

Just under half of young people described the RSE they received at school as either 'fairly useful' or 'very useful'. However, nearly one in five young people described the RSE received in school as 'not at all useful'

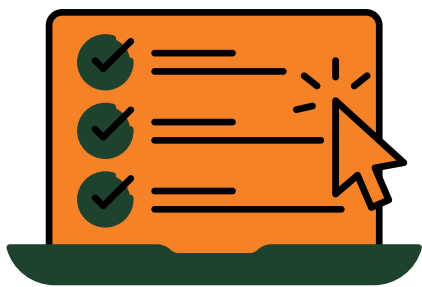
Young people of minority sexual orientations (i.e. gay, lesbian, bisexual or other), those with disabilities, and those who participated in other risky behaviours were significantly more likely to say that their school RSE was 'not at all useful'

Those who said that they were taught about consent, LGBT relationships, and relationships in general, were more likely to describe the RSE they received as useful than those who were not taught about these topics

1 in 10 FSM-eligible young people did not learn about STI's, consent, LGBT relationships or relationships in general in their school RSE. This is higher compared to young people who were not FSM-eligible (nearly 1 in 20)

Whilst this type of high-level national data may seem 'distant' for some schools, it is an important barometer for all schools to judge their own provision, especially around some of the inequalities noted for certain groups of young people.

It is important to note that the data in this report relates to the period before the new statutory RSHE guidance was introduced in 2020, so it will be interesting to see if or how any of the data changes in the future once the new curriculum begins to impact upon students. Either way, this is a useful report to take a look at, so we'd recommend a skim through at least!



# Wolverhampton's Health Related Behaviour Survey (HRBS) 2022

I'm afraid that this next story is only relevant for Wolverhampton-based schools! Having said that, schools in other local authority areas may have similar surveys running for children and young people, so please check with your own Public Health team at your local council. Either way, our School Health & Wellbeing Service is happy to look at ways in which we can help you to make the most of any available data to support things like PSHE curriculum planning, monitoring and evaluation, so if you need some help, please get in touch with us!

Back to the matter in hand. Wolverhampton schools are invited to participate in the Health Related Behaviour Survey (HRBS) 2022 which will run during spring term 2022. Registration will be open during January and the survey will remain open for the remainder of the term.

The City of Wolverhampton Council has conducted the Health Related Behaviour Survey (HRBS) with Wolverhampton schools every other year since 2006 (except in 2020). In the past, HRBS data has helped schools with their school improvement, curriculum and whole school planning. It has also helped the city council to identify need and plan services for the wellbeing of its younger population.

Pupils in years 2, 4, 6, 8 and 10 have always taken part in the survey. Additionally, for 2022, students in Key Stage 5 (particularly Year 12) are also invited to participate. In the summer term, participating schools will receive a detailed report of their school's results. Your school can register to participate in HRBS 2022 with the survey provider, SHEU, by using the following link: <http://sheu.org.uk/registerw>

Instructions and support will be provided to help schools to administer the anonymous online survey, including two online training sessions during January. For further information on HRBS 2022, please contact [amanda.evans@wolverhampton.gov.uk](mailto:amanda.evans@wolverhampton.gov.uk) or [howard.jobber@wolverhampton.gov.uk](mailto:howard.jobber@wolverhampton.gov.uk)



# New resource to help LGBTQI+ young people with their mental health

In December, the Anna Freud Centre released a new resource, LGBTQI+ mental health, to support the mental health of lesbian, gay, bisexual, trans and intersex (LGBTQI+) young people. Research has shown that LGBTQI+ young people are over two-and-a-half times more likely to have a mental health problem as those who identify as heterosexual. Being LGBTQI+ does *not* mean that a young person will have a mental health problem. However, identifying as part of the LGBTQI+ community can lead to unique challenges in growing up and as an adult, including fears about coming out and the potential impact of prejudice and discrimination.



**Anna Freud**  
National Centre for  
Children and Families

The new resource explores some important topics in relation to being a member of the LGBTQI+ community and also provides advice for LGBTQI+ young people on where they can go to get additional support for mental health problems, should they arise.

