School Health & Wellbeing Service e-bulletin

Health & Wellbeing in Schools



November 2026

Welcome back!



COMPILED BY RUSSELL STANLEY

Wow, how did the first part of the autumn term pass by so quickly?! As we move into the darker, colder nights we hope that this latest edition of our free bulletin will help to keep you warm!

There is always a lot going on in the world of PSHE education, and the last few months has also seen the implementation date for the updated RSHE guidance come into force. This means that schools should now be considering how well the updated requirements, both from a curriculum and wider provision perspective, are being embedded. As a service, we offer a wide range of support that can help with this and are always here to lend a hand to professionals and schools, whether that's via one of our online training sessions, advice or a service package to deliver bespoke support around PSHE/RSHE to your school. If as a PSHE/RSHE subject lead, practitioner or senior leader you need any specialist help this academic year, then please get in touch with us.

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, 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 and RSHE. As with any 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 2026/27

The S4S School Health & Wellbeing Service is provided as a partnership between Service 4 Schools (S4S) and Health & Wellbeing in Schools Ltd. Our 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. The service is designed to empower and support your school's delivery of best practice in PSHE and whole-school approaches to promoting pupil health and wellbeing, including around statutory RSHE and wider Personal Development & Wellbeing.



If your school would like to find out about the range of PSHE/RSHE related help and advice that we can offer, then you can **visit our service page to check us out and download our current service brochure.**

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 visit the **Health & Wellbeing in Schools website here** and you can also **visit our section of the S4S website here** for more details about what we do and to grab a **copy of the current service brochure.**

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

Click here to request a free 30 minute consultation

FREE PSHE NETWORK MEETING!



Our regular half-termly FREE PSHE Network Meetings continue in November, with the next meeting taking place on **Wednesday 11th November from 3:45 – 5pm.**
These PSHE Network Meetings are for PSHE and RSHE subject-leads and other staff who are responsible for delivering PSHE/RSHE. The sessions are welcoming, informal, and allow space for colleagues to discuss topical issues and share best practice as well as acting as a forum for updates from across the field of PSHE and RSHE.

We will have a guest speaker offering advice and insights into a specific element of PSHE, and there will also be time for the usual Q & A around any PSHE/RSHE issues, topics or queries that attendees might have.

You can book your FREE place at this meeting here!

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 fit it in.

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!



Personal, Social, Health, and Economic education updates

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

TALK MONEY WEEK

Talk Money Week (2nd - 6th November 2026) is an annual campaign led by the Money and Pensions Service that encourages people of all ages to have open conversations about money and develop their financial confidence.

This year's theme, "It All Counts", focuses on the realistic, small actions that can make a meaningful difference to our financial wellbeing over time. This campaign is of course an ideal opportunity to focus in on the economic education aspect of PSHE education across school.



You can find out more about Talk Money Week 2026 by visiting the appropriate page of the Money and Pensions Service **here.**

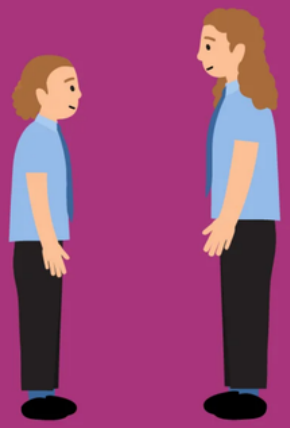
As an additional signpost around economic education and financial literacy, if you've not yet come across the comprehensive set of curriculum resources for secondary schools from the Financial Literacy & Inclusion Campaign (FLIC) then do check them out!

FLIC have a well-organised set of curriculum modules from Y7 - Y13 covering a host of topics and themes around finances and careers which could be a great addition to a PSHE programme! **You can see the curriculum overview and find out more about FLIC here.**

LATEST TEACHING RESOURCES FROM THE PSHE ASSOCIATION

The PSHE Association continue to develop their growing suite of learning materials for use in schools. The latest resources to become available to members include:

Puberty lesson pack for year 7-8



A two-lesson pack which will support students to explore the emotional changes that occur during puberty and learn about menstrual wellbeing. Both sessions will help secondary schools to build on prior learning delivered in primary phase and meet the updated RSHE statutory requirement within the 'Developing Bodies' unit of learning.

KS3-4 Healthy relationships and sexual health lesson pack



This pack includes nine lessons for deliver across years 7 – 11. These cover:

- Year 7/8 – two lessons that explore the characteristics of healthy and unhealthy relationships and how to manage relationship conflict.
- Year 9 – four lessons covering relationship values and how to assess readiness for intimacy, different types of contraception and how they work, sexual health, the potential consequences of sex and ways to reduce risk and how to manage the end of an intimate relationship.
- Year 10/11 – three lessons that address how to identify appropriate and inappropriate relationship behaviours and manage breakups respectfully and safely, how to make informed contraceptive choices and how to reduce the risk of STI transmission and access sexual health services.

