



## School Health & Wellbeing Service e-bulletin

**September 2022**

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Welcome back to the new 22-23 academic year. Hopefully you all managed to get some much-needed quality downtime with family and friends over the summer and are ready to go again this year.

This is the first edition of the S4S School Health & Wellbeing Service e-bulletins for the new school year and for those not familiar, they aim to give schools an overview on current key issues around Personal, Social, Health and Economic education (PSHE) and related topics. Each edition goes out at the beginning of each half-term and gives colleagues a quick reference point to some of the more important recent information across PSHE.

As a service, we are always here to support, whether that's via one of our online or face-to-face training sessions, advice or a service package to deliver bespoke support around PSHE to your school. If as a PSHE subject lead, practitioner or school you need any specialist help or extra capacity in 22/23 then please get in touch with us.

Please note, the stories in this bulletin are sourced from a range of services including the PSHE Association, Kidscape, Brook and other organisations who focus on working to support the health and wellbeing of children across topics within 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.

We hope you enjoy the read and if you have any feedback or want to get in touch about any of the information included, please do so - we love a PSHE chat! Previous issues of our service bulletins can be accessed [here](#).

# S4S School Health & Wellbeing Service

The S4S School Health & Wellbeing Service is provided as a partnership between Services4Schools (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 (PSHE) education, including statutory Relationships, Sex and Health Education (RSHE).

The service is designed to empower and support your school's delivery of best practice in PSHE and whole-school approaches to promoting pupil health and wellbeing, especially around key and emerging priorities.

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](mailto:info@services4schools.org.uk) or call **0333 772 1272, option 2**.

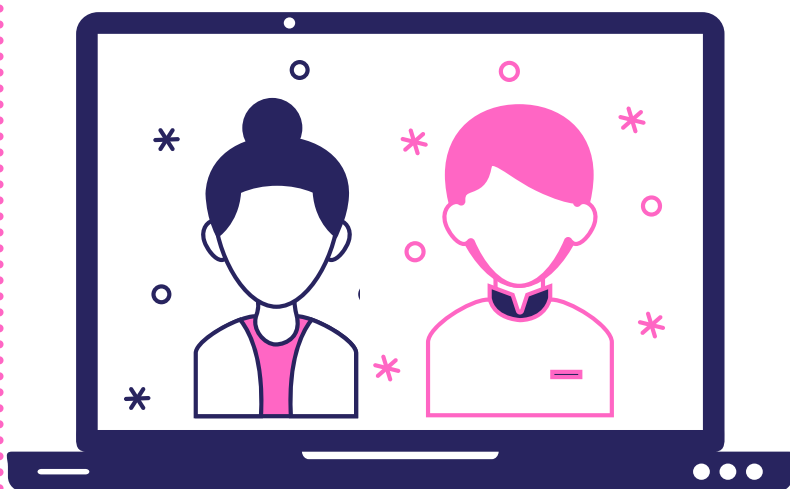
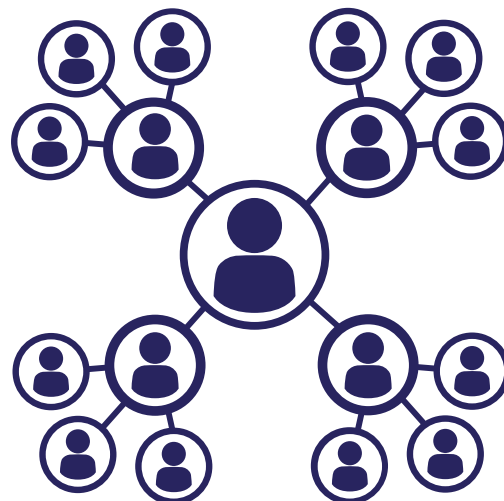
You can visit the  
[Health & Wellbeing in Schools website here](#)  
and you can also  
[visit our section of the S4S website here](#)  
for more details about what we do.



# FREE PSHEe NETWORK MEETING!

We are really pleased to be able to confirm 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 guest speakers, as well as a little time for questions at the end of the session.