The resource was created by Anna Freud Centre staff following a survey of and workshops with LGBTQI+ young people including Young Champions from the Anna Freud Centre – [it can be downloaded here](#).



# TRAINING

## & DEVELOPMENT OPPORTUNITIES

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 [\*\*S4S workforce development 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.

# NEW FOR 2022!

## TWILIGHT WEBINAR SERIES

We are super-excited to be offering a new series of condensed webinars on hot-topics within the field of PSHE education. These 'bitesize' webinars are all designed to give delegates focused and practical information at a convenient time just outside of the school day, so will hopefully make it easier for those colleagues who struggle to find release time to attend full CPD training sessions. Initially running during the spring term, each of the webinars will last for just 75 minutes and will aim to cover the essentials on each of the topics addressed, whilst also complementing some of the existing longer training sessions that we have available. Commencing on the 19th of January, we currently have five different webinars in the series but will be adding more throughout the rest of the academic year - so watch this space!

Each of the twilight webinars will cost just £42 per delegate, although as ever if you are an existing S4S School Health & Wellbeing Service Customer with an active service package, then there is no additional charge! To mark the launch of these new webinars, we are also offering a special promotion during spring term! Delegates who book onto three sessions in spring term 2022 will also get access to a fourth webinar in this series absolutely free! To take advantage of this offer, please contact the series facilitator, Russell Stanley, via [russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk)

Interested in any of these sessions for a whole-staff online twilight session for your school? We can do this too for a discounted rate per delegate! Please do get in touch with the S4S School Health & Wellbeing Service if you would like to find out more about this or any of the training and professional development support that we offer.



# Service Training Calendar: January 2022 - March 2022

As part of our regular programme of online training available to all school staff, we will be running the following courses over spring term 2022. Click the title of each course in the table below to go straight to the booking page for each session.

| TRAINING SESSION  | DATE/TIME                             |
|---|---------------------------------------|
| <a href="#"><b>NEW!</b> <u>Twilight webinar: Helping to address sexual harassment and abuse in primary schools via PSHE</u></a>                   | Wednesday 19 January, 3:45pm - 5pm    |
| <a href="#"><u>OFSTED &amp; PSHE Education: Making the Links</u></a>  | Friday 21 January, 1pm - 3:15pm       |
| <a href="#"><u>Assessment in PSHE Education (Primary phase)</u></a>   | Tuesday 1 February, 1pm - 3:15pm      |
| <a href="#"><b>NEW!</b> <u>Twilight webinar: Statutory Relationships Education Check-Up. Are You Implementing Correctly?! (Primary-phase)</u></a> | Thursday 3 February, 3:45pm - 5pm     |
| <a href="#"><u>PSHEe Network Meeting - <b>FREE!</b></u></a>   | Wednesday 9 February, 3:30pm - 4:45pm |
| <a href="#"><b>NEW!</b> <u>Twilight webinar: Effective Delivery of Sensitive Topics within PSHE (primary-phase)</u></a>                           | Tuesday 15 February, 3:45pm - 5pm     |
| <a href="#"><b>NEW!</b> <u>Twilight webinar: Statutory Health Education. Are You Implementing Correctly?! (Primary-phase)</u></a>                 | Wednesday 2 March, 3:45pm - 5pm       |
| <a href="#"><b>NEW!</b> <u>Relationships &amp; Health Education (RHE): Addressing Sexual Harassment with primary age learners</u></a>             | Friday 11 March, 1pm - 3pm            |
| <a href="#"><b>NEW!</b> <u>Twilight webinar: Youth Produced Sexual Images (Nudes): Understanding the issues &amp; managing incidents</u></a>      | Thursday 17 March, 3:45pm - 5pm       |
| <a href="#"><u>OFSTED &amp; PSHE Education: Making the Links</u></a>  | Tuesday 29 March, 1pm - 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 [\*\*S4S workforce development website\*\*](#)

We regularly add further sessions to our roster, so please check our website 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](mailto:info@services4schools.org.uk)

or

[russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk)



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