



**School Health &  
Wellbeing  
Service e-bulletin**

**November 2023**

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# Welcome!

So, not long to go until Christmas then?! As we prepare for the inevitable seasonal celebrations and frenzy of the Christmas period, there is still plenty going on in the world of PSHE to keep us distracted! This is the second edition of the S4S School Health & Wellbeing Service e-bulletin for the autumn term, and we have got all of the usual content, updates and information designed to keep PSHE subject leads, teachers and professionals in the know, and all snugly and warm!

The S4S School Health & Wellbeing Service is always here to help support professionals and schools, whether that's via one of our online training sessions or a service package to provide bespoke PSHE support to your school. If you are a PSHE subject lead or senior leader and you need any specialist help or extra capacity this academic year, then please get in touch with us for a chat.

Please note, the stories in this bulletin are sourced from a range of services including the, PSHE Association, Anti-Bullying Alliance, 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. If you want to get in touch about any of the information included, please do so – we love a PSHE chit-chat! Previous issues of our service bulletins can all be accessed [here](#). Please feel free to share our bulletins with your colleagues in school or within your own wider networks in your area.

# S4S School Health & Wellbeing Service

The S4S School Health & Wellbeing Service is provided as a partnership between Services 4 Schools (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 emerging priorities.

Some of the benefits of using 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 materials and 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 priorities, such as Relationships, Sex and Health Education (RSHE)



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](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 and to grab a copy of the current service brochure.

**Schools that are interested in purchasing support from our service can also access a FREE 30-minute online consultation session to discuss any requirements.**





## Statutory RSHE update - again!

So, just in case you didn't yet hear, the Secretary of State for Education released a statement on 23rd October to highlight that she was once again sending a letter to schools (dated 24th October) with guidance about sharing RSHE curriculum resources with parents. You may recall that a letter on the same topic originally went out at the end of March, but it seems that the DfE felt it necessary to restate their position on "clarifying schools' responsibilities to share teaching materials with parents, particularly relationships, sex and health education (RSHE) resources."



**You can see both of these letters here**, and we would advise that you read them so that you are prepared to act accordingly. The general crux is that the October communication further clarifies the Government's position around the potential legal issue schools have been facing around publicly sharing resources from third parties such as PSHE curriculum programme providers that are copyright protected.

There still seems to be some ambiguity in the actual explanation in the letter, and we would advise schools that the best action to take in regard to sharing any teaching material with parents is face-to-face, in a meeting or 'virtually' if this is not possible. The main reason for this is context; if there is no opportunity for discussion around prior learning, how resources are selected and used, and how and why certain topics are positioned across a schools PSHE curriculum, this can often cause alarm. We would always advise that schools enter into regular and meaningful dialogue and communication with parents around all elements of their PSHE offer, as this is well-proven to help build a consensus and reduce potential parental concern.



What is incredibly important is that all schools are transparent and positive when and if parents wish to discuss and view curriculum materials. This is a cornerstone of effective PSHE and in ensuring a partnership approach between school and parents on talking about the often sensitive but necessary topics that PSHE education covers.



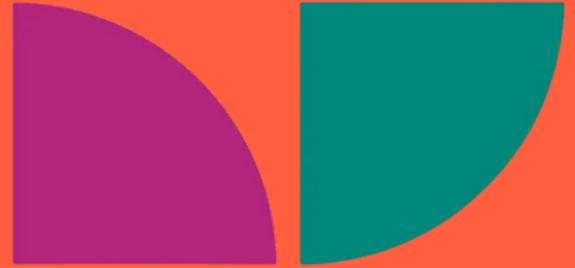
For schools who are looking for some more guidance on this tricky area, we have another running of our **'Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!'** training session taking place in mid-January. If you can't wait until then and/or need some specialist advice and guidance around parental engagement, please get in touch with us as this is something we are very experienced in as a service.

Alas, as at the time of writing this article (2nd November) there has been no further update about the review of the statutory RSHE guidance document, so for now we continue to wait for the DfE to publish an updated draft for consultation. As we are still in the autumn term, we are still within the broad timeline for this to happen, but it does feel like time is fast-running out for the DfE to hit their own deadline of an updated final version being published by the end of this year in order for it to be implemented at the start of 2024.

Please stay in touch with us for more updates on this subject. If you would like to be added to our contact list for these PSHE bulletins and other PSHE related updates, please email [russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk) and tell us and we will make sure you are kept in the loop!

# PSHE Association

## gets a facelift!



The PSHE Association have had a makeover! If you've not visited their website in the last few weeks, you will now notice that they have had a brand-refresh and also tweaked their website layout, functionality and content. We like it! **[Take a look for yourself here!](#)**

Whilst you're there having a nose around, be sure to check out the latest resource they have produced for their members since we last had a look in our September bulletin.

