

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

June 2026

Welcome back to Summer Term!

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Welcome to last issue of our PSHE service bulletin for the current academic year. And what a year it has been! As we count down the final few months before the updated DfE RSHE statutory requirements kick in, many colleagues will still be busy finishing of their preparations for implementation to make sure they have a relaxing summer break before we go again in 2026/27!

In this edition, we've got all of the usual news, updates and signposting for you. Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, NSPCC, Sex Education Forum 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.

If you're looking to get organised and book in any Inset or twilight staff sessions for next academic year to help you meet the expectations within the updated RSHE guidance around teaching staff having the "knowledge, skills and confidence" to facilitate RSHE effectively then we are open for bookings! Please get in touch for an informal discussion and a bespoke quote.

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 Services 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.



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**.

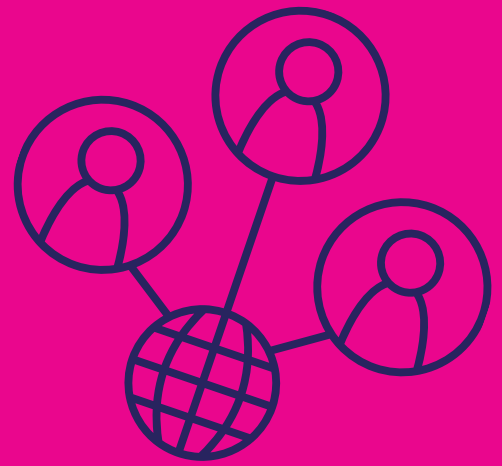
You can find out more about what we do by [visiting our section of the S4S website here](#) for more details.

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 LAST FREE PSHE Education Network Meeting of the year will be held on Tuesday 7th July 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 provide updates from across the PSHE sector.

For this meeting, we will be allocating a chunk of time for an ‘open surgery’ to help those schools who are still finalising their preparations for implementation of the updated RSHE statutory requirements or want to check what they have done and get any last-minute pointers and support from our specialist PSHE/RSHE advisor. So please come along armed with any queries and questions!

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...

NEW 'UNDERSTANDING AI' LESSON PLANS FROM THE PSHE ASSOCIATION

The PSHE Association have recently published new Understanding AI: Rights, safety and wellbeing lesson packs for KS2 & KS3/4.

These lessons introduce different forms of Artificial Intelligence (AI), including generative AI, and examine their impact on rights, careers, relationships and our understanding of the world.

Each of the lesson plans are accompanied by classroom-ready PowerPoints and pupil facing resources, along with teacher guidance including an additional section on 'demystifying AI' and a glossary of key terms.

In KS2, the three-lesson pack helps pupils:

- ***To learn about what artificial intelligence (AI) is and how it is used in our daily lives***
- ***To learn about children's rights and how they can be impacted by AI***
- ***To learn about AI chatbots and how they are different from humans***

The KS3/4 pack has four lessons which enable students to learn:

- ***How different forms of AI affect our daily lives and work***
- ***About the challenges AI presents to people's rights and experiences online***
- ***How generative AI can spread mis - and disinformation online***
- ***How AI chatbots can affect our wellbeing and relationships***

As you would expect, the sessions support schools to cover all relevant requirements from the new DfE statutory RSHE guidance from September 2026. The even better news is that for members who download the lesson materials, there is some free on-demand CPD available to help understand the statutory RSHE requirements and wider importance of teaching about chatbots, deepfakes and manipulated images as well as how to confidently teach about AI in an age-appropriate way.

You can explore and download the materials and enrol onto the CPD course **[by clicking here.](#)**

BE INTERNET LEGENDS AI ASSEMBLY

Sticking with the AI theme, Be Internet Legends is holding an online assembly on Thursday 18th June at 9:30 am for primary schools. This assembly focuses on AI and how this emerging tech works.

Designed by experts from Google, the session will help your pupils learn:

- *What AI actually is - and why it doesn't 'think' like a human*
- *How AI uses data to work - explained using a cupcake analogy!*
- *Where AI is found, what it can do, and how it can get things wrong*

Primary schools who sign up will also get a link to an AI inventor's activity which helps children explore the positive ways that AI can be used to help other people. These designs can also be shared to appear in the assembly.

[Click here to find out more](#) - there are also other assemblies coming up which you may want to check out on the Be Internet Legends site whilst you're there!



Learning about AI

SEX EDUCATION FORUM RESEARCH PROJECTS

As part of their new 5-year strategy plan (**[available via the link here](#)**) the Sex Education Forum have two new research projects on the go and need some input from colleagues!

They are looking to speak with:

- Young men aged 16-19 who are willing to talk about their experience of RSE and the extent to which it has been useful (held in person at school/college, in a group of 8-10 students).
- Young people aged 16-19 who want to talk about what they're looking for in an RSE teacher (held online, anonymous).
- PSHE/RSE teachers to give feedback about a potential new RSE/PSHE

CPD tool that they might find useful (held online, anonymous).
if you can help with any of this or want to be involved yourself then please contact Dr Vicky Stubbs at **vicky@sexeducationforum.org.uk**

WINSTON'S WISH & CHILD BEREAVEMENT UK JOIN FORCES!

Winston's Wish and Child Bereavement UK have come together as one unified charity: Child Bereavement UK. They still offer the same guidance and resources to help you support the grieving students in your care (including those previously available from Winston's Wish) such as:

- Information, support and guidance for education professionals
- Education bereavement plans and guides
- Training courses
- How to get support for a bereaved young person you're supporting

[You can find out more about the merger of these two amazing organisations and what they do here.](#)



NEW SERIES OF CHILDLINE POSTERS

NSPCC Learning has recently published a new series of Childline posters to encourage children to use Childline services if they need advice and support. There are posters for both primary and secondary schools, available in both English and Welsh, highlighting support available to young people, such as the 'Calm Zone' and 'Report Remove' service.

