

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

April 2026

Welcome back to Summer Term!

COMPILED BY RUSSELL STANLEY



Welcome to the first edition of the S4S School Health & Wellbeing Service bulletin of the summer term 2026. We hope that you had a great Easter break and are now raring to go for the final stretch!

Significantly, we are now in the final term before the updated RSHE statutory requirements come into effect from September, so this promises to be an extra-busy time for PSHE subject leads and schools across England. But fear not, we've got you! If you'd like to explore any of the ways we can help make sure that you are ready, then please get in touch via russell@schoolhwb.co.uk for an informal chat.

We hope the stories and information in this latest edition provide you with all sorts of help and advice to support your work in school. Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, NSPCC and other reputable organisations who focus on working to support the health and wellbeing of children, including across 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. Previous issues of all our service bulletins can be accessed via our service page [here](#).

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S4S School Health & Wellbeing Service 2026/27

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 brochure for financial year 2026/27 is now available! Whether you are one of our existing service-package schools, an ad-hoc attendee at our popular 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 what you need to know. Please get in touch if you would like a copy

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 working with 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 and compliance around updated 2025 statutory requirements for Relationships, Sex and Health Education (RSHE)

The various elements of the service can be accessed ad-hoc or 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**.

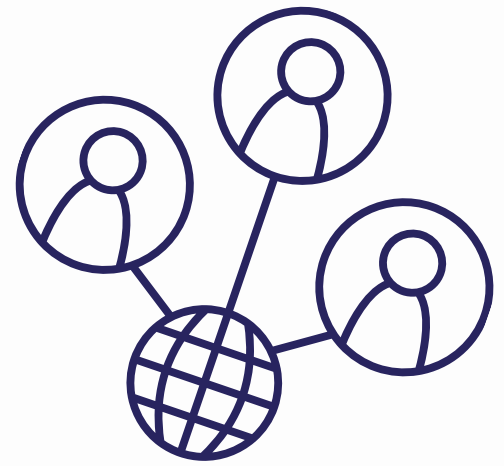
You can find out more about what we do by [visiting our section of the S4S website here](#) for more details.

Schools that are interested in purchasing support from our service can access a FREE 30-minute online consultation session to discuss your plans and school requirements. So please get in touch – we love to talk about PSHE and all of the ways that we can help!!

Click here to request a free 30 minute consultation



FREE PSHE NETWORK MEETING!



Our next half-termly FREE PSHE Education Network Meeting will be held on Wednesday 20th May via Teams from 3:45 pm – 5 pm. These informal online meetings are for PSHE education subject-leads and staff who are responsible for delivering PSHE/RSHE and related topics. They offer a practical forum for topical discussion and updates from across the PSHE sector.

There will be an opportunity to find out what support is available to schools from our service and hear from guest speakers, as well as allocated time for questions at the end of the session. The S4S School Health & Wellbeing Service PSHE Network Meetings are open to both primary and secondary phase colleagues.

Please sign up for your place as soon as possible – they do go quickly! Visit the booking section of the S4S workforce development website to [book your place on this FREE session here!](#)





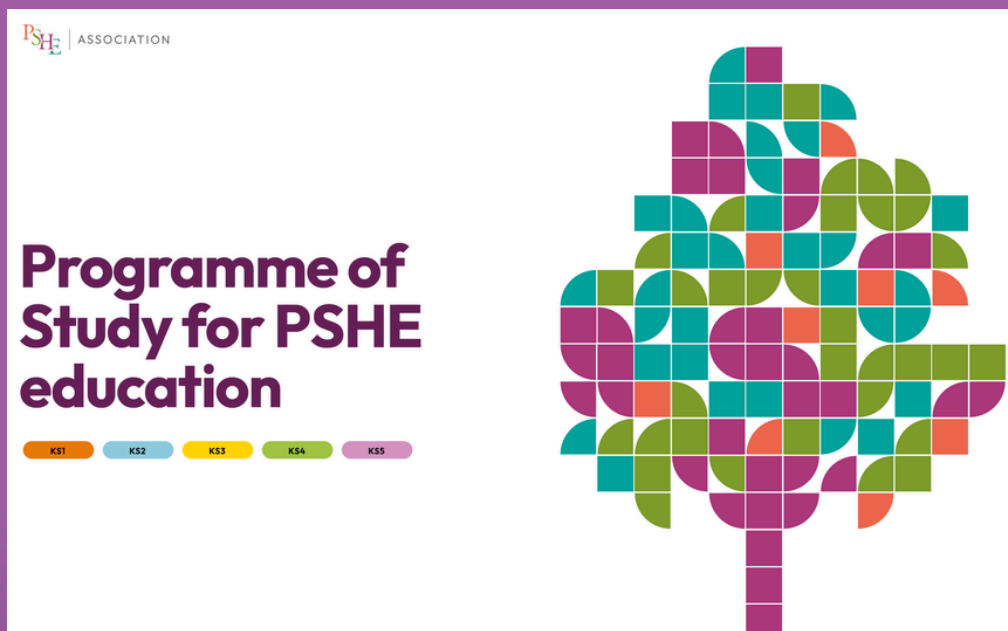
Personal, Social, Health, and Economic education updates



