

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

June 2025

Summer is here!

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The last stretch of summer term 2025 is finally here, which means that this is the last issue of our PSHE service bulletin for the current academic year. While you dream of those impending days relaxing in the sunshine, sipping on something cool, please take a little time out of your schedule to read this latest edition and keep up to speed with all things PSHE... and beyond!

In this edition, we've got all of the usual news, updates and signposting for you. Please also take a look down at the training and development section for more information about our training scheduled for the rest of this term and into September/October. We still have plenty of great sessions to choose from this term, including discounted tickets and our FREE PSHE Network Meeting taking place on Tuesday 8th July. If you've not been along to one of our online training sessions before, then now is the perfect time to change that!!

If you're looking to get organised and book in any Inset or twilight staff sessions for the new academic year then we can provide these too – just get in touch for an informal discussion and a bespoke quote.

Please note, the stories in this e-bulletin are sourced from a range of services including Young Enterprise, the Anti-Bullying Alliance and other reputable organisations who focus on working to support the health and wellbeing of children across the broad spectrum of PSHE. As with all resources, please check to make sure that they are suited to you and your school and meet the needs of your students before using them. 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 want to get in touch about any of the information or articles, then please drop us a line. Previous issues of all our service bulletins can be accessed via our service page [here](#).

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S4S School Health & Wellbeing Service 2025/26

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 wider Personal Development.



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 and advice that we can offer, then you can **[visit our service page to download our brochure here.](#)**

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 buying in to 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 around statutory requirements for Relationships, Sex and Health Education (RSHE)

The various elements of the service can be accessed 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**](mailto:info@services4schools.org.uk) or call **0333 772 1272, option 2**.

Schools that are interested in purchasing support from our service can access a FREE 30-minute online consultation to discuss your needs and school requirements.

Click here to request a free 30 minute consultation





Personal, Social, Health, and Economic education updates



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

THE FINAL FREE PSHE NETWORK MEETING OF 2024/25!



As it is the last term of the year, we are hosting a second free PSHE Network Meeting this term for PSHE education subject-leads and staff who are responsible for delivering PSHE education. This final meeting of 24/25 will provide the usual opportunity to discuss the issues affecting PSHE in schools, as well as a look ahead to what 25/26 might hold for the world of PSHE and statutory RSHE.

We will have a guest speaker offering insights into a specific element of PSHE, and there will of course also be plenty of time for the usual Q & A around any PSHE issues, topics or queries that attendees might have. So it's your last chance to ask away on any niggling issues ahead of the summer break!

This meeting is taking place on **Tuesday 8th July from 3:45 – 5pm.**
[Click here to book places on this session!](#)

If you have a specific (or anonymous) question you'd like us to address during the meeting, then please email **russell@schoolhwb.co.uk** in advance and we will do our best to get it in as a priority.

Please feel free to spread the word about this session, we welcome colleagues from all schools and phases. As these are FREE events, places are allocated on a first come, first served basis. All we ask is that you can definitely attend and that if anything changes, you let us know if you can't make it!

My Money Week 2025

My Money Week is a long-standing national campaign and activity week organised by Young Enterprise that aims to get children and young people aged 3 – 19 excited and interested in financial matters. It's a great introduction for educators who are new to financial education and each year it provides brand new resources, materials and ideas for those already teaching it in order to empower primary and secondary students with the skills, knowledge and confidence they will need to manage their money and thrive in today's world.



The theme of My Money Week this year is 'Making the Most of Your Money' and will take place on **9th – 13th June**. Students will explore how to spend and save wisely, and how external factors like advertising and inflation can affect their decisions. Research shows that young people's money habits are formed as young as age 7, and yet less than half of UK children receive financial education, which is a crucial element of PSHE education and whole-school approaches to improving the broader health and wellbeing of children and young people.

You can access the My Money Resource Hub by registering for free, which then give you access to all of the resources to use as and when you wish! To find out more, **[please click this link to My Money Week 2025!](#)**

National RSE Day 2025 – 26th June

National RSE Day was started a few years ago to celebrate great Relationships and Sex Education (RSE) in schools and other settings. It began in Nottingham in 2018 and continues to be run by Nottingham City Council, although is now a much bigger event, attracting widespread attention and participation. It takes place on the last Thursday in June each year and is an opportunity to share good practice, reflect on successes and areas for development and be creative with RSE content and delivery.



The theme for RSE Day 2025 is 'Communicate' and all schools, providers and even parents can get involved and sign up to show their support for RSE. If you register you will get access to a whole host of great free resources including learning materials, assembly packs and other engaging activity ideas. You can also access an archive of materials from previous years.

National RSE Day is a great chance to reflect on the importance of RSE in your setting, whatever phase you are in – so please get involved! **[Click this link to find out more.](#)**

FREE PRIMARY PSHE RESOURCES AND PERSONAL DEVELOPMENT TOOLS!

