

# School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

February 2025

## Welcome back!

COMPILED BY RUSSELL STANLEY

Welcome back to the second half of the spring term, PSHE chums! We hope that you managed to get a bit of rest and relaxation in over half-term. Not too long until Easter!

In this edition, we've got the usual blend of news and updates, as well as a reminder about our service offer, especially relevant as schools look to the upcoming new financial year and buying in to their support services. Our new service brochures should have reached schools by now but please let us know if you'd like one emailed out to you or if you'd like to have an informal chat about all of the PSHE-related support services that we can provide to you and your school!

Please also take a look down at the training and development section later on in the bulletin for more information about our latest training scheduled for the rest of the spring term and into the early summer - there are plenty to choose from if you are looking to keep updated on best practice and provision in PSHE-related areas.

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, Brook and other reputable organisations who focus on working to support the health and wellbeing of children across the broad spectrum of PSHE. As with all resources, please check to make sure that they are suited to you and your school and meet the needs of your students before using them. 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 want to get in touch about any of the information included, please do so. Previous issues of all our service bulletins can be accessed via our service page [here](#).

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# S4S School Health & Wellbeing Service 2025/26

In case you didn't know, the S4S School Health & Wellbeing Service is provided as a partnership between Service 4 Schools 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 around high-priorities such as statutory RSHE and Personal Development.



Our brand new service offer for financial year 2025/26 is now available! Whether you are one of our existing service-package schools, an ad-hoc attendee at our training sessions or are just curious about the range of support that we can offer, then our new brochure will tell you what you need to know. Please get in touch if you would like a copy or **[visit our service page to download one and find out more about what we do here.](#)**

As a service, 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!

Some of the benefits of working with the S4S School Health & Wellbeing Service include:

- Specialist support from a dedicated advisor to your school
- 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 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 requirements for Relationships, Sex and Health Education (RSHE)

The various elements of the service can be accessed by purchasing one of our specialist 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 that we can offer around PSHE, including any bespoke needs that 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 find out more about what we do by [visiting our section of the S4S website here](#) for more details.

Schools that are interested in purchasing support from our service can access a **FREE 30-minute online consultation** session to discuss your plans and school requirements. So please get in touch – we love to talk about PSHE and all of the ways that we can help!!

**Click here to request a free 30  
minute consultation**







# Personal, Social, Health, and Economic education updates



Our regular look at some recent stories and news from across the PSHE education sector to get you thinking and help you out in school...

## PSHE ASSOCIATION SPRING CONFERENCE

Don't forget that the PSHE Association Spring Conference is taking place on Thursday 6th March. There are some great speakers and workshops to attend across the online event which runs from 9:30 am – 1 pm, with the usual networking opportunities with likeminded PSHE folks from across the country.

The workshops and keynote speakers will focus on a range of priorities, including mental and physical health, relationships, safeguarding, and AI literacy. Places cost £115 for current members (you'll need to join in order to attend if you're not already a member of the Association).

Bookings are open now and [you can reserve your spot here!](#)

## New Friendship and bullying activity packs for EYFS



You'll probably already be aware of the friendship and bullying lesson packs for KS1 – KS4 provided by the PSHE Association, which have been available to members for a while now and support deliver of several statutory RSHE themes. The great news is that these resources have now been joined by the PSHE Association's first ever venture into a resource pack for EYFS! The pack has been developed for reception age pupils in order to support learning in the area of personal, social and emotional development (PSED) as part of the Early Years Foundation Stage framework.

