

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

November 2024

Welcome back!

COMPILED BY RUSSELL STANLEY

A big welcome back to the second half of Autumn term 2024. We hope that you had a good half-term break and enjoyed lots of spooky fun. Not long until Christmas now, but plenty of time to focus on PSHE back in school, as always!

For any new readers, the S4S School Health & Wellbeing Service issues these free bulletins every half term. They aim to give schools an overview on current key issues around Personal, Social, Health and Economic education (PSHE) and related topics linking to wider health and wellbeing and personal development. Each new edition goes out at the beginning of each half-term and gives colleagues a quick reference point to some of the more recent information across PSHE and important signposting to anything we think will help you with PSHE in school.

The S4S School Health & Wellbeing Service is always available to support education colleagues, whether that's via one of our online or face-to-face training sessions, advice or a package to deliver bespoke support around PSHE education to your school. If as a PSHE/RSHE subject lead, practitioner or senior leader you need any specialist help or extra capacity, then please get in touch with us

Please note, the stories in this bulletin are sourced from a range of services including the Anti-Bullying Alliance, Kidscape, the NSPCC and other reputable 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 also be accessed via our service page [here](#). Please do share this bulletin with your colleagues in school or within your own wider networks – we're here to help!

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S4S School Health & Wellbeing Service

The S4S School Health & Wellbeing Service is provided as a partnership between Services 4 Schools (S4S) and the specialist service provider 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.



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.

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)

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!

All elements of our service can be accessed either as ad-hoc purchases or by buying into 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 PSHE, including any bespoke needs you might have, then please contact us via 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 and to grab [a copy of the current service brochure](#).

Any schools that are interested in possible support from our service can access a **FREE 30-minute consultation** session to discuss plans and your school requirements. So please get in touch to organise!

**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...

IT'S HERE...! ANTI-BULLYING WEEK 2024: CHOOSE RESPECT

We have already reminded schools about this in the last few editions, but Anti-Bullying Week 2024 is now here! Organised by the Anti-Bullying Alliance (ABA), the theme this year is 'Choose Respect'.



If you visit the ABA website, you will find all of the usual free resources available including assemblies, parent packs, and primary and secondary school packs full of teaching materials and activities. Whether you use them during AB week or at another time in the year, we would strongly advise you to take a look and grab them to use either now or at a later date!

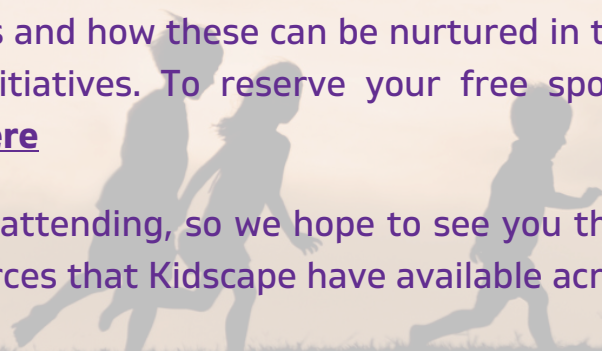
To find out more about how you can get involved and make Anti-Bullying Week the marquee event around anti-bullying related work during the school year, please go to the [**ABA Anti-Bullying Week 2024 webpage here**](#)

FREE KIDSCAPE WEBINAR ON FRIENDSHIP AND BULLYING

As part of their own resources and work for AB week 2024, the anti-bullying charity Kidscape are hosting a free short webinar on the relationships between friendships and bullying experiences. The 30-minute webinar is running from 12:15 – 12:45 pm on Friday 15th November.

Join Dr Rachel Maunder and Professor Claire Monks as they discuss some of the evidence showing how children's friendships relate to bullying experiences in important and complex ways. They will also introduce core features of good quality friendships and how these can be nurtured in the school environment as part of anti-bullying initiatives. To reserve your free spot, [visit the Eventbrite page for the webinar here](#)

We will be attending, so we hope to see you there too! Be sure to also check out the free resources that Kidscape have available across the AB field on their main website, too!