Our friends at 1decision are still offering primary schools the chance to access a host of free materials to help with all things PSHE and PD in school. Schools can get their hands on the following resources:

- **A free taster pack** with teaching materials and resources, including interactive videos, and assembly packs on a range of topics including transition, friendships and staying safe for each year group from EYFS up to Year 6
- **4 week EYFS PSED Learning Portal access** with videos, stories, interactive games and animations covering 40 Personal, Social, and Emotional Development (PSED) topics
- **A Personal Development pupil knowledge tracker and audit tool** to provide insights and information on your own specific PSHE provision, which can support in the monitoring and evaluation of your PSHE and wider Personal Development offer

Click any of the links in the bullet points above to find out more and to register for access to any (or all!) of these fabulous materials.

ANTI-BULLYING WEEK 2025 THEME ANNOUNCED

You might already know what big fans we are of the Anti-Bullying Alliance (ABA) here at the S4S School Health & Wellbeing Service! They do some amazing work all year round, so it's great to hear that they have already announced the theme for this year's Anti-Bullying Week taking place from Monday 10th to Friday 14th November so everyone can get it into their dairies and plan ahead. This year's theme will be 'Power for Good' and will no doubt have the usual blend of great materials and resources to shine a light on this important area of work in schools.

Following the success of the last campaign in 2024 – when over 80% of schools marked the week, reaching over 7.5 million children and young people – the 2025 campaign will aim to empower children and young people to use their Power for Good to speak out, support others, and build a world where kindness wins.



We'll of course give you a few more reminders before we get to November, but for now, you can **head over to the ABA website to check out the info they have on Anti-Bullying Week 2025 here.**

CAMPAIGN TO EXTEND RSE TO KS5 SOON TO BE DEBATED

You might be aware of the campaign from the 'Make it Mandatory' group which has been running for a few years now, with the aim of extending the statutory teaching requirements around RSE into post-16 education for students up to 19 years of age.

It's been a relatively slow burner, but high-level support from other organisations like the Sex Education Forum and Brook has meant that the petition to get mandatory RSE in KS5 has hit the required 100,000-plus mark required to be debated in Parliament.

Of course, the more signatures that are added to the petition, the better, so if you'd like to add your own personal voice to this worthwhile campaign, then **[you can do so via this link.](#)**

Watch this space for further updates!



CALL FOR EXPERT CONTRIBUTORS!



Are you an experienced primary or secondary phase PSHE education teacher with a passion for guiding the next generation of educators? On behalf of a PSHE sector colleague, we are helping to find contributors to collaborate on an upcoming book aimed at supporting early career teachers in navigating common questions and challenges in PSHE education.

The new book has been commissioned by Routledge and is part of a series aimed at early career teachers, allowing them to 'dip in and out' to get insights, strategies, and practical advice from seasoned professionals. The book will address a variety of topics, including student engagement, handling sensitive issues, and integrating PSHE into the broader curriculum.

By contributing to this book, you will:

- **Share Your Expertise!** Help shape the future of PSHE education by offering your knowledge and experiences.
- **Influence Early career teachers!** Provide guidance to those embarking on their teaching journey and helping them overcome common hurdles.
- **Enhance Your Profile!** Gain recognition with your contributions acknowledged in the publication.

If you have a passion for PSHE, are experienced at teaching and/or leading the subject and have good communication skills then this could be a great chance to share your wisdom! If you are interested in contributing, please get in touch with **angela@chameleonpde.com** for an initial discussion!

Training and Development opportunities



Our professional development training sessions run across the academic year, with courses offered across a range of themes all relevant to PSHE education. Our training sessions are open to all, regardless of whether your school is signed up to a current service support package with us or not.

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. In addition, 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 Inset or 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: June - October 2025

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 right up to the end of summer term
Courses start from just £39 per place or come at no additional charge for schools that buy into one of our service level agreements!

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

[Top Tips for Engaging with Parents/Carers on RSHE!](#)

Thursday 5th June, 3:45 pm – 5 pm

[Delivering RSHE to SEND Learners in Mainstream Primary Schools](#)

Tuesday 10th June, 1 pm – 3 pm

[What You Need to Know About Ofsted & PSHE!](#)

Wednesday 11th June, 9:30 am – 11:45 am

[Effective Assessment in Primary PSHE!](#)

Tuesday 17th June, 1 pm - 3:15 pm

[Bitesize CPD: Teaching & Discussing the Protected Characteristics](#)

Wednesday 18th June, 10:30 am – 12 pm

[FREE PSHE Network Meeting](#)

Tuesday 8th July, 3:45 pm – 5 pm

[Planning & Developing an Effective PSHE \(RSHE\) Curriculum for Primary Schools](#)

Thursday 10th July, 1 pm - 3:15 pm

[FREE PSHE Network Meeting](#)

Thursday 18th September, 3:45 pm – 5 pm

[Planning & Developing an Effective PSHE \(RSHE\) Curriculum for Primary Schools](#)

Tuesday 23rd September, 1 pm - 3:15 pm

[Why and How to Deliver Relationships & Sex Education in Primary Schools!](#)

Friday 3rd October, 1 pm – 3:15 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 newly published sessions. 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 new content! Remember, we will also come to you if you need us!

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

www.schoolhwb.co.uk



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