



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

**April 2024**

*In this edition:*

**Service News**

*Pages 1 - 2*

**PSHE Education Updates**

*Pages 3 - 6*

**Training and Development**

*Pages 7 - 9*

**Contact Details**

*Page 9*



# Welcome!

Welcome back and a happy summer term to everyone – we hope you had a relaxing and fun-filled Easter break. Not long to go now until we are all enjoying the summer holidays, but still plenty of PSHE-related work to be getting on with!

In this succinct edition of our bulletin, we've got the regular reminder about our service and the usual mix of updates and news from across the world of PSHE and health and wellbeing. Please also take a look at the updated training and development section later on in the bulletin for more information about all of the training scheduled for the summer. We have some new sessions so there are plenty to choose from if you are looking to keep updated on best practice and provision in PSHE-related areas, whatever your role or setting.

Please note, the stories in this e-bulletin are sourced from a range of services including the Sex Education Forum, Winston's Wish, Brook and other reputable organisations who focus on working to support the health and wellbeing of children across the broad spectrum linked to 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.

Enjoy the read and we hope it's as helpful as always! Previous issues of all our service bulletins can be accessed [here](#).

# S4S School Health & Wellbeing Service Offer

Thanks to all of those schools who have signed-up to access support via a service package for the new financial year... we look forward to working with you all! If you haven't signed up yet then what are you waiting for – we'd love you to join us! If your school is in the market for some PSHE support and would like to find out about the range of PSHE education-related help that we can offer, please contact us for a free initial consultation. Here's a bit about what we do and why...

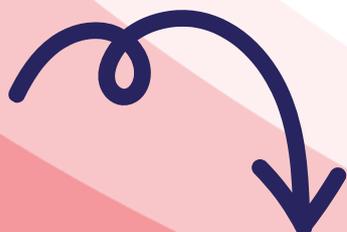


The S4S School Health & Wellbeing Service is provided as a partnership between Service 4 Schools and Health & Wellbeing in Schools Ltd. This service offers a broad range of high-quality specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, 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.

Whether you are one of our existing service-package schools, an ad-hoc attendee at our 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 everything that you need to know. **You can download a copy via this link!**



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 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)

The various elements of the service can be accessed by purchasing 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 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 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 also access a FREE 30-minute consultation session to discuss your plans and school requirements.** So please get in touch – we love to talk about PSHE and all the ways we can help!!





## YOUNG PEOPLE'S RSE POLL RESULTS REVEALED

The Sex Education Forum has recently published the results of its latest annual RSE poll for 2024. Just over 1000 young people aged 16 and 17 years old from across England were polled by Censuswide on behalf of the SEF. Findings generally seem to indicate that RSE is starting to improve in schools five years on from the start of the statutory RSHE guidance and young people are more satisfied with the offer, although it is clear that schools still lack confidence in delivering some areas of the curriculum, especially those that might be considered more 'sensitive'.

Some of the key findings include:



- Respondents gave highest priority to the action 'Provide training for teachers so they can develop more confidence with RSE', with 57% selecting this option
- 73% of respondents agree that children should be warned about the harms of pornography (as part of Relationships education at primary school), with 48% strongly agreeing
- Respondents were nearly twice as likely to agree (40%) with the statement 'I wish my parents / carers had been better informed about the RSE I got at school' than to disagree (21%)
- More than half (56%) of respondents agreed that they had enough opportunities to ask questions, and get answers to them, in RSE at school, with 16% disagreeing
- 39% of respondents agreed that 'my RSE would have been better if it had started earlier in my life', with 13% strongly agreeing
- 50% of respondents rate the quality of their school RSE as 'good' or 'very good' – up 10 percentage points on the ratings from the previous poll published in March 2023.



Interestingly, the 2024 poll concludes with an open question asking young people to write a message about RSE that they would like to share with the Prime Minister or Secretary of State for Education. Examples of these are given throughout the report, but include:

**“WE CANNOT BE AFRAID OF TEACHING CHILDREN RSE BECAUSE IT IS MUCH EASIER FOR THEM TO BE KNOWLEDGEABLE AND SAFE THAN FOR THEM TO NOT KNOW AND POSSIBLY GET THEMSELVES INTO TROUBLE OR DANGER”**

**“NEEDS TO BE IMPROVED, MORE INCLUSIVITY, MORE EDUCATION AND BETTER STUDENT, TEACHER AND PARENT ENGAGEMENT”**

**“NOT ENOUGH IS BEING COVERED WITHIN LESSONS. CHILDREN OFTEN FIND THE INFORMATION FROM OTHER UNTRUSTWORTHY SOURCES SUCH AS PORNOGRAPHY OR THEIR FRIENDS”**

We would strongly urge you to read the report and consider the findings in reviewing your own RSE/PSHE curriculum content offer alongside other school-level sources of information. We can help you with this if you want us to!

**[The full report can be found here](#)**

# BROOK'S BIG PERIOD LIVE LESSON A BIG SUCCESS!



More than 61,300 people tuned in to the live broadcast of Brook and Lil-Lets' Big Period Lesson 2, making it one of their biggest live RSE lessons yet. If you didn't see this latest output of Brook's RSE Live Lessons and would like to watch it and share with students via catch-up, then you can access this 'on-demand' [on Vimeo via the Brook website here.](#)

The next 'Big RSE' lesson is scheduled for early in September, so do visit the Brook website for more information and to save the date!



