

# School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

January 2025

## Happy New Year!

COMPILED BY RUSSELL STANLEY

A Happy New Year to everyone from the S4S School Health & Wellbeing Service! We trust that you all had a lovely time over the holidays with family and friends. Sadly, it's time to put those Christmas jumpers away for another year and move on to making 2025 a prosperous year for us all!

We hope that this latest edition of our service bulletin will provide you with a useful selection of updates from across the world of PSHE education and the related health and wellbeing arena, all of which we trust will make your PSHE-working lives a little bit easier.

Please take a look at the training and development section later on in the bulletin for more information about the latest online training and events we have scheduled for the spring term. There are plenty to choose from, including a brand new session on RSHE delivery for SEND learners, so if you are looking to keep updated on best practice and provision in PSHE-related areas then do get yourself booked on! And to share the love with you all in the new year, we also have some special discounted tickets for two of our 'bitesize' training sessions and another one of our free PSHE network meetings. You're welcome!

Please note, the stories in this e-bulletin are sourced from a range of services including the Anti-Bullying Alliance, PSHE Association, Anna Freud Centre 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 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. Previous issues of all our service bulletins can be accessed via our service page [here](#).

## In this issue:

Service News  
Pages 1 - 4

PSHE Education Updates  
Pages 5 - 9

Training and Development  
Pages 10 - 11

Contact Details  
Page 12

# S4S School Health & Wellbeing Service 2025/26

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 brochure for financial year 2025/26 is available soon! Whether you are one of our existing service-package schools, an ad-hoc attendee at our popular training sessions or would just like to find out more about the range of support that we can offer, then this brochure will tell you what you need to know. Please get in touch if you would like a copy.

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**

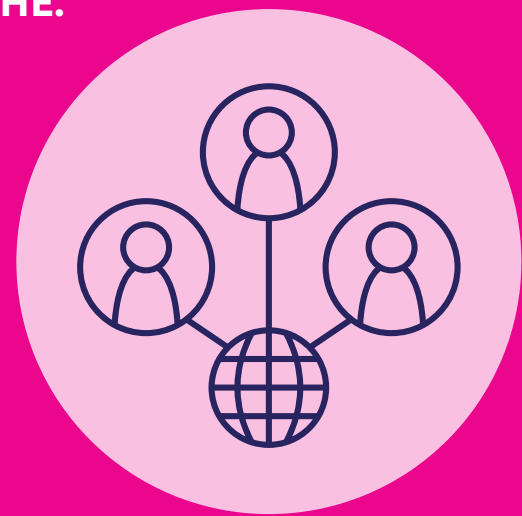




# SPRING TERM PSHE NETWORK MEETING

We love to share our passion for all things PSHE education, so we are once again hosting another of our **FREE PSHE Education Network Meetings** on Wednesday 29th January, which will be held via Teams from 3:45 pm – 5 pm. These informal online meetings are for PSHE education subject-leads and staff who are responsible for delivering PSHE/RSHE and related topics. They offer a practical forum for topical discussion and updates from across PSHE.

As ever, 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 allocated time for some questions at the end of the session. The S4S School Health & Wellbeing Service PSHE Network Meetings are open to both primary and secondary phase school staff.



As this is a **FREE** event, places are allocated on a first come, first served basis. Please sign up for your place as soon as possible – they do go quickly! All that we ask is that you can definitely attend – and that if anything changes, you let us know that you can't make it.

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



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...

## 1 IN 5 ARE FREQUENTLY BULLIED, SAYS RESEARCH PUBLISHED BY THE ABA

More than 1 in five school children are frequently bullied, according to new research, from the Anti-Bullying Alliance (ABA) and analysed by Goldsmiths, University of London, which was released in November to mark the start of Anti-Bullying Week 2024.

