

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

September 2026

Welcome back!

COMPILED BY RUSSELL STANLEY



Welcome back to the new academic year! Of course, as usual the summer break went by in the blink of an eye, but hopefully you all managed to have plenty of fun with family and friends over the summer holidays and are now feeling refreshed and ready to get stuck into the new term!

This is the first edition of the S4S School Health & Wellbeing Service e-bulletin for the new school year 2026/27. For any new readers, these bulletins are published every half term and aim to give schools an overview on current key issues around Personal, Social, Health and Economic education (PSHE), related topics linking to RSHE and wider health and wellbeing and personal development. Each new edition goes out around the beginning of each half-term and gives colleagues a quick reference point to some of the more important and recent information across PSHE & RSHE, including important signposting to anything we think will help you out in school. And, as you know, there is always a lot going on in the world of PSHE!

I'm sure that you won't have forgotten but as the updated statutory RSHE guidance has now come into effect, subject leads across the country will be needing to keep a close eye on the new curriculum and wider requirements of the new DfE guidance. The good news is that we have lots of help on offer to support you, including direct school support and guidance as well as some new and updated training sessions. Please take a look at our training section for more details.



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The S4S School Health & Wellbeing Service are always here to support professionals and schools, whether that's via one of our online training sessions, advice or a service package to deliver bespoke support around PSHE education to your school. If as a PSHE/RSHE subject lead, practitioner or senior leader you need any specialist help or extra capacity this academic year, then please get in touch with us.

If you are new in post as a lead, please drop us an email to russell@schoolhwb.co.uk with your name, role and school so that we can add you to our mailing list and make sure that you don't miss out on the good stuff!

If you're looking to book in any Inset or twilight staff sessions for this academic year to help meet the RSHE requirements around staff delivery and best practice, 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 the PSHE Association, NSPCC Learning, Brook 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 is in the market for some PSHE/RSHE 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 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



FIRST AUTUMN TERM FREE PSHE NETWORK MEETING!



We kick off our annual programme of online training and development events for the new school year in September. The programme for the autumn term also includes two of our FREE PSHE Network Meetings, the first of which is taking place on **Thursday 17th September from 3:45 – 5 pm.**

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 insights into a specific element of PSHE, and there will of course 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.

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!





Personal, Social, Health, and Economic education updates



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

NEW STATUTORY RSHE GUIDANCE NOW IN FORCE

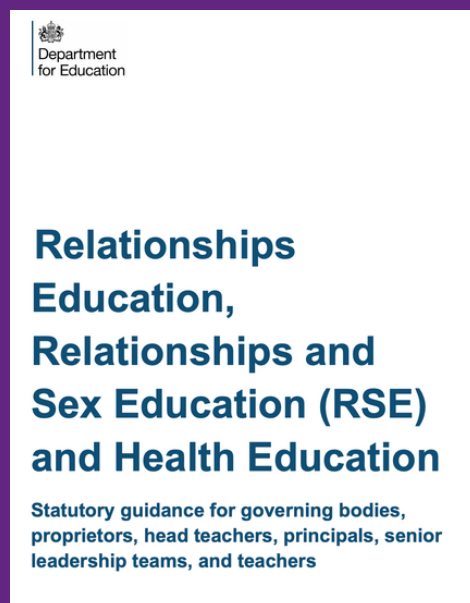
As I'm sure we all know, the updated statutory guidance for Relationships, Sex and Health Education (RSHE) became effective from 1 September 2026, marking the most significant change to RSHE requirements since the original guidance was introduced back in 2019. Schools should now be delivering their RSHE curriculum in line with the revised expectations for primary and secondary phase.

The new guidance reflects many of the challenges and safeguarding concerns facing children and young people today. Across phases, new areas of learning include artificial intelligence (AI), deepfakes, harmful online influences and subcultures, misogyny and violence against women and girls. There is also greater emphasis on mental wellbeing, including grief, loss and loneliness, alongside expanded content relating to personal safety and risk awareness.