Our usual roundup of topical news, views and signposting from across the field of PSHE education...

UPDATED PSHE ASSOCIATION PROGRAMME OF STUDY IS OUT!

We know that many organisations, schools and subject leads have been waiting patiently for the PSHE Association to update their Programme of Study for PSHE education for KS1 – 5. Well, it is now here!



Published shortly after their spring conference in March, the latest edition integrates the updated statutory RSHE guidance requirements and essential PSHE education content on Economic Wellbeing and Careers Education into a coherent programme for each key stage. The 2026 Programme of Study for PSHE education supports schools by providing suggested learning opportunities for each key stage covering all the statutory RSHE content (which schools must cover for their phase) as well as content for Economic Wellbeing and Careers Education (which all schools are ideally expected to cover as part of broader PSHE education). This recognises that schools have the flexibility to design a PSHE education curriculum that is age, stage and developmentally appropriate for their pupils, and bespoke to their community, while meeting the DfE's expectation that schools continue to provide a comprehensive programme of PSHE education including, but not limited to, statutory RSHE content.

The document is available to all schools (members or not) and is also accompanied by a suite of new planning tools and documents. There are now new 'curriculum models' resources to provide planning guidance for both primary and secondary schools, with long term and medium-term overviews that can be adapted to your school and pupils' needs. These resources are available to members only.

[Visit the PSHE Association website here to find out more.](#)

NSPCC BRIEFING ON HARMFUL ONLINE CONTENT

In February, NSPCC Learning published an insight briefing on the impact of harmful online content on children and young people. Drawing on Childline counselling sessions and NSPCC helpline contacts, the briefing explores how exposure to online bullying, hate content, violent imagery, misinformation, pornography, and addictive platform features can affect children's safety, wellbeing, and sense of identity.

The new briefing also highlights the impact of excessive screen use on school life with some children mentioning that they subsequently struggled to focus on school. The report offers valuable evidence to deepen understanding of how children and young people experience harmful online content to support safeguarding practice, policy development and future online safety interventions.

Given the nature of the report, and the inclusion of a raft of new curriculum requirements around digital wellbeing and online safety within the updated RSHE statutory requirements, this is a timely read.

[You can download a copy of 'The impact of harmful online content on children' here.](#)



