



## School Health & Wellbeing Service e-bulletin

May 2022

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# Welcome!

Happy summer term everyone - we hope you had a lovely Easter break! Well, we're definitely on the 'downslope' of this academic year now, but plenty to get done before we start dreaming about those long, school-free summer nights with cold drinks just yet!!

In this 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. As it's the summer term, we've also got a useful piece with signposting to a range of resources around puberty and RSE-related resources, as we know this term is when a substantial majority of schools will be delivering these topics to their pupils. So that might be worth a look! Enjoy the read and we hope it's helpful. As ever, previous issues of all our service bulletins can be accessed [here](#) if you fancy a scroll through what's gone before.

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, CEOP, the 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

# S4S School Health & Wellbeing Service

Thanks to all of those schools who have signed-up to access our support via a service package for the new financial year 2022/23 – 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 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 an informal discussion. 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, a specialist PSHE education consultancy business. The 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 education (PSHEe). The 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, especially around 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 support to help you achieve this!

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 via 'ad-hoc' access – we love to work with schools, however you need us to!

If you'd like a chat about any of the help and support that we can offer, then please contact us via [info@services4schools.org.uk](mailto:info@services4schools.org.uk) or call **0333 772 1272, option 2** to arrange a no obligation consultation to discuss your requirements and a bespoke support package.

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.

# Personal, Social, Health, and Economic education updates

The regular roundup of recent stories and interesting news from the field of PSHE education...

WWW.



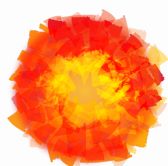
## New End HIV Stigma Education Toolkit for schools

As we know, all secondary schools in England are now required to deliver statutory Relationships and Sex Education (RSE) and learning about HIV should be included within this. Empower Students: End HIV Stigma is a new education toolkit developed by young people living with HIV which enables teachers to educate students with the facts about HIV in an engaging way.

Developed by the Children's HIV Association (CHIVA), it is intended to be used alongside their award-winning short film '[Life Growing Up](#)', which provides insights into the lived experiences of young people growing up with HIV. The toolkit contains information and guidance for teachers and education settings to better understand HIV and includes a number of flexible activities designed for students to complete in class..



To access and download the toolkit, [please click here.](#)



THE UK  
SEPSIS  
TRUST

## SEPSIS SAVVY RESOURCES FOR SCHOOLS

Approximately 25,000 children are affected by sepsis in the UK each year. To raise awareness of this issue, the UK Sepsis Trust has developed a new bank of resources for schools so that staff and students better understand the dangers of the condition.

The resources include lesson plans, PowerPoints, teacher delivery notes, and video clips. With sessions for each Key Stage, these new materials could make a valuable contribution to raising awareness about Sepsis and would fit in well with the delivery of a broad and balanced PSHE programme.

To take a look for yourself and register to download these materials [visit the UK Sepsis Trust site here.](#)

# New CEOP website for 11 – 18 year olds and toolkit

Launched in March, CEOP has updated its website and now offers an 11 – 18 year old version called [The internet, relationships & you](#). CEOP is part of the National Crime Agency, and the new site provides advice and information which is appropriate and relevant to the experiences of young people aged 11-18.

The internet, relationships and you offers a range of advice, articles and signposting for young people to access help and support across seven categories:

- Relationships
- Socialising online
- Nudes
- Sex and sexual content online
- Sexual abuse
- Support
- Online safety



[To access the new 11 – 18 website click here.](#)

To sit alongside this updated website, CEOP have also refreshed their 11-18s toolkit to support educators and promote the use of the website as an effective learning resource for young people. This replaces the old 'Thinkuknow toolkit', which is now no longer available to download.

The new toolkit includes comprehensive guidance for educators and a range of activities that can be delivered as part of young people's relationships and sex education (RSE) sessions. The activities cover specific topics such as healthy friendships and nude image sharing and also promote independent exploration of the website by students.

[To download the toolkit, click here](#)

Registration is required if you are not a current member.



## New DfE funded Diversity Role Models project

Diversity Role Models (DRM) is a UK LGBT+ education charity with a vision of a world where everybody embraces diversity and can thrive. Thanks to some new DfE funding, DRM has been selected to deliver a programme which empowers schools to take a stand against all forms of bullying.