## UPDATE TO SHARING NUDES AND SEMI-NUDES ADVICE

The non-statutory guidance document from the Department for Science, Innovation and Technology and UK Council for Internet Safety (UKCIS) was updated in March. 'Sharing nudes and semi-nudes: advice for education settings working with children and young people' contains advice for designated safeguarding leads and SLT in responding effectively to incidents involving the sharing of nudes and semi-nudes by children and young people.

Key changes in the March 2024 version are:

- **Incidents involving AI-generated images and financially motivated sexual extortion (commonly known as 'sextortion')**
- **New guidance on seizure of devices by police**
- **Updated links to reporting routes and support services**

You can access this updated Government guidance [in full here.](#)



# PSHE Association launches new reference tool

Those clever colleagues at the PSHE Association have recently put together a really useful tool summarising the PSHE education curriculum, what it covers, and why.

Aptly titled *PSHE education: what it covers and why it works*, the new tool brings together the evidence base on the importance of PSHE, using prevalence statistics for various health and behaviour trends among children and young people, and impact evidence which shows how PSHE education can help keep young people happy, healthy and safe.

As the Association say as part of their launch material for the new reference tool on their website:

“We anticipate you using *PSHE education: what it covers and why it works* to develop your own professional expertise in the subject, and to help you explain the rationale behind PSHE education, and specific topic choices in your school’s curriculum. This may be particularly useful in conversation with colleagues, inspectors, or importantly, with parents and carers. It can be shared with anyone who is curious about what schools are doing, and can do, to support children and young people with the real-life challenges and opportunities they face, through the curriculum”

Here at the S4S School Health & Wellbeing Service, we strongly echo the content of the reference tool, and it reinforces much of the work that we do to support schools, whether that be via training or the wider support we offer. If you’d like to find out more then please get in touch!

The PSHE Association reference tool is available to all (including non-members) and can be [found here](#).

## WINSTON’S WISH LAUNCH TALK GRIEF

The amazing people at the childhood bereavement charity Winston’s Wish have recently launched a new dedicated online space for grieving teenagers and young adults.

**Talk Grief** is aimed at young people from 13 to 25 and offers users the opportunity to learn from other young grieving people and find healthy ways to cope and feel less alone. The new site is packed with resources, advice and tips on managing grief from bereavement experts. Young people can also speak to bereavement support workers if they need to.



Bereavement is never a simple subject to broach with children of any age, so this new service from Winston’s Wish is a very welcome addition to help support those young people who experience bereavement. Please take the time to check this service out and explore the other resources and support available via Winston’s Wish.

# TRAINING & DEVELOPMENT OPPORTUNITIES

Our professional development training sessions run across the academic year, with courses covering a wide range of themes related to PSHE education. Our training sessions are open to all, regardless of whether your school is signed up to an active service support package with us or not (although having a support package does mean there are no additional costs to access our training!)

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.



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 face-to-face in your school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

Interested in running one of our sessions for a whole-staff online twilight session for your school? We can do this for a discounted rate per delegate! Please contact the S4S School Health & Wellbeing Service if you would like to find out more about any of the training and professional development support that we offer.

# Service Training Calendar:

## April 2024 – July 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. 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
<a href="#"><u>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u></a>	Tuesday 23rd April 3:45 pm - 5 pm
<a href="#"><u>NEW! Delivering High-Quality Teaching on STI's &amp; Contraception (secondary phase/colleges)</u></a>	Tuesday 30th April 1 pm - 3:15 pm
<a href="#"><u>Addressing the Impact of Exposure to Explicit Online Material on Children (primary phase)</u></a>	Wednesday 1st May 1 pm - 3:15 pm
<a href="#"><u>FREE PSHE Network Meeting</u></a>	Tuesday 7th May 3:45 pm - 5 pm
<a href="#"><u>NEW! Inclusive teaching around LGBTQ+ relationships (secondary phase)</u></a>	Wednesday 8th May 3:45 pm - 5:15 pm
<a href="#"><u>Delivering Effective Relationships &amp; Sex Education (RSE) (secondary phase)</u></a>	Thursday 16th May 1:15 pm - 3: 15 pm
<a href="#"><u>NEW! Safe &amp; Effective Teaching Around FGM Awareness (primary &amp; secondary)</u></a>	Wednesday 22nd May 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Introduction to Drug Education</u></a>	Thursday 23rd May 3:45 pm - 5 pm
<a href="#"><u>What You Need to Know About Ofsted &amp; PSHE!</u></a>	Tuesday 11th June 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u></a>	Wednesday 26th June 3:45 pm - 5 pm
<a href="#"><u>Bitesize CPD: Teaching &amp; Discussing the Protected Characteristics</u></a>	Wednesday 3rd July 3:45 pm - 5 pm
<a href="#"><u>Planning &amp; Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u></a>	Tuesday 9th July 1 pm - 3:15 pm
<a href="#"><u>FREE PSHE Network Meeting</u></a>	Thursday 11th July, 3:45 pm - 5 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 always add more sessions to our programme, so please look out for further courses as they are added. If there are any specific topics you or your colleagues in school would like 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 - 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

[russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk)



**Health & Wellbeing  
in Schools**

PSHE Education Consultancy

[www.schoolhwb.co.uk](http://www.schoolhwb.co.uk)



[www.services4schools.org.uk/school-health-wellbeing-service/](http://www.services4schools.org.uk/school-health-wellbeing-service/)