Almost 45000 pupils gave their feedback via questionnaire data collected from May to September 2023 as part of the ABA's Department for Education-funded United Against Bullying programme. Baseline data was collected from pupils aged between 4 to 18 from over 250 schools and was analysed to examine school experiences, bullying and wellbeing. Key findings amongst the report include:

- 23% of pupils experience frequent face to face bullying
- Pupils who received FSM (29%) and those with SEND (29%) are significantly more likely to be frequently bullied
- 6% of pupils report frequently being bullied online
- 7% of pupils report frequently bullying others
- Pupils who report being bullied, either face to face or online, are the most likely to report poor experiences at school
- Pupils at secondary schools have the poorest wellbeing compared to those at primary, infant and other schools

The findings have led the ABA to call for urgent government action to ensure that all children are able to grow, play and learn in safe and supportive environments.

Martha Evans, Director of the Anti-Bullying Alliance, said:

***"These findings reveal worrying levels of bullying in England, but with whole-school anti-bullying initiatives, supported by skilled staff and strong leadership, we can make a real difference—boosting achievement, attendance, wellbeing, and belonging, especially for children with SEND and those in poverty breaking down barriers so that every child has the chance to succeed. We urge the new government to act now."***

[To access the full report, please visit the Anti-Bullying Alliance website here](#)

# PSHE ASSOCIATION SPRING CONFERENCE

A quick reminder that the annual PSHE Association Spring Conference is taking place online on 6th March. There are some great speakers and workshops to attend across the event running from 9:30 – 1 pm, with the usual networking opportunities with other PSHE people from across the country and beyond!

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 Sleep Factor lesson pack for KS5 students



You may already be aware of the Sleep Factor resources from the PSHE Association, which have been available to members for a few years now and are a well-established part of many primary and secondary schools wider PSHE programmes. Developed with experts at Evelina London's sleep medicine service, the lessons help raise awareness of the impact of good quality sleep and equip young people with the strategies they need to get a better night's rest. These lessons help schools to cover relevant areas from the Department for Education's statutory Health Education guidance around sleep and mental wellbeing.

The Association have recently added to the existing suite of resources by creating a brand new pack for KS5/post-16 to help students independently manage sleep routines when transitioning into work or higher education and the impact of sleep on professional and personal wellbeing.

As with the KS1 - KS4 materials, the new pack includes PDF lesson plans, slides and student resources, along with teacher guidance. To login and access these as a member of the PSHE Association, you can [visit the Sleep Factor resources page here.](#)

# NEW AI RESOURCES FROM THE PSHE ASSOCIATION

In late 2024, the PSHE Association released a new set of resources aimed at KS2 & 3 students on artificial intelligence (AI).

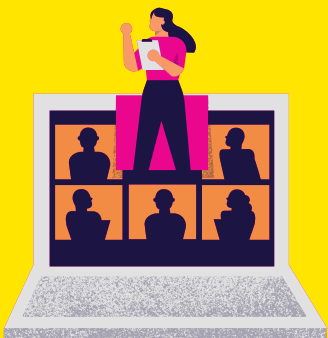
Developed in partnership with The Alan Turing Institute, *What is AI?* introduces learning about artificial intelligence, how it is used in daily life, and some of the potential benefits and challenges of using this technology.



The new materials are timely, given that an [Ofcom report](#) recently found that more children and young people are engaging with generative AI tools than adults. Four in five (79%) teenagers aged 13-17, and 40% of 7-12 year olds now use generative AI tools and services, compared to only 31% of adults. With these kind of statistics in mind, it is clear that schools need to quickly begin to address the rapidly changing landscape of children's digital lives, and this new resource pack would be a good starting point to do this within a PSHE context.

[To access these member-only resources, click here.](#)

## FREE ANNA FREUD LEARNING NETWORK WEBINAR ON SELF-HARM



We thought that you would like to hear about an awesome freebie that is coming up from the even more awesome Anna Freud Centre! An introduction to self-harm prevention in schools and colleges is being provided via Zoom by their learning network on Tuesday 4th February at 4:30 – 6 pm. The webinar will also be recorded for those colleagues who can't attend or who would like to watch it another time.