The new **[Friendship & bullying packs, KS1 – KS4](#)** have multiple lessons and resources provided for each key stage which will support your pupils to make and maintain respectful friendships, manage any friendship challenges that arise, and identify and safely respond to bullying incidents. Plus you'll be hitting plenty of specific statutory RSHE requirements too – bonus!!



Please don't forget, if you ever want some high-quality and bespoke support and advice on curriculum planning 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.



# Let's Act! Sustainable Development Goals Learning platform

Created by Mundu, Let's Act! is a new online learning platform that aims to educate KS3 - 4 students on climate change and the Sustainable Development Goals (SDGs).

Knowledge and understanding of the 2030 Agenda for Sustainable Development and its seventeen global goals is still insufficient among young people, and so is the awareness of the duties and responsibilities that are implied by them.

The platform can be used as an online interactive lesson for students, as teaching materials or print outs. Complete with full guides for teachers, there are a huge variety of lessons here that cover all of the SDGs main themes. These would be a fantastic addition to environmental education as part of PSHE, and include five topics:

- **The road to agenda 2030**
- **Our planet at risk**
- **Energy at the core of the problem and the solution**
- **Food production - the other side of the coin**
- **A World of Opportunities**



To access these free materials then please [visit the Let's Act! Platform here.](#)

**Let's Act!**  
Learn about the Sustainable Development Goals (SDGs),  
through five topics related to Preserving the Planet.



# POSITIVE RELATIONSHIPS

## LEARNING MATERIALS

Curriculum for Life, a community of educators and thought leaders, are collaboratively developing some new resources to better teach life skills to the next generation of students. The first batch of lessons are now available to access, focussing on forming positive and meaningful relationships for KS3 students. They are grouped into the following themes:

- **Understanding Feelings**
- **Wise Thinking**
- **Being Kind**
- **Expressing Yourself**



Focusing on experiential learning, these lessons are intended to develop the life skills of social awareness, compassion, empathy, perspective-taking and decision-making. Lesson for other key stages are coming soon!



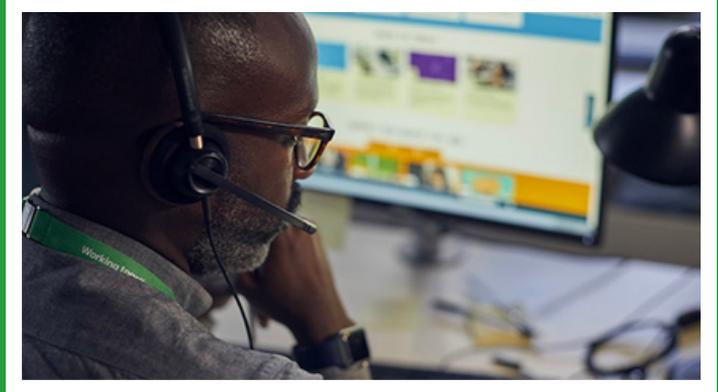
These feel really well presented and laid out, so if you'd like to take a look at them for potential use with your students, **[you can get them by clicking here.](#)**

# NEW NSPCC LEARNING CHILDLINE INFORMATION FOR PROFESSIONALS

NSPCC Learning has recently published a new web page with information about Childline, the UK's well-known free 24-hour service for children and young people, up to the age of nineteen, run by the NSPCC.

This new page is to help anyone who works with children and young people to signpost to Childline's and the support and advice that they can provide. The page includes information on Childline and its confidentiality promise, the support provided by the service and various campaigns and posters.

To access this page or share with your colleagues for a really useful refresh on Childline, [please click here](#).



## Talk Money Week 6 – 10 November

**Do one thing**  
Share the 'one thing' you're doing to Talk Money this week

**talk money week**

6-10 November 2023  
#TalkMoney

**Money Helper**

The graphic is a vertical rectangle with a teal-to-blue gradient. It features a white arrow pointing right, the text 'Do one thing' in white, and 'Share the 'one thing' you're doing to Talk Money this week' in white. The 'talk money week' logo is in white, and the dates '6-10 November 2023' and hashtag '#TalkMoney' are in white. The 'Money Helper' logo is in white at the bottom left.

Talk Money Week, hosted by the Money & Pensions Service (MaPS), aims to help people have more open conversations about their money and finances - from pocket money to pensions. Schools can use this week to focus on elements of economic education and raise awareness of financial support services with staff and parents.

There is also a dedicated toolkit for schools includes information and resources to help you promote the financial wellbeing of your pupils

and students, during Talk Money Week and beyond. It is packed full of useful links and information.