'SYSTEM CHANGE' TO COMBAT SEXUAL HARASSMENT IN EDUCATION

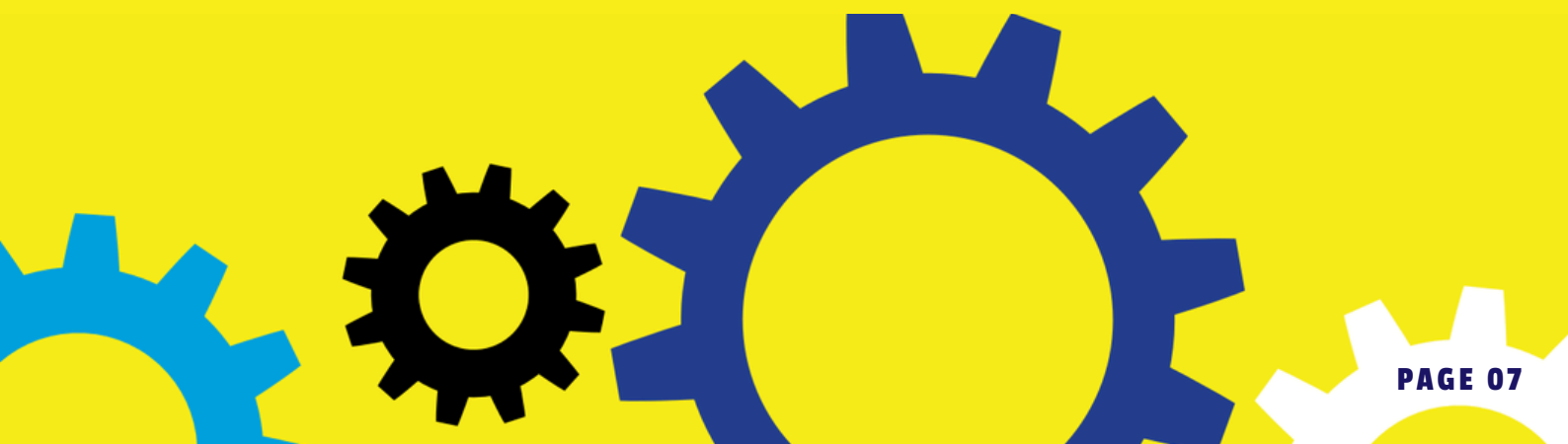
In March, the VAWG charity and campaign group UK Feminista launched a new blueprint for action to combat sexism and sexual harassment in schools and colleges. Through their three-year whole school approach development scheme, they have supported a diverse cohort of schools and colleges across the country to implement whole school approaches to address sexism and sexual harassment.

Their new report, System Change, draws on the findings from this scheme, and sets out recommendations for what government, inspectorates, and schools and colleges themselves must do to transform the system and tackle endemic sexual harassment via a whole-school approach, which UK Feminista state should have three core components:

- 1. Establish an institutional framework to tackle sexism and sexual harassment. The framework should be underpinned by a strategy, supported by school policy, and driven by leadership. This institutional architecture enables schools and colleges to prioritise actions and ensure a consistent, cohesive approach to securing change.***
- 2. Train and equip all school and college staff with the knowledge, resources and confidence to tackle sexism and sexual harassment.***
- 3. Support students to learn about sexism and sexual harassment, report incidents and to take positive action for equality***

The report also seeks to identify some of the key challenges to achieving effective practice, along with strategies to overcome them. With a strong focus on addressing VAWG within KCSiE 2026 and the updated RSHE guidance, we would recommend you take a read through this report to help support your own work in school. **[You can access the System Change report here.](#)**

We also have our **['Challenging Misogyny & Building Respectful Schools'](#)** training session coming up on 6th May which would be supportive of related work in primary and secondary schools – please take a look and come along!



GOVERNMENT NATIONAL ONLINE SAFETY CONSULTATION

The Department for Science, Innovation and Technology recently launched a national consultation on measures to prepare children for the future in an age of rapid technological change. The government is seeking views from everyone, including children and young people and parents and carers.

The consultation is the next step in the government's work to ensure children's experiences online are safe and enriching and is designed to help understand how technology impacts children's wellbeing, and what more can be done to help families strike the right balance. It will also consider how children use digital technology as well as seeking views on potential new measures including:

- *Potential age restrictions on social media and other services*
- *Restrictions on design features that encourage excessive use, such as infinite scrolling and autoplay*
- *The digital age of consent*
- *Better supports for parents and families.*

We would urge all colleagues to complete the full consultation and share the dedicated versions for completion by children and young people and for parents and carers with their school community.