Given the intended age group for these materials, they are put together slightly differently to the materials for other key stages so as to give flexibility to reception teachers in how they are used. There is teacher guidance at the beginning of the activity pack and three distinct sections, each covering one of the following three learning outcomes:

- Learning outcome 1: Children will be able to work and play cooperatively with peers
- Learning outcome 2: Children will be able to demonstrate the skills to form friendships with peers
- Learning outcome 3: Children will be able to demonstrate how to find fair or satisfying solutions to conflict

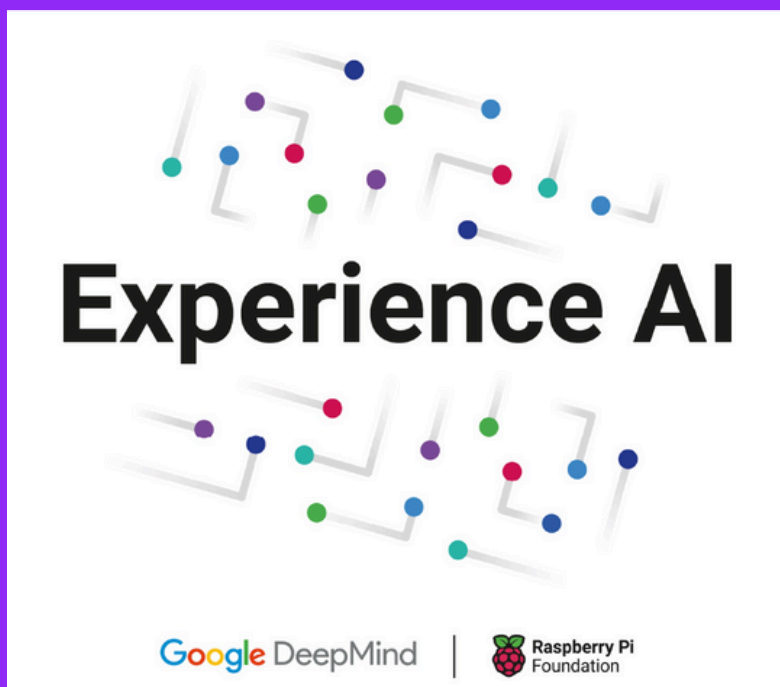
These outcomes are structured to help children meet the overarching learning objective 'to learn about making good friendships, how to cooperate and how to resolve conflict.'

To login and access these as a member of the PSHE Association, you can [visit the Friendship and bullying resources page here.](#)

## Free AI training from ParentZone

Google's ParentZone has partnered with the Raspberry Pi Foundation to deliver free training to UK educators around Artificial Intelligence (AI) and machine learning working with 11 - 14 year olds.

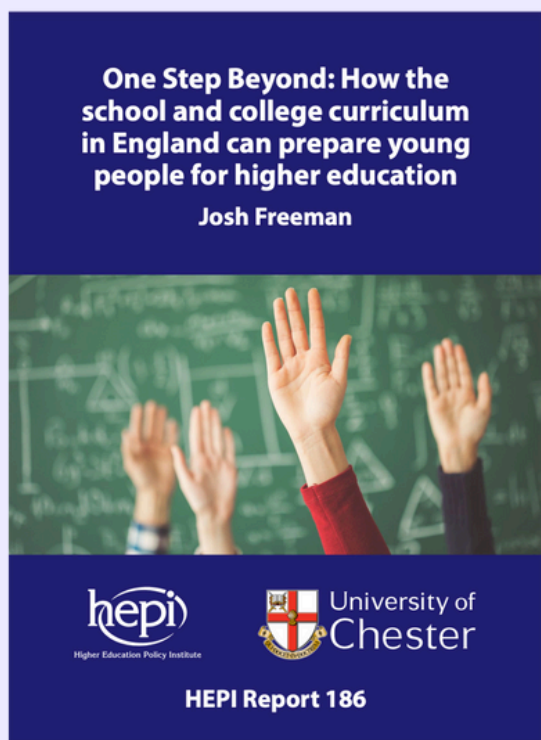
Teachers will be shown how to use the free research-based 'Experience AI' programme resources in the classroom to enhance their confidence in delivering the lessons and discussing AI with young people. Materials include lesson plans, slide decks, worksheets and videos.



At the moment, this training is either provided by a central event at the Google AI campus in London, or you can request to host a training event in your school. There are also virtual training sessions planned for delivery soon.

To find out more, [visit the Experience AI page here.](#)

# NEW REPORT HIGHLIGHTS PSHE'S ROLE IN PREPARING STUDENTS FOR HE AND FE



The independent think tank Higher Education Policy Institute (HEPI) has recently released a report into whether the school and college curriculum prepares students for higher education and university – not just academically, but in helping prepare them for potential challenges and opportunities relating to relationships, financial matters and careers.