The webinar will discuss self-harm, mental ill health and potentially distressing topics exploring environmental risk factors. Learning outcomes for the session include:

- Understand what self-harm is and is not
- Recognise signs and causes of young people self-harming
- Consider whole-school or college approaches to preventing self-harm
- Support the wellbeing of staff and colleagues directly supporting a young person who is self-harming



This webinar is for any education professional who is working directly with young people who may be at risk of, or who they are aware are, self-harming. Attendees are not expected to be mental health or self-harm specialists and are not required to have had previous experience of leading a strategy to prevent self-harm.

[You can find out more and book onto this session here.](#)

# BANTER AND BULLYING TOOLKIT FROM ABA

In October last year, the Anti-Bullying Alliance launched a brand-new Banter & Bullying Toolkit, created in collaboration with Nottingham Trent University, to support practitioners who work with children and young people. This new toolkit has been created to complement the research and subsequent CPD training session that were put out at the end of 2023 and in early 2024.



[Banter Or Bullying? Navigating The Line Of Acceptability](#) focuses on helping professionals navigate the fine line between playful banter and harmful bullying, providing crucial new resources, practical activities and lesson plans that will help address these challenges directly with young people.

The toolkit includes:

- Clear definitions and examples to help distinguish banter from bullying
- Practical advice on setting boundaries and encouraging positive peer interactions
- Guidance on how to recognise verbal and non-verbal cues that indicate discomfort
- Tips for whole-school approaches to addressing banter and bullying, ensuring a consistent and supportive environment for all young people
- A package of activities, assembly plans and lesson plans, with accompanying presentations and handouts, to support practitioners in teaching young people about the difference between banter and bullying

You can read and find out more about this excellent piece of work from the ABA and Nottingham Trent University [via the ABA website here.](#)



# Updated PSHE Association Drug Education resources



And finally, some more updated resources from the PSHE Association! At the end of November last year, the lovely folks at the Association released a fully redesigned set of drug education materials to build on the success of the previous version. The new materials extend the original 2020 suite, which, according to NHS Digital's latest national Smoking, Drinking and Drug Use survey, was the most popular resource in the country for covering statutory drug education content with young people in schools.

On release of the new resources, Deputy Chief Executive & Director of Education of the PSHE Association Jenny Barksfield said:

**"We're excited to launch the new version of our popular Drug education programme, which includes fully updated lesson plans and resources for key stages 1 to 4, better reflecting the needs of children and young people today. And for key stage 5/Post-16 students, in addition to updating the existing two lessons, we've added three brand new lessons, to provide a comprehensive series of five lessons.**

**With full teacher guidance, pupil-facing PowerPoints, a fascinating review of the evidence base for drug education in PSHE, and handy knowledge organisers for each key stage, you'll have everything you need to provide best practice drug education for your pupils."**

To get your hands on the new packs and to make sure that you are using the most up to date version, please head over to the PSHE Association website [via this link](#).

# Training and 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 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. 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 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: January 2025 - April 2025

As part of our regular programme of online training available to all school staff, we will be running the following courses over spring term 2025. Courses start from just £29 or come at no additional charge for school's that buy into our service level agreement! What's not to like?!

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

[Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE! Reduced ticket price!](#)

Wednesday 22nd January, 1:30 pm - 2:45 pm

[FREE PSHE Network Meeting](#)

Wednesday 29th January, 3:45 pm - 5pm

[Bitesize CPD: Effective Delivery of Sensitive Topics in Primary PSHE Reduced ticket price!](#)

Thursday 6th February, 3:45 pm - 5pm

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

Wednesday 12th February, 1 pm - 3:15 pm

[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

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](https://www.services4schools.org.uk)

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 any twilight, Inset or Governor training – 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

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