



School Health & Wellbeing Service e-bulletin

September 2023

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Welcome back to the new academic year! Hopefully you all managed to get some quality time together with family and friends over the summer break and are now refreshed and raring to go again!

This is the first edition of the S4S School Health & Wellbeing Service e-bulletin for the new school year 23/24 and for any new readers, these bulletins are issued every half term and aim to give schools an overview on current key issues around Personal, Social, Health and Economic education (PSHE) and related topics. Each edition goes out at the beginning of each half-term and gives colleagues a quick reference point to some of the more important and recent information across PSHE.

As a service, we are always here to support professionals and schools, whether that's via one of our online or face-to-face training sessions, advice or a service package to deliver bespoke support around PSHE education to your school. If as a PSHE subject lead, practitioner or senior leader you need any specialist help or extra capacity this academic year, 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, PSHE Association, Sex Education Forum 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 be accessed [here](#). Please feel free to share our bulletins with your colleagues in school or within your own wider networks or cluster groups!

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)E



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.

Schools that are interested in purchasing support from our service can also access a FREE 30-minute online consultation session to discuss your school requirements. So, please get in touch – did we mention that we love to talk about PSHE?!



AUTUMN TERM PSHEe NETWORK MEETING!

We 're kicking off our programme of online training and events for the new school year with one of our FREE PSHE Network Meetings early on this term. The after-school session will take place on Wednesday 20th September from 3:45 pm – 5 pm



These PSHE Network Meetings are for Personal, Social, Health and Economic (PSHE) education subject-leads and other staff who are responsible for delivering PSHE. The sessions are welcoming, informal, and allow colleagues to discuss topical issues and share best practice as well as acting as a forum for updates from across the field of PSHE education.

There will be an opportunity to find out what support is available to schools from our service and also hear from guest speakers, as well as a little time for questions at the end of the session. For this session, we are delighted to be welcoming colleagues from the Financial Literacy and Inclusion Campaign (FLIC) as our guest speakers. You'll be able to hear about their work, including their new, free learning materials to help raise financial literacy in your school. To find out more about the work of FLIC, which is supported by the Financial Times, [you can click here.](#) 

The PSHE Network Meetings are open to both primary and secondary phase school staff – and best of all, they are free! Places go quickly on a first come, first served basis so please sign up for your place as soon as possible. All we ask is that you can definitely attend and that if anything changes, you let us know if you can't make it!



To go straight to the booking page and reserve your space for this session, or find out more, then click the link below: [Book onto the S4S School Health & Wellbeing Service's FREE PSHE Network Meeting, 20/9/23 at 3.45 pm](#)

If you want to ask a particular question, you can drop these across to us in advance of the session. Please email russell@schoolhwb.co.uk with the subject title 'network meeting question' and we'll try our best to fit it in!



New (ish) PSHE Association resources

The PSHE Association continue their usual stellar work to build their evidence-based portfolio of teaching resources and projects to help schools make PSHE as good as it can be and hit many of the statutory RSHE requirements, to boot. Since our last bulletin back in June, they have added a few more to their resource library for members. A summary of these with clickable links is below!



[Road and Rail Safety KS1-2 lesson pack](#) - two lessons for each key stage which will support children to understand how to keep themselves safe around roads and railways. Pupils explore potential hazards, identify risks and develop the skills to make safe decisions while travelling



[Embracing change and new challenges KS1-2 lesson pack](#) – these were published to be delivered at the end of summer term, but they'll still be useful to use and /or adapt as pupils transition to new classes and key stages! They focus on identifying feelings, opportunities and challenges related to transition, and supporting pupils with positive strategies for managing changes

[Thriving in post-16 / key stage 5](#) – in addition to the existing series of lessons to help students transition, this lesson is designed to be delivered in the autumn term to students who have recently started key stage 5, focussing on potential challenges and how to manage these



[Year 9 Vaping lesson](#) - this lesson is a much-needed addition to the existing suite of drug education lessons running from KS1 – 4. It explores the consequences of vaping and challenging the influences and pressures that might encourage young people to vape

As well as these, there are plenty of other useful tools and materials on the PSHE Association website, so please take the time to [check out their website](#) – and join if you are not yet a member to access it all!

PSHE
Association

Please don't forget, if you want some high-quality and bespoke support and advice on curriculum materials 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! Plus our training courses can also show you how to ensure you and your colleagues deliver them as best as possible!

Brook's Big RSE Lesson: Playing It Safe



In celebration of Brook's 2023 Sexual Health Week (11th – 17th September), which has the theme 'Playing it Safe', their Big RSE Lesson for this year will focus on empowering young people to understand and challenge gender stereotypes.

The free 60-minute live broadcast is aimed at students in year 9 and above and will be broadcast at 10 am on Wednesday 13th September. The session will help students to:

- Describe how gender stereotypes can negatively affect wellbeing.
- Identify sources of gender stereotypes that put pressure on young people.
- Understand the real-world impacts of misogyny on young people.
- Identify types of online gender-based abuse and ways to tackle it.
- Know where to get help and support with gender pressures and stereotypes.

There are also a range of other tools and resources to support and promote the campaign – [to find out more then click here.](#)

#SHW23 Playing it Safe

ANTI-BULLYING WEEK 2023: MAKE A NOISE ABOUT BULLYING



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.

