

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

January 2026



Welcome back!

COMPILED BY RUSSELL STANLEY



A Happy New Year to everyone from the S4S School Health & Wellbeing Service! We hope that you all had a lovely time over the holidays with family and friends, with the odd treat and tippie thrown in too! Sadly, it's time to put those Christmas socks and jumpers away for another year and move on to making 2026 a prosperous year for us all! And boy, is there a lot going on this year in the world of PSHE & RSHE!

We hope that this latest edition of our bulletin provides you with a useful selection of updates from across the world of PSHE education and the related health and wellbeing arena, all of which we trust will make your PSHE-working lives a little bit easier as we ease into the new spring term!

Please do 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. There are plenty to choose from, including brand new sessions on challenging misogyny and navigating the RSHE updates ahead of September 2026, so if you are looking to keep updated on best practice and provision in PSHE-related areas then do get yourself booked on!

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, ACAMH 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 and updated service brochure for financial year 2026/27 is going to be available very soon! 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**.

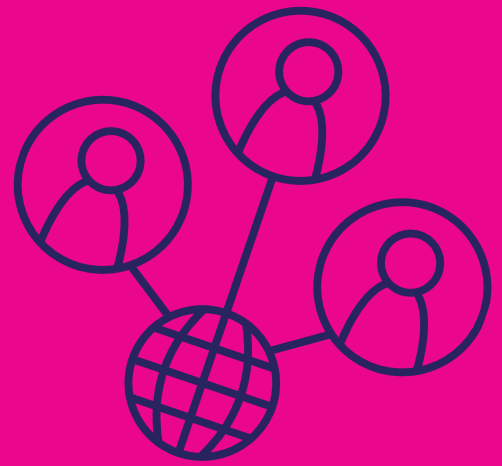
You can find out more about what we do by [visiting our section of the S4S website here](#) for more details.

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!



To kick the new year off, we are once again hosting another of our half-termly FREE PSHE Education Network Meetings on Wednesday 21st January, which will be held 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! All that we ask is that you can definitely attend – and that if anything changes, you let us know that you can't make it.

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...

UPDATED SEND FRIENDSHIP AND BULLYING PACKS

Back in November, those lovely colleagues over at the PSHE Association released a new friendship and bullying for KS2 – KS4 pupils with SEND lesson pack to mark anti-bullying week. This now sits within the existing suite of friendship and bullying resources providing coverage for schools from EYFS to KS4.

The new resources help pupils with SEND to explore the qualities of healthy, positive friendships, and how to identify and safely respond to bullying behaviour. This new pack comprises three lessons for KS2 and four for KS3-4 and is designed for pupils with a range of learning needs (including those with moderate learning disabilities, additional learning needs or who are on the autism spectrum). It is available to members only – **[click this link](#)** to access this and all of these other resources for EYFS, KSI & 2 and KS3 & 4.

PSHE Association Online Spring Conference 2026

A 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!](#)**

ACAMH Learn Portal

The Association for Child and Adolescent Mental Health 'Learn' portal is a cracking source of learning and information which we wanted to signpost school colleagues to! If you have not yet come across ACAMH, they are a fantastic membership organisation who aim to raise standards in the understanding and management of child mental health issues in a whole-host of ways.

The ACAMH Learn portal has an educators and teachers section with a host of school-specific evidence-based content to help you identify when, and understand why, a student might need support, guidance, and appropriate resources. Whether or not you have a formal role as pastoral care or mental health-related practitioner in school, their range of webinars and resources are incredibly helpful to organise and develop appropriate support to all pupils around mental health and emotional wellbeing.

To check out the ACAMH Learn resource, **[please click here!](#)**

New SMSC & British Values Quality Mark Launch Event

An exciting, evidence-based new toolkit for schools looking to recognise and develop SMSC provision is holding a FREE introductory webinar early next month.

The new National SMSC & British Values Quality Mark and audit toolkit is an initiative that can help strengthen and evidence your whole-school approach to spiritual, moral, social, and cultural development, including British values.



This introductory webinar is for educators committed to making a real difference in SMSC. Learn about the new SMSC & FBV audit tool and Quality Mark, why SMSC provision is vital for schools, connect with peers, and explore how to elevate your school's standards with this highly practical, evidence-based toolkit and accreditation.