*Embracing Difference, Ending Bullying* is a free anti-bullying project that will run for up to three years. DRM will work with schools in England and supply training and resources to ensure staff have the knowledge and skills to tackle and prevent bullying to create inclusive school cultures.

This will be anchored in training staff about diversity and the protected characteristics and underpinned by reviewing and updating internal policies and processes and implementing them so that all school stakeholders can understand them and are able to act on bullying.

A range of classroom resources will also be available to teachers to use with pupils, including filmed clips featuring lived experience stories to embed continued values of empathy and inclusion. The aim of the programme is to work with up to 20,000 staff and 4,500 pupils. To find out more and register your interest, then [please visit the DRM website here.](#)



## NSPCC Updates



## Speak Out Stay Safe programme for SEND students

NSPCC Learning has recently updated their popular Speak Out Stay Safe programme to ensure suitability for schools who work with children with SEND, ASN and ALN.

The [SEND/ASN/ALN](#) programme provides support and resources to teachers to help deliver key messages to pupils about what abuse is and which trusted adults they can turn to for help. Resources include session plans, films and printable props of the programme's friendly speech bubble mascot, Buddy!

The NSPCC has a team of Schools Service Schools Coordinators who can support your school to deliver the programme by briefing school staff at the start and gathering feedback and learning at the end.

Schools who wish to access this version of the programme, or want to find out more, can visit the appropriate section of the [NSPCC Learning website here.](#)

# NSPCC Learning

# FOCUS ON...

## PUBERTY AND SEX ED

Occasionally, we'll fancy taking a closer look at something specific and topical in schools. After delivering a few training sessions in schools of late, we thought that it would be useful to put together a short, simple list of useful signposts to resources/organisations around what most PSHE-subject leads would class as being amongst the trickiest topics to cover: sex education and puberty based education! As it's generally the summer term that most schools cover the bulk of learning in these themes, we felt it was good timing too!

Some of these will be well-known to many of you, some not. As these are external services and resources, we are not endorsing any specifically or in any order; simply that you may wish to take a look to see if they can embellish your current offer. Some may even be useful to signpost to parents and carers to support their understanding on how to approach their own conversations with their children. It's not an exhaustive list and we've only focussed on the free stuff (or materials where you need to register, or in the case of the PSHE Association resources, be a member)! Signposting is separated out into primary, secondary or both, but as with all PSHE learning materials, please make sure that any materials you ever use are always age-appropriate and suitable for your own setting.

### Primary phase

- <https://pshe-association.org.uk/search?queryTerm=relationships%20and%20sex%20education> (KS1 & 2 Medway RSE programme – members only)



## Secondary phase



- <https://pshe-association.org.uk/search?queryTerm=relationships%20and%20sex%20education> (KS3 Medway RSE programme – members only)
- <https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#puberty>
- [Mimi on a Mission: Sex Ed - BBC Teach](#)
- [PSHE KS3 / KS4: Dealing with pressures to have sex - BBC Teach](#)

## Both phases

- [AMAZE - Age appropriate info on puberty for tweens and their parents](#)
- [Outspoken Sex Ed \(outspokeneducation.com\)](#)
- <https://www.brook.org.uk/resources/>
- <https://always.com/en-us/about-us/empowering-girls-through-education-with-always>
- <https://www.childline.org.uk/info-advice/you-your-body/puberty/>
- [Rethink periods - City to Sea - Our free, nationwide schools programme](#)
- <https://pshe-association.org.uk/topics/relationships-sex-education#resources-preview> (member only, resources include consent, pornography, fertility/pregnancy choices, etc)
- <https://www.sexeducationforum.org.uk/resources>
- [Planet Puberty](#)
- [Home - RSHP](#)
- [Period product scheme for schools and colleges in England - GOV.UK \(www.gov.uk\)](#)



For primary colleagues, we will also be running another session of our ‘Effective Delivery of Sensitive Topics within PSHE’ as a twilight training webinar on Thursday 26th May. This will help to increase understanding of some of the useful strategies and techniques to help teachers make learning impactful and appropriate. See our training schedule towards the end of the bulletin for more details and how to book on.