The guidance continues to emphasise the importance of schools having appropriately trained staff with the knowledge, skills and confidence to deliver RSHE effectively. It also reinforces the need for schools to engage positively with parents and carers and to ensure that learning is tailored to meet the needs of pupils.

For subject leaders who have already done the hard work of preparing for implementation, this term presents an ideal opportunity to take stock and review how things are progressing. With the revised requirements now live, schools may wish to schedule a first-term implementation review to assess curriculum coverage, staff confidence, parental engagement arrangements and any emerging resource or training needs. Taking time to evaluate what is working well, and identifying any areas requiring further support, can help ensure that implementation remains effective and sustainable.

Wherever you are on your implementation journey, then we can help! As well as advice, guidance and direct support, we have a number of online training sessions planned for this term designed to support schools in embedding the updated requirements. We can also offer bespoke in-school training for teachers and wider staff teams. Please take a look at the training section later in this bulletin to find out more!



Childline Activity Packs

Earlier this summer, as part of the celebrations to mark the 40th year of Childline, NSPCC Learning published activity packs for running sessions with children and young people to help them learn more about how to get support if they need it.

There are packs for 5- to 11-year-olds and 12- to 16-year-olds containing presentation slides, session guidance and printable activities, which could be a useful way to reinforce the purpose and function of Childline across school or in relevant PSHE lessons. The packs are designed for use in schools and alternative settings and are all [available to download from the NSPCC Learning site here](#).



ANTI-BULLYING WEEK 2026: BREAK THE SILENCE

Anti-Bullying Week 2026 will be held from Monday 16 November to Friday 20 November, under the theme Break the Silence. The week will begin with Odd Socks Day on Monday 16 November, when children and adults are invited to wear odd socks as a fun way of celebrating individuality and the things that make each of us unique.

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. As part of the campaign, free resources for schools, parents, carers and organisations will be released in the lead up to the week, including films, lesson plans, assemblies, activities and discussion tools.

The theme was created in partnership with anti-bullying organisations and informed by the views of more than 200 children and young people. Many shared their experiences of the silence that often surrounds bullying and highlighted the challenges young people can face when seeking support or asking for help.

Please make sure this important annual event is firmly in your diaries for next half-term! You can head over to the ABA website to [check out the current info on Anti-Bullying Week 2026 here](#).

NEW REPORT HIGHLIGHTS CHALLENGES FOR CHILDREN AND YOUNG PEOPLE

The Centre for Young Lives has recently published its latest 'State of the Nation' report, bringing together a wide range of data to provide a snapshot of childhood vulnerability across England. The report examines trends relating to poverty, mental health, education, safeguarding, housing, SEND, youth justice and employment, with the aim of identifying where additional support and investment may be needed.



The findings paint a concerning picture in a number of areas. The report suggests that poverty continues to affect the lives of millions of children and young people, with increasing housing insecurity and ongoing pressures on the services designed to support vulnerable families. It also highlights concerns relating to attendance, educational engagement, mental health and the growing demands being placed on systems supporting children with additional needs.

Whilst many of the challenges identified will come as no surprise to school leaders and practitioners, the report provides a useful overview of some of the wider factors influencing the wellbeing and educational experiences of children and young people today. As schools continue to strengthen their approaches to safeguarding, attendance, personal development and mental health support, the report offers a timely reminder of the important role education settings play in helping to reduce vulnerability and improve outcomes, including via effective PSHE/RSHE provision.

The full report contains a wealth of data and may be of particular interest to senior leaders, governors, DSLs and those with responsibility for pupil wellbeing and personal development. [You can find it here.](#)

THE BIG FUTURE: CHILDREN'S COMMISSIONER WANTS TO HEAR FROM YOUNG PEOPLE

The Children's Commissioner for England is encouraging schools to support children and young people to take part in The Big Future, a nationwide survey for pupils to share their views on what matters most to them and what they would like to see improve in the future. The initiative forms part of the Commissioner's ongoing work to ensure that children's voices help shape the decisions that affect their lives.