What You'll Gain

- Understand the new National SMSC & British Values Quality Mark and what it means for your school.
- Explore the SMSC & FBV audit tool and how it supports whole-school improvement.
- Learn why strong SMSC provision is essential for school inspection compliance and pupil development.
- Gain insight to enhance your school's SMSC and British Values practice.

Who Should Attend?

- Headteachers and Senior Leaders looking to strengthen SMSC and British Values provision.
- PSHE/SMSC Leads responsible for curriculum development and whole-school approaches to personal development
- Educators and Practitioners committed to improving spiritual, moral, social, and cultural development in schools.

Full disclosure though, along with a number of other experienced educators and professionals, our PSHE specialist Russell Stanley has been involved in the development of this new toolkit, so we are quite excited about this!

Come along to the FREE webinar on Wednesday 4th February from 3:45 – 4:45 pm to find out more. Don't miss this opportunity to enhance your SMSC provision!



RSHE Training Grant Update

Those colleagues who have attended any of our network meetings since September will know that we have mentioned the DfE's previous announcement about a training grant to support schools implement the updated RSHE guidance more than a few times! But alas it seems that after a bit of digging, this may not be happening soon after all!

When the Government released the updated guidance last year, they stated that from early 2026, schools would be able to apply for an RSHE training grant to empower the workforce to tackle subjects sensitively, supporting the assertions within the updated guidance about the importance of teacher skill and confidence in effective delivery. The DfE did not released further details of the grant, but it was expected to support schools in preparing their teams for confident, age-appropriate delivery of RSHE topics.



However, after some digging we have heard on the grapevine that the DfE have not yet firmed up this previous statement with any firm action or funding. This is obviously a big disappointment to the sector for a number of reasons, not least the fact that it is painfully obvious that many schools and teachers need support in understanding some of the core pedagogy and strategies in teaching around PSHE/RSHE, which is entirely understandable. If there is to be no funding allocated from the DfE, then it is still incumbent on schools to ensure that the updated RSHE guidance is fully implemented to meet statutory duties, of which skilled delivery is a guiding principle, as noted from p.5 of the updated RSHE Guidance, below:

“The curriculum should be delivered by school staff or, where schools choose to use them, external providers who have the knowledge, skills and confidence to create a safe and supportive environment and to facilitate participative and interactive education which aims to support and not to alarm pupils. Staff should be trained in safeguarding and offering support, recognising the increased possibility of disclosures”

This emphasises that effective RSHE isn't about content—it's about who delivers it and how! Whether internal staff or external providers, they must be knowledgeable, well-trained, and confident, capable of handling sensitive discussions in a way that supports students without causing distress or fear.

The updated guidance also reinforces the importance of teacher expertise in adapting and selecting RSHE content. School leaders should enable staff to make informed decisions through high-quality training, planning, and access to reliable resources.

So, whilst we all wait for the DfE to find some money down the back of the settee, what do schools do? Well (ahem!), we can of course help you! Our service and network of experienced partners offer a full range of well-priced training and support for teachers and subject leaders to help implement these related aspects of the updated RSHE guidance in time for full implementation by September 2026. If you are interested in any CPD-based support then please do reach out for a chat; it is important to make sure your staff are all confident and ready to deliver on the new requirements when they kick in.

You can drop our service lead, Russell Stanley, an email directly via [**russell@schoolhwb.co.uk**](mailto:russell@schoolhwb.co.uk) if needed and he promises to have an informal, friendly chat about what you might need and do his best to help!



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: January 2026 – March 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

[LAST CHANCE! Updated Statutory RSHE Guidance Briefing Session - PRIMARY SCHOOLS](#)

Tuesday 13th January, 1:15 pm – 2:30 pm

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

Thursday 15th January, 1 pm – 3:30 pm

[FREE PSHE Network Meeting](#)

Wednesday 21st January, 3:45 pm – 5 pm

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

Tuesday 27th January, 1 pm – 3:45 pm

[NEW! Challenging Misogyny & Building Respectful Schools](#)

Friday 30th January, 1:15 pm – 3:15 pm

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

Friday 13th February, 9:30 am – 12:15 pm

[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

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

Thursday 26th March, 1 pm – 3:45 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
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PSHE Education Consultancy

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