We hope you find something new and useful here! Whilst this list is only a taster of what’s out there, if you need any support around PSHE delivery, curriculum content or resourcing then please get in touch – it is a big part of what we do!

# Signposting & Partners

In this section we hand over some space to highlight services which might be beneficial to schools' work around the PSHEe and health and wellbeing agenda.

## Introducing the Switch Squad!



The Switch Squad is a new relationships and wellbeing curriculum programme being delivered to primary schools from the team at Switch Midlands ([www.switchmidlands.com](http://www.switchmidlands.com)). The resource design celebrates the diverse make up of individual schools – driven by pupils' likes and interests and school values – meaning those pupils who take part will develop into their school's very own Switch Squad as ambassadors for wellbeing, positivity, and good behaviour!

The Switch Squad programme is based on a range of fun characters that will engage pupils, whilst teaching a range of important skills from the key components of Social and Emotional Learning (Relationship Skills, Responsible Decision Making, Self-Awareness, Social Awareness, Self-Management). The support also provides clear evidence that elements of relationships education and the understanding of mental health and wellbeing is being delivered to pupils by specialist and experienced practitioners.



The programme has been designed and organised with a robust evidence base in mind. Education Endowment Foundation (EEF) research discovered that through supporting pupils' social and emotional skills, schools can see:

- Improved academic performance
- Improved attitudes, behaviour, and relationships with peers
- Reduced emotional distress
- Reduced levels of bullying
- Reduced conduct problems
- Improved school connection



Built upon 15 years of experience in supporting children and young people who are considered at risk or vulnerable, the team at Switch Midlands have incorporated a range of approaches into the Switch Squad, including behaviour management, emotion coaching, restorative practice, mental health first aid, and coaching and mentoring.

Whilst the programme is universal, it can also be used as a specific issue-based intervention if required and can be tailored to suit a school's particular needs. For example, delivery can come in the form of weekly whole class-based lessons to help facilitate PPA release time for your staff, smaller targeted group sessions, or even whole/half-day workshops.

As part of the launch offer for the new resource, Switch Midlands are providing West Midlands-based primary schools (within a 15-mile radius of their offices in Wolverhampton) with the opportunity to receive a FREE assembly that introduces a social and emotional learning topic of choice to pupils. Trained Switch Coaches will attend your school to run the assembly that will give pupils practical wellbeing techniques to take away and use in school and at home.

For more information on the Switch Squad and to book your free school assembly, contact the Switch Midlands team on [hello@switchmidlands.com](mailto:hello@switchmidlands.com) or 01902 552 288.



# 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, in both 'bitesize' and more in-depth formats. 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.

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.

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: May 2022 - June 2022

As part of our regular programme of online training available to all school staff, we will be running the following courses over the summer term - we are always adding more, though! Click the title of each course in the table below to go straight to the booking and information page for each session.

TRAINING SESSION	DATE/TIME
<a href="#"><u><b>NEW! Twilight webinar: Introduction to Drug Education</b></u></a>	Thursday 12 May, 3:45pm to 5pm
<a href="#"><u><b>NEW! Twilight webinar: Effective Delivery of Sensitive Topics within PSHE (primary-phase)</b></u></a>	Thursday 26 May, 3:45pm to 5pm
<a href="#"><u><b>NEW!: Staff &amp; Pupil Wellbeing: Mindfulness strategies for you and your pupils (primary-phase)</b></u></a>	Tuesday 7 June, 1pm to 3pm
<a href="#"><u><b>PSHEe Network Meeting - FREE TO ATTEND!</b></u></a>	Thursday 16 June, 3:45pm to 5pm
<a href="#"><u><b>Twilight webinar: Youth Produced Sexual Images (Nudes): Understanding the issues &amp; managing incidents</b></u></a>	Wednesday 22 June, 3:45pm to 5pm
<a href="#"><u><b>OFSTED &amp; PSHE Education: Making the Links</b></u></a>	Wednesday 29 June, 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 [\*\*S4S workforce development website\*\*](#)

We constantly 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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