

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

February 2026

Spring term 2 is here!

COMPILED BY RUSSELL STANLEY



Welcome to the second edition of our service bulletin of spring term 2026!

We hope the stories and information in this month's edition provide you with all sorts of help and advice to support your work in school, but if you'd like to explore any of this further please do get in touch via russell@schoolhwb.co.uk for an informal chat!

Please take a look at the training and development section later on in the bulletin for more information about the latest online training and events we have scheduled for the spring term and beyond. There are plenty to choose from, including brand new sessions to help you successfully implement the RSHE updates in a timely way ahead of September 2026, so if you are looking to keep updated on best practice and provision in PSHE-related areas then get yourself booked on!

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, Sex Education Forum, NSPCC and other reputable organisations who focus on working to support the health and wellbeing of children 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 brand 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**.

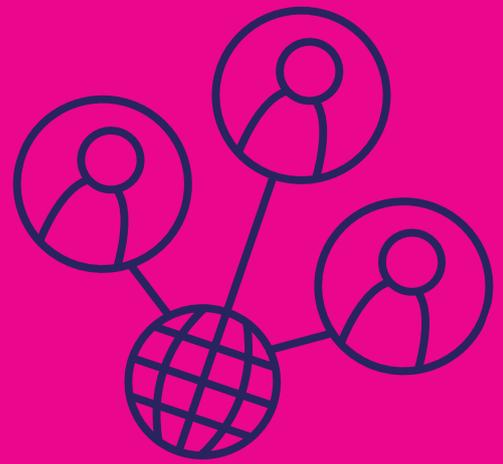
You can find out more about what we do by [visiting our section of the S4S website here](#) for more details.

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 Thursday 19th March 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 PSHE.

As ever, 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 some 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

As this is a FREE event, places are allocated on a first come, first served basis. Please sign up for your place as soon as possible – they do go quickly! Please 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...

BROOK RELEASE NEW 'RSE FOR ALL' LESSON PACKS

The national sexual health and wellbeing service, Brook, have recently released a new suite of autism and SEND-inclusive relationships and sex education resources for secondary-phase settings. Developed through consultation with Autistic young people and supported by the Boshier Grant Scheme administered by the National Autistic Society, the lessons are designed to be clear, accessible and practical for use across mainstream and specialist settings.

All nine inclusive lessons are aligned with the updated 2025 statutory RSHE guidance and include all plans, activities and worksheets with built-in differentiation options and picture-based scenarios designed in a flexible way to meet the needs of students. Whether you work in a mainstream or special school or alternative learning provision, RSE For All lessons are designed to improve accessibility to pupils with a broad range of SEND including sensory/social needs, additional processing time and those who are overwhelmed by fast-paced, large group discussion.

To find out more and access a free taster-pack for Year 9, [click here to visit the Brook website.](#)

PSHE Association Online Spring Conference 2026

A last reminder that the annual PSHE Association Spring Conference is taking place online on Thursday 12th March. There are some great speakers and workshops to attend across the event running from 9:30 am – 1 pm, with the usual networking opportunities and chat with other PSHE people from across the country and beyond!



The workshops and keynote speakers will focus on a range of current priorities, including AI literacy, financial harms and sex education. Places cost £115 for current members (you'll need to join in order to attend if you're not already a member of the Association).

Bookings are open now and [you can find out more and reserve your spot here!](#)

Free deepfake lessons from PSHE Association

With support from the Home Office, the PSHE Association have recently launched a new suite of free RSHE lesson plans that gives schools access to the tools and strategies to educate about deepfakes and protect children and young people from AI-generated sexual imagery.

The vast majority of deepfakes are sexual and created without consent, with women and girls overwhelmingly the victims of AI 'nudify tools' and related technologies accessible online or via apps and of course social media. This is why addressing the issue is a key priority in the Government's violence against women and girls (VAWG) strategy.

It is also a requirement under the new statutory RSHE guidance to cover deepfakes and AI-generated sexual imagery at key stages 3 and 4 from September, and it is also recommended to do some age-appropriate teaching at primary – which is why the new lessons range from KS2 to KS4.

The full programme of 'Digital deception: Understanding deepfakes' lessons will help you to support pupils to:

- Understand the law, and how it has been strengthened to prohibit creation and sharing of sexual deepfakes.
- Know how and where young people can get help if they are a victim of sexual deepfake imagery
- Explore the ethics of creating and sharing AI-generated deepfake images or videos including the motivations, consequences and harms (individual and social) and safeguarding risks
- Learn strategies to pause and critically assess situations involving deepfakes

To find out more about these valuable new resources available to PSHE Association members, [please click here](#).