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

To go straight to the booking page and save your space for this session, or find out more, then click the link below:

<https://bookwhen.com/s4swd/e/ev-siyd-20221110154500>

If you want to ask a particular question, you can drop these across to us in advance of the session. Please email [russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk) with the subject title 'network meeting question' and we'll try our best to fit it in during the network meeting.



# Personal, Social, Health, and Economic education updates

Our regular look at some recent stories and news from across PSHE education...

www.



## New PSHE Association resources

The PSHE Association continue their good work to build their evidence-based portfolio of teaching resources and projects to help schools make PSHE as good as it can be and hit many of the statutory RSHE requirements. Since our last bulletin in June, they have added a quite few more to their growing library for members (and some that are also free for non-members, too). Info and clickable links below!

- KS1 & 2 ( KS1 – 2 lessons, KS2 – 3 lessons): [Families](#)
- KS1 & 2 (1 lesson per Key Stage): [Keeping Sun Safe](#)
- KS1 & 2 (1 lesson per Key Stage): [Keeping Safe at Home](#)
- KS3 – 5 (1 lesson per Key Stage): [Amplifying young voices on health inequalities](#)
- KS1, KS3 & KS5 (KS1 – 2 lessons, KS3 & 5 – 3 lessons each): [Environment Agency lesson plans](#)
- KS3 & 4 (1 lesson per Key Stage): [Not Just Flirting](#)



As well as these beauties, there are plenty of other useful tools and materials on the PSHE Association website, so please take the time to [check out their website](#) – and join if you are not yet a member! You can also flick through previous editions of our bulletin to see what the PSHE Association and other organisations have put out before – we usually flag new things as they come out to keep you up to speed!

Don't forget, if you want some additional support 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!

PSHE  
Association

# Ofsted expectations around RSHE at inspection

Hopefully, by now all schools will have established their full programme of Relationships Education, Health Education and secondary-phase schools the additional Sex Education required by the DfE statutory guidance document. As it is the start of a new term, we thought it important to flag that Ofsted's expectations to schools discharging these RSHE requirements has now changed in the updated School Inspection Handbook for this academic year.

In the previous Handbook, due to the pandemic and other pressures on schools, Ofsted had taken a 'sympathetic' approach to those schools who had not yet been able to fully implement the new curriculum requirements, as long as they could show that they had taken heed of the statutory DfE guidance document.

- 253. *Inspectors will be sympathetic to schools that, as a result of the pandemic, have not been able to fully implement the new curriculum, provided that they:*
  - *have had regard to the statutory guidance*
  - *have a good rationale for prioritising what they have implemented*
  - *have clear and effective plans to address any gaps before the end of the 2021 to 2022 academic year*



And as luck would have it, we are also running a new, updated version of our own 'Ofsted & PSHE' online training session for any SLT or PSHE/RSHE leads who want to brush up on how they can ensure they are meeting requirements and making the most of the links between PSHE/RSHE and Ofsted inspections. ['What You Need to Know About OFSTED and PSHE'](#) is suitable for all phases of schools and is running online during the afternoon on Friday 14th October.

in the new handbook, this old paragraph has disappeared, and Ofsted will expect schools to be fully implementing the RSHE curriculum applicable to their age-range from September 2022. If schools are not delivering this (or can't clearly show or explain how they plan to) then this will affect their judgements of the school

- 296. *Relationships education is compulsory for all primary school pupils and relationships and sex education is compulsory for all secondary school pupils. Health education is also compulsory for pupils in state-funded schools only.*
- 297. *If a school is failing to meet its obligations, inspectors will consider this when reaching the personal development and leadership and management judgements.*

Hopefully, this won't be news to PSHE subject leads, but either way, it is worth keeping in mind and making sure you are in a good place to demonstrate how PSHE and RSHE is embedded in your school – especially if you are due to be inspected any time soon!