To visit the Talk Money Week page on the MaPS website, and download the Toolkit for Schools, [please visit here!](#)

# FREE FINANCIAL EDUCATION PROGRAMME FOR PRIMARY SCHOOLS!

We wanted to highlight a great free financial education resource that is available to all primary schools! Lifesavers is a values-based financial literacy programme, aimed at giving children the knowledge, skills, and attitudes to manage their money wisely.

Developed in consultation with education experts, the LifeSavers resources align with the National Curriculum and focus on improving numeracy and critical thinking, as well as key money concepts, making them ideal for economic education as part of PSHE! LifeSavers work directly with teachers, educators and schools to provide a wide range of curriculum linked classroom resources and practical activities to engage children with financial education from a young age.

**LifeSavers**  
Helping children manage money wisely



All of the programmes, resources and training are delivered at no cost to schools. When you register as a LifeSavers School, their team will also work with you to develop a plan for financial education that suits your teachers and students.

To register or find out about all of the LifeSavers financial education resources, please visit [Just Finance Foundation](#)



**LifeSavers**  
Helping children manage money wisely

**Discover our free financial education  
programme for Primary Schools**



# NEW MENSTRUAL CYCLE RESOURCE TRIAL

We recently came across a new free workshop being offered for secondary schools who are willing to trial a new resource to help students learn about the menstrual cycle, sexual health and elements of sex education. Hybrid Games has developed a card game incorporating parts of the PSHE and Biology curriculum, focusing on hormones and menstrual cycles.

They are offering free workshops to test the new materials and help educate young people about their bodies and minds, whilst also equipping teachers with knowledge and skills around this important topic, using the new card game.

Workshop takeaways include:

- Awareness of how hormones impact everyday lives
- Information on different types of contraception
- Conversations with peers about sexual and menstrual health

If you are interested and would like to find out more, please contact [enquiries@hybrid-games.co.uk](mailto:enquiries@hybrid-games.co.uk)

## FINAL REMINDER! Anti-Bullying Week 2023

Anti-Bullying Week 2023, organised by the Anti-Bullying Alliance (ABA), will take place from Monday 13th - Friday 17th November. The theme this year is 'Make A Noise About Bullying,' and as ever the week kicks off on the Monday with Odd Socks Day.

It's not too late to register your participation, and access all of the usual materials from the ABA which will help you to make Anti-Bullying Week 2023 a big success in your school!

To find out more, please go to the [ABA Anti-Bullying Week 2023 webpage here](#)



**#AntiBullyingWeek**  
**#OddSocksDay**



# TRAINING & DEVELOPMENT OPPORTUNITIES

Our 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. **Places start from just £51 or come at no additional charge for school's that buy into our service level agreement.** Please try and get along to one of our sessions if you need some CPD!

For certain courses, we 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 (just £99!!) will be able to book a further 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 other 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 and Trustees.

Please get in touch with the S4S School Health & Wellbeing Service if you would like to find out more about any of the variety of training support that we offer to schools and professionals.

# Service Training Calendar: November 2023 – February 2024

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 and into the new year:

TRAINING SESSION	DATE/TIME
<a href="#"><u>Bitesize CPD: Teaching &amp; Discussing the Protected Characteristics</u></a>	Wednesday 15th November 3:45 pm - 5 pm
<a href="#"><u>Assessment in PSHE Education (primary phase)</u></a>	Friday 17th November 1pm - 3:15 pm
<b>NEW!</b> <a href="#"><u>Bitesize CPD: Hidden Barriers to Mental Health and Wellbeing in School</u></a>	Thursday 23rd November 3:45 pm - 5 pm
<a href="#"><u>Addressing the Impact of Exposure to Explicit Online Material on Children (primary phase)</u></a>	Wednesday 29th November 1 pm - 3:15 pm
<a href="#"><u>What You Need to Know about OFSTED &amp; PSHE!</u></a>	Tuesday 5th December 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u></a>	Thursday 18th January 3:45 pm - 5 pm
<a href="#"><u>Bitesize CPD: Introduction to Drug Education</u></a>	Wednesday 24th January 3:45 pm - 5 pm
<a href="#"><u>What You Need to Know about OFSTED &amp; PSHE!</u></a>	Tuesday 30th January 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Teaching &amp; Discussing the Protected Characteristics</u></a>	Thursday 1st February 3:45 pm - 5 pm
<a href="#"><u>FREE PSHE Network Meeting</u></a>	Thursday 8th February 3:45 pm - 5 pm
<a href="#"><u>Planning &amp; Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u></a>	Thursday 29th February 1pm - 3:45 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.

We regularly add further 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 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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