

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

May 2025

Summer is here!

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So here we are at last, the last term of the academic year 2024/25 is upon us! We hope you had a really good Easter break and are raring to go for this important term. As ever, there is lots to deliver and plan for in the world of PSHE/RSHE but we are here to help you through!

In this edition, we've got all of the usual news and updates to keep you in the loop. Our service brochure for this new financial year is available so please let us know if you'd like an informal chat about all of the PSHE-related support services that we can provide to you and your school for whenever you need this!

Please also take a look down at the training and development section for more information about our training scheduled for the summer term; we have plenty to choose from at very competitive prices for high-quality and accessible online training!

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, Anti-Bullying Alliance 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 drop us a line. 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

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 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.](#)**

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 buying in to the S4S School Health & Wellbeing Service include:

- Specialist support from an experienced 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 or call **0333 772 1272, option 2**.

Schools that are interested in purchasing support from our service can access a FREE 30-minute online consultation to discuss your needs and school requirements.

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...

MENTAL HEALTH AWARENESS WEEK 12TH – 18TH MAY

Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week in bringing the UK together to focus on getting good mental health, and this year's event is taking place from 12th – 18th May. The theme for this year is 'Community', which will celebrate the power and importance of community for our mental health and wellbeing. There are a collection of resources and other useful information to help get you started, promote your activity and show your support available on the Foundation's website, including 'Wear it Green Day' where you can help to raise vital funds and awareness for mental health.

To make it as easy as possible for you to get involved, MHFA England have also created a simple toolkit including five daily prompts to help raise awareness, spark connection, and inspire action across the workplace. [You can find out more about this toolkit and access via this link.](#)



FREE primary PSHE resources and Personal Development audit tools!

Our friends at 1decision are offering primary schools the chance to access a host of free materials to help with all things PSHE and PD in school! Schools can currently get their hands on the following resources:

- **A free taster pack** with teaching materials and resources, including interactive videos, and assembly packs on a range of topics including transition, friendships and staying safe for each year group from EYFS up to Year 6
- **4 week EYFS PSED Learning Portal access** with videos, stories, interactive games and animations covering 40 Personal, Social, and Emotional Development (PSED) topics
- **A Personal Development pupil knowledge tracker and audit tool** to provide insights and information on your own specific PSHE provision, which can support in the monitoring and evaluation of your PSHE and wider Personal Development offer

This is a great opportunity to take a look at some quality assured PSHE/PSED learning materials and support tools and use them to add to your existing PSHE/RSHE delivery across school – for free! Click any of the links in the bullet points above to find out more and to register for access to any (or all!) of these fab materials.

New 'Food for thought' lesson packs for KS1 – KS4

The team over at the PSHE Association have recently published four new lessons around healthy eating and lifestyles to support this age-old priority for schools, so if you are looking to improve or increase your provision around this topic, then do take a look! The new materials focus on nutrition, supporting pupils to make healthier food choices/habits and overcome common barriers and influences and have been created with broadcaster and author Dr Chris Van Tulleken.




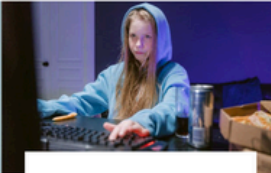






There are separate lesson packs for each key stage, with all of the usual trimmings! The lessons will also help schools to meet statutory Health Education requirements for teaching about healthy lifestyles, including making informed choices relating to food and drink.

To login and access these as a member of the PSHE Association, you can **find the 'Food for thought' resources page here.**

FREE WEBINARS TO TACKLE EXTREMISM

SINCE 9/11 is a UK educational charity which was set up on the tenth anniversary of September 11th, 2001, to ensure that the legacy of 9/11 is one that builds hope from tragedy. As well as other materials for schools, the charity also has a series of free webinars and online briefing sessions coming up to help educators understand more about the complex issues and best practice around addressing extremism and radicalisation.