Posters can be downloaded and shared digitally or printed for display. [Click this link to view and access these new resources.](#)



BOUNCE FORWARDS – FREE TRANSITION RESOURCES

A signpost now for free access to some useful year 6 transition resources from the pupil wellbeing support and software provider Bounce Together.

They are currently offering free access to their Bounce Forwards resilient transitions resource designed to support children through the move to secondary school. There are five lessons, which you need to sign up to on the Bounce Together website to access.

If you want these then you need to sign up by 7th June, so be super-quick about it! [Click here to access and find out more.](#)



PSHE ASSOCIATION ABOUT TO LAUNCH NEW SCHOOL RESEARCH NETWORK

The PSHE Association are looking to recruit schools to their new research network! The new Schools Insights and Action Network (SIAN) will launch in September, and you can register your interest now to stay up to date and access early opportunities for your school and pupils to get involved in research.

SIAN members will have frequent opportunities to take part in research and in exchange for taking part in research, schools will receive:

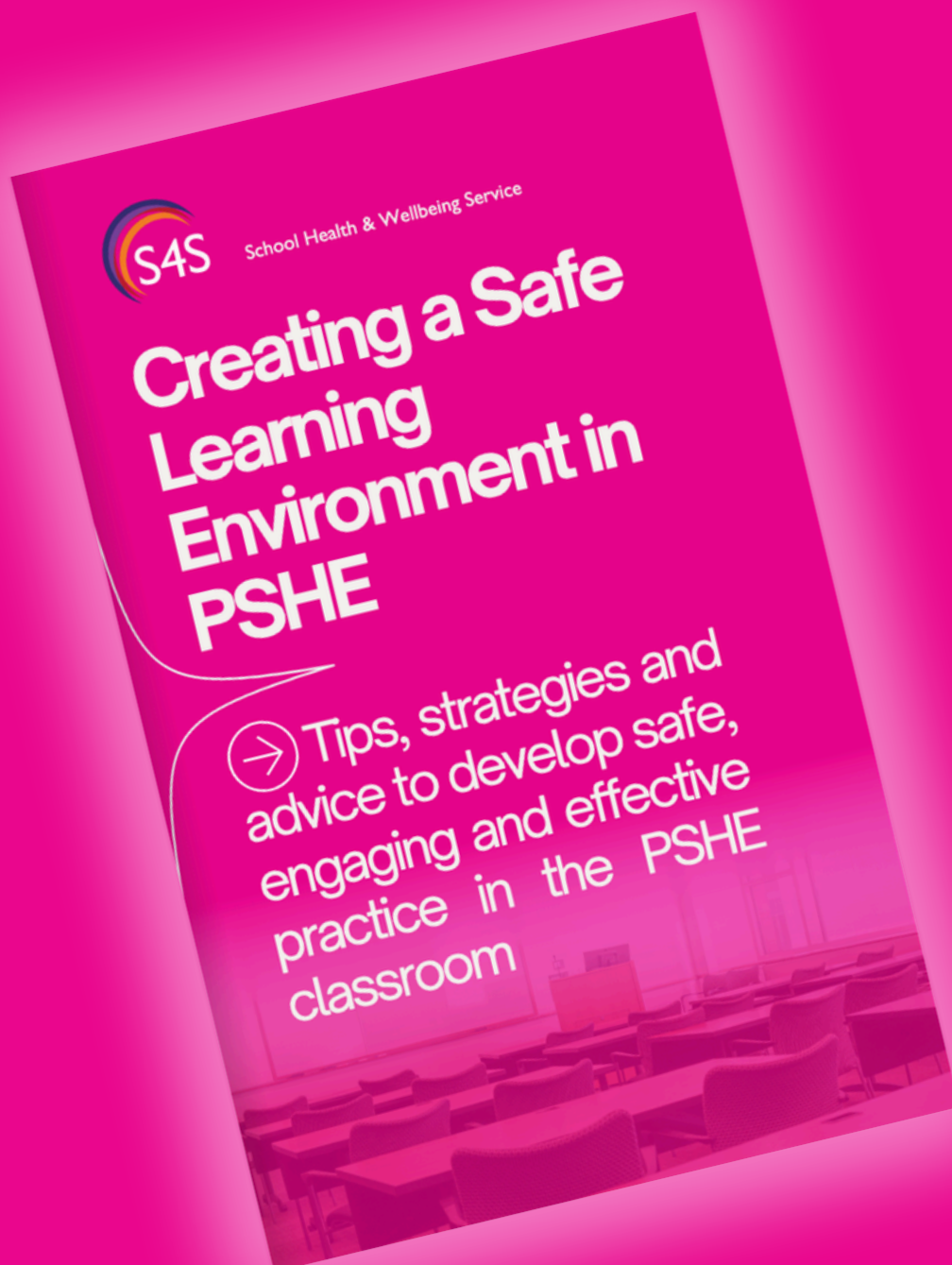
- School-level insights
- Free training opportunities and other occasional incentives or benefits
- Access to exclusive free research webinars

[Click the link to fill out a form to register your interest!](#)

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 our specialist PSHE/RSHE 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/RSHE related themes if schools have additional or combined topics they would like to address to support specific staff development needs around statutory RSHE.**

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: June 2026 - July 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

<u>Renewed Ofsted Framework: What You Really Need to Know About Ofsted & PSHE!</u>	Thursday 25 th June, 1 pm – 3:30 pm
<u>FREE PSHE Network Meeting</u>	Tuesday 7 th 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 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

www.schoolhwb.co.uk



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