HEPI have presented the ‘One Step Beyond’ report as a response to the Government’s Curriculum and Assessment Review, and the findings include polling of 1,105 university students which showed that:

- 47% of students feel well prepared for sex and relationships in higher education, compared with just 27% who felt well prepared in 2021. Just over a quarter of students (28%) do not feel well prepared
- Nearly three-fifths of students (59%) want more education on finances and budgeting, and 44% want more education on career pathways
- 51% of students wish they had had the opportunity to ‘learn more life skills’
- The majority of students (58%) want PSHE to be compulsory to 18.

As these example results show, the report contains much of interest to PSHE education, including further evidence that statutory RSHE is having a positive impact on RSE provision and strong support among students for compulsory PSHE to 18, as well as better education on financial matters and careers. Such evidence is also helpful to schools and teachers in highlighting the ongoing relevance and importance of PSHE across the board to all stakeholders.

**[You can access the full report here.](#)**

# BROOK'S BIG PERIOD LESSON 3

You may have already used some of these previous live lessons in school before, but Brook are teaming up with Lil-Lets to provide a free, online live broadcast lesson aimed at years 6 and 7 on Thursday 20th March from 10 - 11 am.

The one-hour session will cover the menstrual cycle as well as how to manage the physical and emotional changes young people will experience as they go through puberty. Led by a small team of Brook experts, this live lesson will support your students to:

- Understand puberty and the changes that happen to their bodies
- Correctly name the reproductive organs
- Understand key facts about periods and period symptoms
- Learn about different period products and how to manage menstrual cycles
- Recognise how activity and rest can both support period wellbeing
- Know where to go for support.



We would recommend this session as a useful top up refresher for both Year 6 and 7 pupils as they are presented in an engaging and fun way and help to develop and support wider learning that children will be receiving across the PSHE/RSHE curriculum at this age.

**[You can find out more and sign up for this lesson here.](#)**

## FREE FINANCIAL EDUCATION CPD



Young Enterprise are currently running some free online financial education online training sessions aimed at a range of staff across LS1 - KS5. Delegates will get access to quality financial education resources, share best practice, find out about the support available from Young Enterprise and gain the confidence to deliver high quality financial education.

As well as these live sessions, Young Enterprise also offer eLearning courses which can be accessed and completed in your own time and at your own pace, so it is well worth a look into this often under-represented part of PSHE curriculum!

**[You can find out about the range of sessions via this link.](#)**



# Training and Development opportunities



Our 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 to check 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. In addition, 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 our sessions for a whole-staff online Inset or twilight session for your school? We can do this for a discounted rate per delegate! Please do contact 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: February 2025 - May 2025

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. **Courses start from just £39 per place or come at no additional charge for schools that buy into one of our service level agreements!**

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: Delivering RSHE to SEND Learners in Mainstream Primary Schools](#)

Wednesday 26th February, 1 pm – 3 pm

[Effective Assessment in Primary PSHE!](#)

Thursday 13th March, 1 pm - 3:15 pm

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

Friday 21st March, 1 pm - 3:15 pm

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

Tuesday 1st April, 1 pm - 3:15 pm

[Top Tips for Engaging with Parents/Carers on RSHE!](#)

Thursday 1st May, 10:30 am – 11:45 am

[FREE PSHE Network Meeting](#)

Wednesday 7th May, 3:45 pm – 5 pm

[Effective Delivery of Sensitive Topics in Primary PSHE](#)

Friday 9th May, 10:30 am – 12 pm

[Using Drama Techniques in PSHE \(primary phase\)](#)

Thursday 22nd May, 1:30 pm – 3pm

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 look to add further sessions to our roster, so please check our website regularly and look out for updates. If there are any specific topics you or your colleagues in school would like some training on, then please let us know – we can always create added content! Remember, we will also come to you if you need us – 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](mailto:info@services4schools.org.uk)**

**or**

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



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