Odd
Socks
Day

MAKE A
NOISE
ABOUT
BULLYING

The theme of Make A Noise About Bullying came about following consultation with teachers and pupils by the ABA. Following the huge success of the campaign last year, when 80% of schools marked the week, Anti-Bullying Week 2023 will remind everyone that whether it's in school, at home, in the community or online, we can bring an end to bullying.

#ANTIBULLYINGWEEK
#ODDSOCKSDAY
#MAKEANOISE

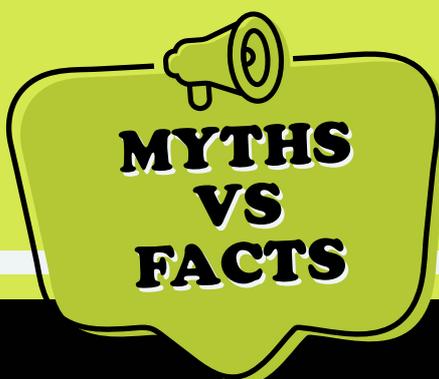
To find out more, including accessing all of the usual awesome teaching resources, please go to the [ABA Anti-Bullying Week 2023 webpage here](#)

NEW SEX EDUCATION FORUM BLOG

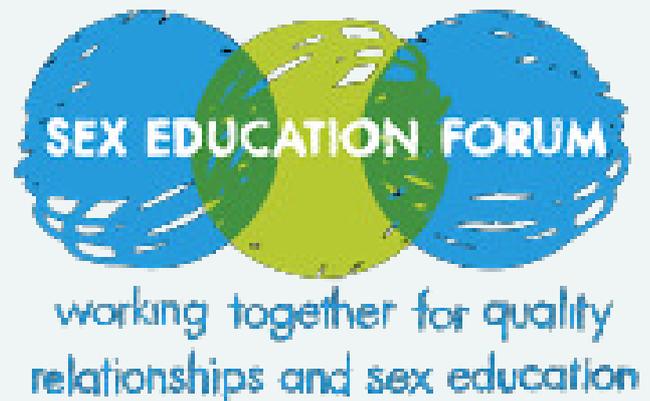
'BUSTS MYTHS' AROUND RSE

"A new blog published from the Sex Education Forum (30/8/23) provides a really interesting and thought-provoking opinion on some of the current noise which sits around RSE (and wider PSHE too, to be honest) and certain topics within this realm. Titled 'Busting The Myths About RSE', the article was put together in collaboration with Brook and it fact-checks a number of common myths around Relationships & Sex Education, many of which have been fuelled by the recent review into statutory RSHE.

The blog provides some really great information and summarises detail that would be incredibly useful for subject leads, SLT and anyone teaching RSE in schools to refresh on and will be helpful in increasing confidence in staff ahead of delivery of RSE and other subjects in the new term. We'd advise you to take a look - it's only a 5 minute read, so enjoy it whilst having a cuppa at breaktime!



***YOU CAN READ THE
BUSTING THE MYTHS
ABOUT RSE BLOG
HERE.***



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Statutory RSHE guidance review – a quick update!

As you'd expect, we are keeping a keen ear out for any updates on how the DfE-appointed independent panel has been getting on with their initial review of this guidance over the summer...As it stands, there are no updates! No news is good news, maybe?!

There's been no further press release issued or communication since **May 23** from the DfE at the time of writing this piece (1/9/23) but we would expect this to change very soon if the planned timelines are being adhered to. The panel is due to report to the government in September and this should then inform a new draft of the RSHE guidance which is anticipated to be published for consultation at some point in autumn term. So, not really much change since we all broke up!

Please stay tuned for more updates on this crucial review – we'll certainly keep our eyes open, ears pricked, and heads turned towards the DfE and let you know what's what ASAP! It might be a good idea to come along to our PSHE Network Meeting being held after school on 20th September, as well definitely talk about it and who knows there may be some movement by then...**book on here**



TRAINING & 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 £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 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 offer.

Service Training Calendar: September 2023 – December 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over autumn term 2023:

TRAINING SESSION	DATE/TIME
<u>FREE PSHE Network Meeting</u>	Wednesday 20 September 3:45pm to 5pm
<u>Planning & Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u>	Wednesday 27 September 1pm to 3:15pm
<u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary-phase)</u>	Thursday 5 October 3:45pm to 5pm
<u>What You Need to Know About OFSTED & PSHE!</u>	Friday 13 October 1pm to 3:15pm
<u>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u>	Tuesday 17 October 3:45pm to 5pm
<u>Bitesize CPD: Teaching & Discussing the Protected Characteristics</u>	Wednesday 15 November 3:45pm to 5pm
<u>Assessment in PSHE Education (primary phase)</u>	Friday 17 November 1pm to 3:15pm
<u>NEW! Bitesize CPD: Hidden Barriers to Mental Health and Wellbeing in School</u>	Thursday 23 November 3:45pm to 5pm
<u>Addressing the Impact of Exposure to Explicit Online Material on Children (primary phase)</u>	Wednesday 29 November 1pm to 3:15pm
<u>What You Need to Know About OFSTED & PSHE!</u>	Tuesday 5 December 1pm to 3:15pm

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

or

russell@schoolhwb.co.uk



**Health & Wellbeing
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



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