To find out more and book places on the webinars, [visit the Since 9/11 website here.](#)

 <p>ALL CAUSES AND NONE AT ALL – UNDERSTANDING DEVELOPMENTS IN MIXED-INFLUENCE EXTREMISM (07.05.25)</p> <p>LEARN MORE</p>	 <p>GAME ON – HOW EXTREMISTS AND TERRORISTS USE ONLINE GAMING FOR RADICALISATION (09.07.25)</p> <p>LEARN MORE</p>	 <p>WORK FOR IDLE THUMBS? VIOLENT EXTREMISM, AI, AND 3D PRINTING (10.06.25)</p> <p>LEARN MORE</p>	 <p>ANTISOCIAL BEHAVIOUR – VIOLENT EXTREMIST USE OF SOCIAL MEDIA PLATFORMS (25.09.25)</p> <p>LEARN MORE</p>
 <p>FUNDAMENTAL BRITISH VALUES: HOW EFFECTIVE IS YOUR DELIVERY? (26.09.24)</p> <p>LEARN MORE</p>	 <p>RESPONDING TO CONSPIRACY THEORY, DISINFORMATION AND DANGEROUS IDEAS IN THE CLASSROOM (24.10.24)</p> <p>LEARN MORE</p>	 <p>AN INTRODUCTION TO THE 9/11 MEMORIAL & MUSEUM'S TEACHING RESOURCES AND PROGRAMMES (06.11.24)</p> <p>LEARN MORE</p>	 <p>CREATING SAFE SPACES FOR CHALLENGING CONVERSATIONS (14.11.24)</p> <p>LEARN MORE</p>

PARENT/CARER BULLYING INFORMATION TOOLKIT

The Anti Bullying Alliance (ABA) have recently released their new **Bullying Information Toolkit for Parents and Carers**. It is designed to empower parents and carers with clear, practical guidance on how to advocate for their child and it includes everything from working with schools to understanding legal protections and making formal complaints if needed.

We would suggest you take a look at this useful toolkit and consider making it available to parents/carers to support their understanding and rights surrounding this difficult issue.



PARENT ZONE WELLBEING ASSEMBLY

As part of Mental Health Awareness Week, Google Parent Zone are running a national virtual assembly event on Thursday 15 May at 9.30am. In the Wellbeing Assembly, they will be supporting children to build positive skills and behaviours to have a better time online. Pupils will explore how to:

- ✓ Be Sharp – and consider how their actions may affect others
- ✓ Be Alert – to spot misleading content that could upset them
- ✓ Be Secure – and use tools to manage screen use
- ✓ Be Kind – both to others and themselves
- ✓ Be Brave – and seek help if they need it

To find out more and register for the national assembly, [click here.](#)

**Be
Internet
Legends.**

 **parentzone** 



Training and Development opportunities



Our professional development training sessions run across the academic year, with courses offered across a range of themes all relevant 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: May - July 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 right up to the end of summer term
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

[FREE PSHE Network Meeting](#)

Wednesday 7th May, 3:45 pm – 5 pm

[NEW! Why and How to Deliver Relationships & Sex Education in Primary Schools!](#)

Thursday 8th May, 1 pm – 3:15 pm

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

Friday 16th May, 10:30 am – 12 pm

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

Thursday 22nd May, 1:30 pm – 3pm

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

Thursday 5th June, 3:45 pm – 5 pm

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

Tuesday 10th June, 1 pm – 3 pm

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

Wednesday 11th June, 9:30 am – 11:45 am

[Effective Assessment in Primary PSHE!](#)

Tuesday 17th June, 1 pm - 3:15 pm

[Bitesize CPD: Teaching & Discussing the Protected Characteristics](#)

Wednesday 18th June, 10:30 am – 12 pm

[FREE PSHE Network Meeting](#)

Tuesday 8th July, 3:45 pm – 5 pm

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

Thursday 10th July, 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**

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

or

russell@schoolhwb.co.uk



**Health & Wellbeing
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



www.services4schools.org.uk/school-health-wellbeing-service/