BE INTERNET LEGENDS DAY 2024

Some exciting news from Google and their 'Be Internet Legends' collaboration with Parent Zone. Schools can now register to take part in the free 'Be Internet Legends Day 2024' assembly which is taking place on Tuesday 26th November. The assembly is one of a range of interactive virtual events that help to teach children to be safer, more confident online explorers that help to

teach children to be safer, more confident online explorers that is included in the Be Internet Legends programme. If you are not aware of this free online safety programme, it also includes activities and lesson plans and other free interactive resources which can easily be adapted for inclusion as part of a broader PSHE programme and to complement other online safety work across school.

To find out more, [visit the Be Internet Legends site here.](#)



PSHE ASSOCIATION FIREWORK SAFETY LESSON PACK

These resources have been around for a few years now, but given that it is that time of year, we thought it was worth a quick reminder! These two lessons from the PSHE Association will help schools with KS2 & 3 students raise awareness of firework related risks and injuries and help students to reflect on how they can positively influence the actions and behaviour of their peers.

The resource pack includes interactives slides and full teacher guidance for each lesson, which cover:

- A KS2 session that focuses on assessing and managing risks around fireworks, bonfires and sparklers
- A KS3 session that explores personal safety, managing risk around fireworks and bonfires, and the law regarding the use of fireworks

And yes, these ones are for members only, but then again if you aren't a member of the PSHE Association – why not?!! [**You can find these resources here,**](#) and then log in to your account download.

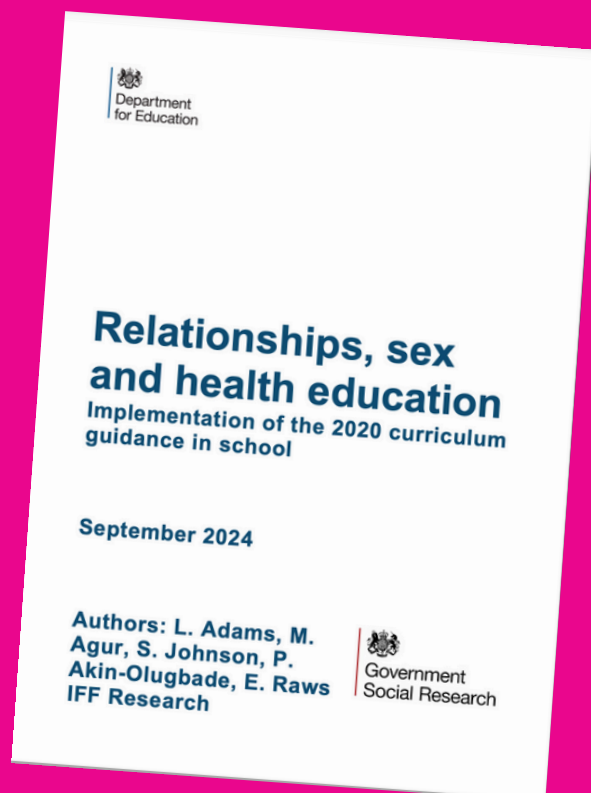
RSHE: IMPLEMENTATION OF THE 2020 CURRICULUM GUIDANCE IN SCHOOL REPORT

Published at the end of September, a new DfE report called 'Relationships, sex and health education Implementation of the 2020 curriculum guidance in school' (that really rolls of the tongue, doesn't it?!) is based on research that was commissioned by the previous government to look at how the RSHE guidance has been going down in schools.

The report presents findings from research conducted on behalf of the DfE, which explored how the guidance has been implemented in schools, as well as how closely the implementation of the guidance has lined up with the Department's Theory of Change (i.e. how closely it worked based on the DfE's own expectations of its implementation).

The research consisted of a quantitative survey with 2,510 school staff and follow-up qualitative case studies with 14 of the schools that took part in the survey. In total, 1,039 school leaders (headteachers, assistant headteachers and deputy headteachers), 953 RSHE coordinators, and 518 teachers took part from a range of settings.

As you might expect of a paper of this nature, it is quite a meaty read (128 pages in total!) but it has some really interesting sections on things like school approaches to delivering the guidance, use of external providers, pupil and parental engagement work, and CPD for teachers and teacher confidence. Given that we had the backdrop of the consultation on the draft update to the RSHE guidance hit a few months ago, although it's quite a read it is worth at least a cursory look if any of the sections included are areas you want to focus on back in school. But if you've already got a good book on the go, then I wouldn't put it down especially for this!! **[You can access the paper here.](#)**



FREE FINANCIAL EDUCATION TRAINING



Young Money (part of Young Enterprise) are providing free CPD certified financial education training sessions for a wide range of educators working in the primary, secondary and SEND sectors.