Again, these resources will help schools to ensure that they meet a range of the updated statutory requirements within both the RSE and Health Education strands of learning.



The Association has also recently launched an updated version of their **changing and growing up lesson pack** for KS1-2 pupils to reflect the updated statutory guidance. The new pack covers:

- Year 1/2: Pupils explore the special people in their lives, how we care for each other, and learn how we grow and change through the human life cycle. They also learn the correct names for body parts, and which parts of the body are private.
- Year 4/5: Pupils learn about topics including body changes, periods and personal hygiene. A new lesson on privacy helps them recognise when privacy matters and how to communicate their boundaries respectfully.
- Year 6: Pupils recap their learning on puberty, and explore positive, healthy relationships and consent. There is also an optional lesson on how a baby is made, supporting schools to deliver additional non-statutory sex education if they wish, as recommended for primary schools by the DfE.

Members of the PSHE Association can access all of these resources via the links above.

REMINDER!
ANTI-BULLYING WEEK 2026

As mentioned in the last bulletin in September a reminder that Anti-Bullying Week 2026 will be held from Monday 16th November to Friday 20th November so there are just a few weeks left to go to get involved!

This year's 'Break the Silence' campaign aims to inspire children, young people and adults across the UK to open up conversations about bullying, find the confidence to speak out, listen to others, and work together to create positive change.

Free resources for schools, parents, carers and organisations are now available to download to ensure that we all make the most of this valuable national focus week. Please **visit the ABA website to find out more.**

KNIFE CRIME PREVENTION IN SCHOOLS

The Ben Kinsella Trust has launched a new knife crime prevention guide providing a comprehensive safeguarding resource designed to support educators with knife crime awareness, prevention and early intervention.

Developed for teachers, school leaders and pastoral teams, the guide offers practical advice, evidence-based insights and clear safeguarding guidance to help identify risk, challenge misconceptions and create safer school environments for young people.

This guide supports schools in promoting youth safety, wellbeing and violence prevention through education, empathy and proactive safeguarding strategies. It is an excellent resource that complements the Trust's knife crime lesson plans and resources for both Key Stage 2 and Key Stage 3 & 4.

You can access all of these materials by visiting the ***resources for teachers and practitioners page of the Ben Kinsella Trust here.***

BE INTERNET LEGENDS DAY 2026

Be Internet Legends Day is the UK's annual celebration of what it takes to thrive online. Now in its fifth year, it brings pupils, staff, and families together to recognise the skills, knowledge, and confidence that make an Internet Legend - through assemblies, activities, and nominations that put your school's own Legends in the spotlight.

This year, Be Internet Legends Day is about celebrating the five pillars that combine to make an Internet Legend and the skills every child needs to be safe and kind online:

- **Be Internet Sharp**
- **Be Internet Alert**
- **Be Internet Secure**
- **Be Internet Kind**
- **Be Internet Brave**

Every registered school receives a Be Internet Legends 'Legends Day' pack, including nomination sheets, a host-your-own assembly resource, lesson and activity ideas, and parent communications - everything you need to bring the day to life in your school.

To find out more visit the Be Internet Legends site here.



10 million children trained since 2018

SINCE 9/11 EDUCATION PROGRAMME

We've mentioned these resources before, but a reminder that the educational charity Since 9/11 has a range of free teaching materials and guidance for use in schools from KS2 to post-16. These have been produced with UCL's Institute of Education (KS2- KS4) and the post-16 materials were commissioned by the DfE.

The Since 9/11 education programme is designed to support schools in exploring topics such as extreme views, online safety, conspiracy theories and terrorism, while developing critical thinking, understanding different perspectives and exploring themes of citizenship, tolerance and freedom in the UK.

To find out more and register for free access, **please visit the Since 9/11 website here.**

LET'S MOVE CAMPAIGN

To help children reach the NHS-recommended amount of daily physical activity, the government's Let's Move! Campaign is inviting families to take part in the New Moves Club and discover the fun of trying something new together.

They've created a Teacher Toolkit to help spread the message to families along with some curriculum-linked activities that teachers can use to build excitement around the campaign in their classrooms and resources for pupils to take home.