TACKLING LONELINESS IN SCHOOLS

ACAMH Learn have recently released a new talk recording discussion on loneliness among children and young people at school.

'Tackling Loneliness in Schools: Evidence, Frameworks and Practical Tools for Pupils' is delivered by Dr. Helen MacIntyre and Helayna Jenkins and includes a brief recap of what severe loneliness is and its negative impacts on social, emotional and educational outcomes for young people. The learning objectives covered in this free session include:

- Understanding loneliness among young people and children at school and why it is problematic
- Being better equipped to understand the kind of approaches and actions that will help to reduce loneliness among school students
- Being informed of resources to use in the classroom to discuss and normalise loneliness

To access the recording, [please visit the ACAMH website here.](#)

EMPOWER Toolkit evaluation from NSPCC Learning

At the end of January, NSPCC Learning published an evaluation of EMPOWER, a toolkit designed to help young people get involved in shaping their sex and relationships education (SRE). The EMPOWER toolkit was first designed in 2018 by Together for Childhood in Plymouth to help young people shape their sex and relationships education. The toolkit was then piloted by NSPCC Learning with 24 secondary schools across the UK from January to July 2025 to understand how EMPOWER was used in practice, what worked well, what could be improved and how it can support young people and educators.

Key findings from the evaluation include:

- EMPOWER provides schools and educators with a useful framework for incorporating youth voice in sex and relationships education
- Schools should dedicate time and tailored support to create the conditions that enable meaningful youth voice
- Young people value being listened to and recognise the personal and wider benefits of having their voices acted upon.

The EMPOWER toolkit is now available in English and Welsh to all UK secondary education settings as part of the NSPCC's Talk Relationships service. [To view the evidence brief about the evaluation, please click here.](#)

SEF launch updated audit toolkit

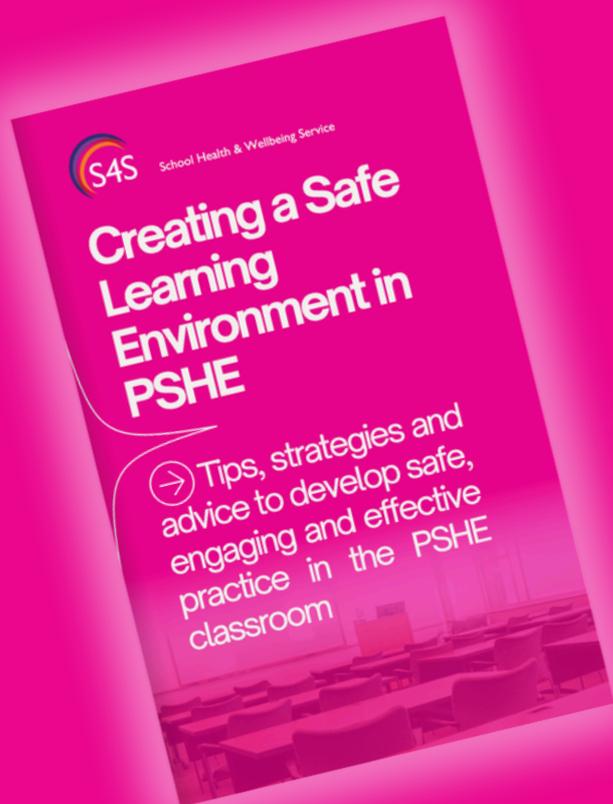
Earlier this month the Sex Education Forum launched an updated and expanded audit toolkit, designed to help RSE and PSHE leads to implement the new RSHE guidance ready for September 2026.

The new interactive toolkit brings all the key guidance content, your tasks and record-keeping into one place, so you can review your provision, plan next steps and track progress. This toolkit is designed for schools and teachers but will be particularly useful for RSE/PSHE leads and senior staff with oversight of RSHE.

The audit toolkit is available to SEF members in the Educators or Partners tier and you can **[find out more information via the SEF website here.](#)**



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: March 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 spring term 2026, with a few more to be potentially squeezed in!. 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

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

Friday 6th March, 9:30 am – 12:30 pm

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

Tuesday 10th March, 1:15 pm – 3:15 pm

[FREE PSHE Network Meeting!](#)

Thursday 19th March, 3:45 pm – 5 pm

[NEW! Navigating the 2025 RSHE
Updates: A Practical Guide to
Successful Implementation in Primary
Schools](#)

Thursday 26th March, 1 pm – 3:45 pm

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

Friday 17th April, 9:45 am – 11:45 am

[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

[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/