There is a useful short briefing clip from Roary Pownall, HMI subject lead for PSHE, RSHE & Citizenship on these changes on the PSHE Association website, which was first shown during their most recent conference back in the summer term.

# KIDSCAPE BACK TO SCHOOL RESOURCES



Looking for some resources to help students settle back into school life, especially any vulnerable or less confident children? The anti-bullying charity, Kidscape, have a really useful set of 'Back To School' activity programme with materials to help children return to school feeling safe, confident and supported. They are organised into the following sessions:

- Managing and adapting to change
- My thoughts and feelings
- Building and maintaining positive friendships
- Feeling confident and being proactive
- Speaking up and challenging bullying
- Pursuing your dreams



The programme is aimed at children in Year 5 to Year 7 and provides resources for both teachers and parents and carers, with a weekly activity for children. The programme also includes top tips for children and parents and carers, and signposts to a range of Kidscape services.

You can subscribe to get these free of charge – [visit the Kidscape Back To School resource page here.](#)



## *New interactive online resources from Brook*

Brook have recently launched two new young person-facing online tools which are available on their website. A new 'chatbot' and interactive help and advice pages form part of the ongoing Digital Front Door project, which seeks to improve young people's access to clinical sexual health services and provide them with accurate and timely information about relationships, health and wellbeing.

To take a look at the help and advice pages for yourself, you can visit by [clicking here.](#)



# Anti-Bullying Week 2022

Anti-Bullying Week is coordinated in England and Wales by the Anti-Bullying Alliance. This year, it will take place from 14 to 18 November 2022 and has the theme 'Reach Out'.



The banner is split into two main sections. The left section has a purple background and features a large black arrow pointing right with the word 'REACH' in white, and a white arrow pointing left with the word 'OUT' in black. Below this is the hashtag #ANTIBULLYINGWEEK. The right section has a green background and contains the text: 'This Anti-Bullying Week, let's come together and reach out to stop bullying.', 'ANTI-BULLYING WEEK 2022', 'from Monday 14<sup>th</sup> to Friday 18<sup>th</sup> November', 'ODD SOCKS DAY 2022' with a purple sock icon, and 'Monday 14<sup>th</sup> November'. The banner is decorated with vertical borders of black arrows pointing up and down.

The theme of Reach Out 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. As usual, schools will be able to download free teaching resources and themed assemblies. These will focus on the activities we can all take, to reach out and stop bullying.

To find out more and register to access loads of great free resources, please [visit the ABA AB week 2022 website here](#).

The ABA are also hosting a short Zoom meeting in advance of Anti-Bullying week to help schools get ready and make the most of being involved in the week. To find out more and register for this briefing on Wednesday 19th October, [please click here and book your spot](#).





# 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.

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 work with a wide range of specialists so 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 and at different times of the day to make them as accessible as possible to Governors.

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: September 2022 - November 2022

As part of our regular programme of online training available to all school staff, we will be running the following courses over autumn term 2022:

<b>TRAINING SESSION</b>	<b>DATE/TIME</b>
<a href="#"><u>Delivering effective RSE... 'without the awkwardness!' (secondary phase)</u></a>	Thursday 29 September, 1:00pm to 3:15pm
<a href="#"><u>Understanding PSHE Education: An Introduction for PSHE subject-leads</u></a>	Wednesday 5 October, 1pm to 3pm
<a href="#"><u>What You Need to Know about OFSTED &amp; PSHE!</u></a>	Friday 14 October, 1pm to 3:15pm
<a href="#"><u>FREE PSHE Network Meeting</u></a>	Tuesday 10 November, 3:45pm to 5pm
<a href="#"><u>Bitesize CPD: Introduction to Drug Education</u></a>	Wednesday 16 November, 1:30pm to 2:45pm
<a href="#"><u>Assessment in PSHE Education (primary phase)</u></a>	Thursday 24 November, 1pm to 3:15pm
<a href="#"><u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u></a>	Tuesday 29 November, 1:30pm to 2:45pm

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 look out for more courses over the coming months. 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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