Starting in November, there are a number of different courses for different staff roles across school, all of which aim to develop the knowledge, skills and confidence needed by educators to better deliver high quality financial education. [You can find out more and book onto the sessions via the Young Enterprise website here.](#)



GIRLGUIDING GIRLS' ATTITUDES SURVEY 2024

Now in its 16th year, the Girls' Attitudes survey from Girlguiding has run annually since 2009 and the 2024 edition has recently been published. It surveyed over 2,500 girls and young women as a sample of girls across the UK to ask how they feel about their everyday lives and what it means to be a girl today.

The results this year show that the pressures and challenges of being a girl in 2024 are felt more intensely and at a younger age. Girls as young as 7 feel they have to look and behave in a certain way and the pressure gets worse as girls get older. It sadly also highlights and reminds us about the concerning levels of inequality and misogyny facing girls and young women. Some key findings include:



- 59% of 13 to 21-year-olds have seen or experienced sexual harassment
- 47% of 11 to 21-year-olds feel less safe because of sexism and misogyny, a significant rise from 17% 10 years ago
- 81% of girls and young women aged 11 to 21 said boys think girls should look like images they see online
- Over 1 in 5 girls aged 7 to 10 have seen rude images online. This has doubled since 2021
- More than half of girls (55%) aged 7 to 21 have received negative comments about their appearance

If you've not yet tapped into any of the Girls' Attitudes surveys, we would urge you to take a look as the representative sample provides useful reminders and focus on the work that we all need to do in school, either via PSHE or on whole school pieces and behaviour, to support positive outcomes for our students.

[Take a look at the full 2024 report here.](#)

NSPCC LEARNING PODCAST ON RSE

NSPCC Learning has recently published a podcast episode on relationships and sex education and the NSPCC's Talk Relationships service which supports secondary schools to confidently deliver inclusive RSE.



In the episode, actor and Childline ambassador Natalie Dormer is joined by two secondary school teachers to talk about what it's like to teach sex and relationships education. They discuss the challenges teachers face as well as practical solutions to these problems. Points covered include the importance of focusing on equality, diversity and inclusion; the impact of social media on the way young people learn about sex and relationships; and taking a whole school approach to delivering RSE.

It's definitely a worthwhile listen for anyone who can relate! **[Listen to the episode here. \(Via YouTube\).](#)**

Training and 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. **Course places start from just £59 or come at no additional charge for school's that buy into one of our service level agreements.** Please try one of our sessions if you need some decent CPD!

For certain courses, we also offer delegates an additional bespoke one-to-one follow up session with a specialist PSHE 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 reassurance 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 always 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, Anti-Bullying, School Food, 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 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 can offer.

Service Training Calendar: November 2024 – February 2025

As part of our regular programme of online training available to all school staff, we will be running the following courses over the autumn term and then on into early spring term 2025. More being added soon!

TRAINING SESSION

DATE/TIME

NEW! Bitesize CPD: Effective Assessment in Secondary PSHE!

Wednesday 20th November, 3:45 pm – 5 pm

Teaching & Discussing the Protected Characteristics

Thursday 21st November, 1 pm – 3 pm

Effective Assessment in Primary PSHE!

Tuesday 26th November, 1 pm - 3:15 pm

What You Need to Know about OFSTED & PSHE!

Monday 2nd December, 1 pm - 3:15 pm

NEW! Bitesize CPD: Using Drama Techniques in PSHE (primary phase)

Thursday 5th December, 1:30 pm – 3 pm

Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!

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

FREE PSHE Network Meeting

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

Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)

Thursday 6th February, 3:45 pm – 5 pm

What You Need to Know About Ofsted & PSHE!

Wednesday 12th February 1 pm – 3:15 pm

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. Look out for joining instructions issued at least 48 hours prior to each session!

We regularly add sessions to our programme, so please look out for more courses as they land. If there are any specific topics you'd like some CPD on, then please get in touch and let us know – we are always trying to create new content that's useful!

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/