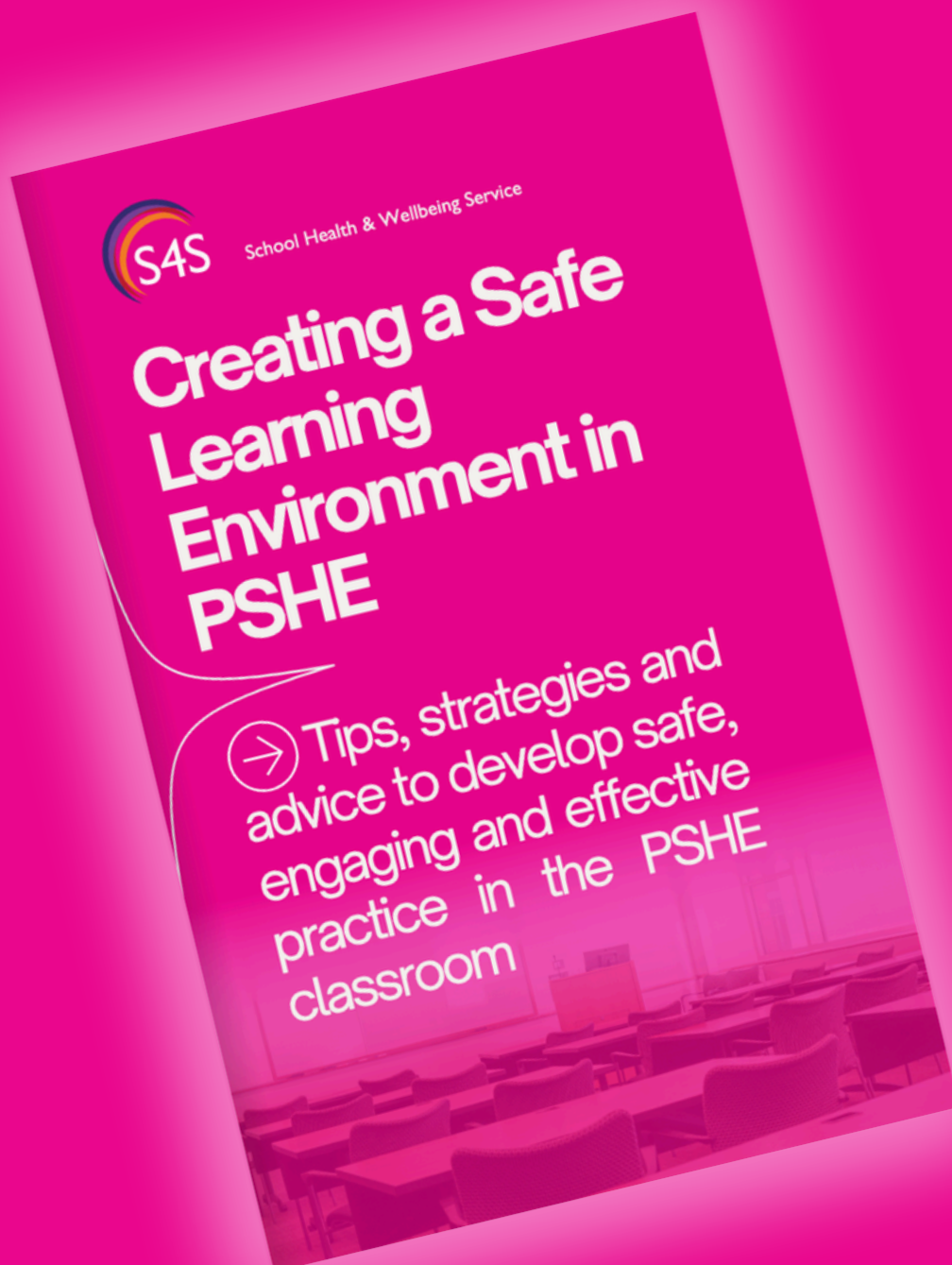
All versions of the consultation can be accessed here and will close on the 26th of May 2026.



Download our free e-Book - Creating a Safe Learning Environment in PSHE

This practical guide is packed with strategies to help you foster a safe space where students feel respected, engaged, and ready to participate. Whether you're looking to set boundaries, encourage open communication, or address sensitive topics, this e-book provides actionable insights to enhance your PSHE lessons.

[You can download it for free here](#) or [View it online here](#)



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. Our training sessions are open to all, regardless of whether your school has bought into a current service support package with us or not (although you get free access if you are signed up, so it is a great idea!)

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. 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 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: April 2026 – May 2026

As part of our regular programme of online training available to all school staff, we will be running the following courses over the first half of summer term. 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

[Challenging Misogyny & Building Respectful Schools](#)

Wednesday 6th May, 1:15 pm – 3:15 pm

[NEW! Renewed Ofsted Framework: What You Really Need to Know About Ofsted & PSHE!](#)

Friday 8th May, 1 pm – 3:30 pm

[Building Trust & Transparency: Consulting & Engaging with Parents on RSHE 2025 Updates!](#)

Wednesday 13th May, 1:15 pm – 3:15 pm

[FREE PSHE Network Meeting!](#)

Wednesday 20th May, 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 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 any in-person twilight, Inset or Governor training – 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/