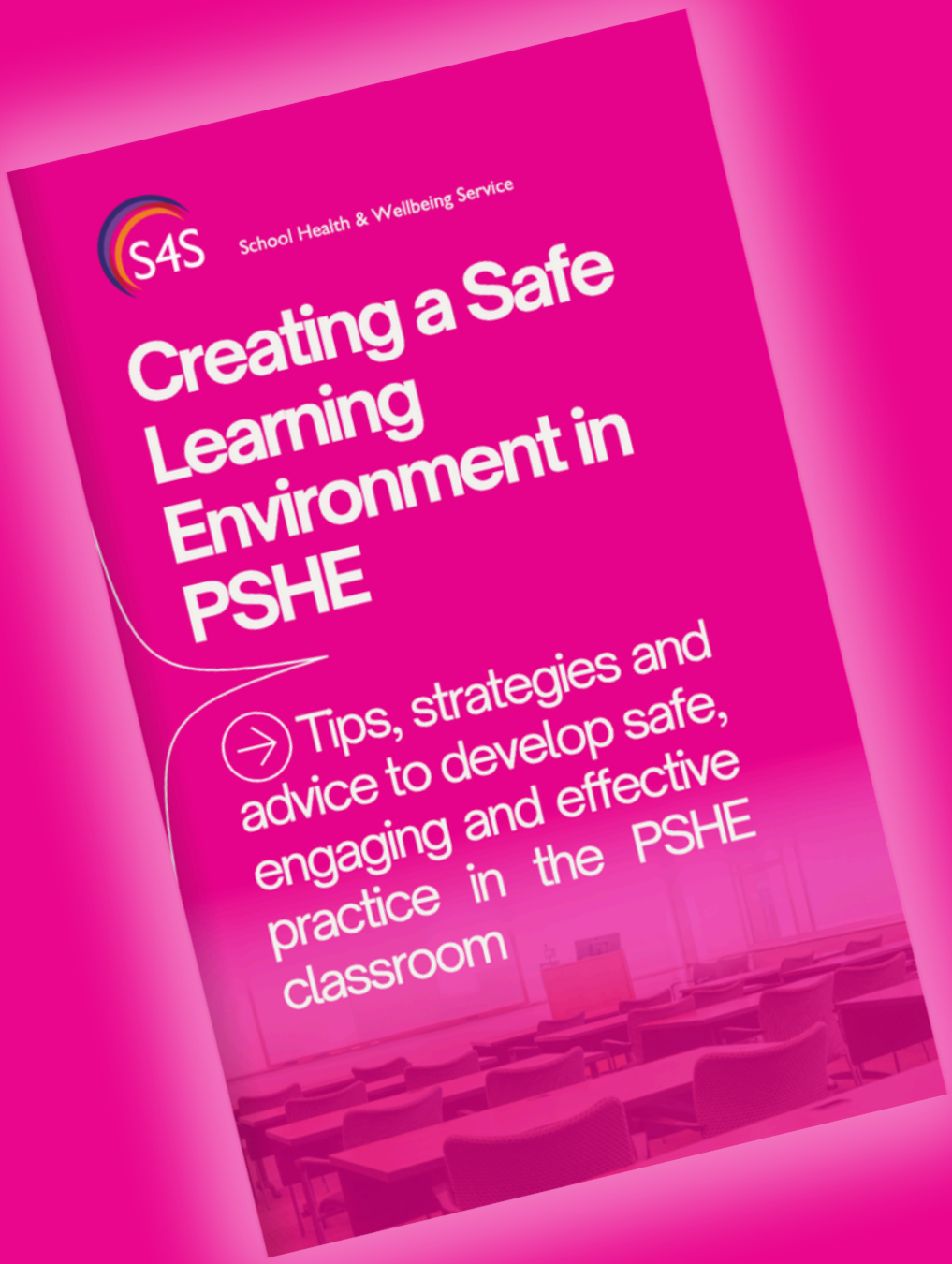
You can find out more about the Let's Move campaign and the accompanying materials here.



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 dowload it for free here or **View it online here**



Training and Development opportunities



Our professional development training sessions run over the whole 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 (£115) 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.





We also offer Inset or 'twilight' training opportunities across the year 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 training 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: November 2026 – February 2027

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. **Sessions start from just £89 per place or come at no additional charge for schools that buy into one of our service level agreements!**

Click the titles in the table below to go straight to the information and booking page for each session.

TRAINING SESSION	DATE/TIME
FREE PSHE Network Meeting	Wednesday 11th November, 3:45 pm – 5 pm
NEW SESSION! Ensuring Effective Implementation of the Statutory RSHE Guidance in Primary Schools	Wednesday 18th November, 1 pm – 3:45 pm
NEW SESSION!! Harmful Sexual Behaviour: Prevention, Identification and Effective School Responses	Wednesday 25th November, 1 pm – 3:15 pm
What You Really Need to Know About Ofsted & PSHE!	Thursday 3rd December, 1pm – 3:30 pm
FREE PSHE Network Meeting	Thursday 14th January, 3:45 pm – 5 pm
What You Really Need to Know About Ofsted & PSHE!	Wednesday 20th January, 1pm – 3:30pm
NEW SESSION! Understanding PSHE & RSHE: An Introduction for New Subject Leads	Thursday 28th January, 1pm – 3:30pm
Challenging Misogyny & Building Respectful Schools	Tuesday 2nd February, 1:15pm – 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 for twilight or Inset sessions!

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

S4S

www.services4schools.org.uk/school-health-wellbeing-service/