Through the survey, children and young people are invited to share their experiences and opinions on a wide range of issues, including education, health, communities, opportunities, concerns and aspirations for the future. The Commissioner hopes to hear from large numbers of pupils from across England in order to build a clearer picture of what childhood looks like today and what changes young people would like to see.

For schools, The Big Future provides an excellent opportunity to strengthen pupil voice, support Personal Development and demonstrate meaningful engagement with children and young people. The survey may also provide useful links to PSHE education, SMSC, British Values and wider school improvement priorities.

The Children's Commissioner has also produced a range of resources to help schools promote the survey and encourage participation. If you are looking for a practical way to amplify pupil voice and give young people the opportunity to influence future policy and decision-making, this may be well worth exploring.

[Find out more about The Big Future and access supporting resources via the Children's Commissioner website here.](#)



TEACHING FACT-CHECKING IN THE AGE OF AI

With misinformation and AI-generated content becoming increasingly common online, Parent Zone has published a useful article exploring practical ways to help children and young people develop effective fact-checking skills. Rather than simply telling pupils to "check their sources", the article highlights strategies used by professional fact-checkers, including checking what other trusted sources say about a claim and tracing information back to its original source.

As schools continue to strengthen digital literacy and online safety education, the article offers some helpful ideas that can be applied across PSHE, RSHE and wider curriculum areas. It is a short and accessible read for anyone looking to support pupils to navigate today's increasingly complex online world. **[You can read the full article from Parent Zone here.](#)**

FREE 'SMART ONLINE HABITS' POSTER FOR SCHOOLS

Parent Zone has also produced a free Smart Online Habits poster for schools, designed to help children develop safer and healthier behaviours online. The resource breaks digital safety down into nine simple, practical habits, covering areas such as communicating respectfully online, thinking before sharing content and recognising signs that images may have been created or manipulated using AI.

With the updated RSHE requirements now in force from September 2026, including greater emphasis on digital wellbeing, online safety, AI-generated content and critical thinking online, this resource provides a useful visual prompt that can support wider curriculum messages and whole-school approaches to online safety. The poster is free to download and may be particularly useful for display in classrooms and around school. **[You can access it here.](#)**



SEND-INCLUSIVE RSHE RESOURCES FROM BROOK

A quick reminder for colleagues about Brook's 'RSE For All' resource, which has been specifically designed to support the delivery of autism and SEND-inclusive Relationships and Sex Education. Developed to help ensure that all young people can access high-quality RSHE, the programme includes a suite of lesson plans covering key relationships, health and wellbeing themes in an accessible and engaging way.

As schools continue to embed the updated statutory RSHE requirements, it is important to ensure that learning is appropriately tailored to meet the needs of all pupils. Brook's resources provide a useful starting point for schools looking to strengthen inclusive practice and support pupils with additional needs to access age-appropriate RSHE learning. Free taster materials are available, alongside further guidance and support, via the Brook website.

Find out more and [access a free taster resource via Brook Learn website here.](#)

NEW RESOURCES FROM THE PSHE ASSOCIATION

The PSHE Association continues to add to its growing library of curriculum resources designed to support implementation of the updated statutory RSHE requirements. Two recent additions may be particularly useful for primary and secondary schools looking to strengthen their Health Education and personal safety provision.

The new [Physical Activity lesson pack \(KS1-KS4\)](#) helps pupils to explore the benefits of an active lifestyle, understand the links between physical and mental wellbeing, and consider how to overcome barriers that may prevent them from being physically active.

Alongside this, the new [Getting Help in an Emergency lesson for KS1](#) supports children to recognise who can help keep them safe, understand what constitutes an emergency and learn how to seek help, including how and when to call 999.

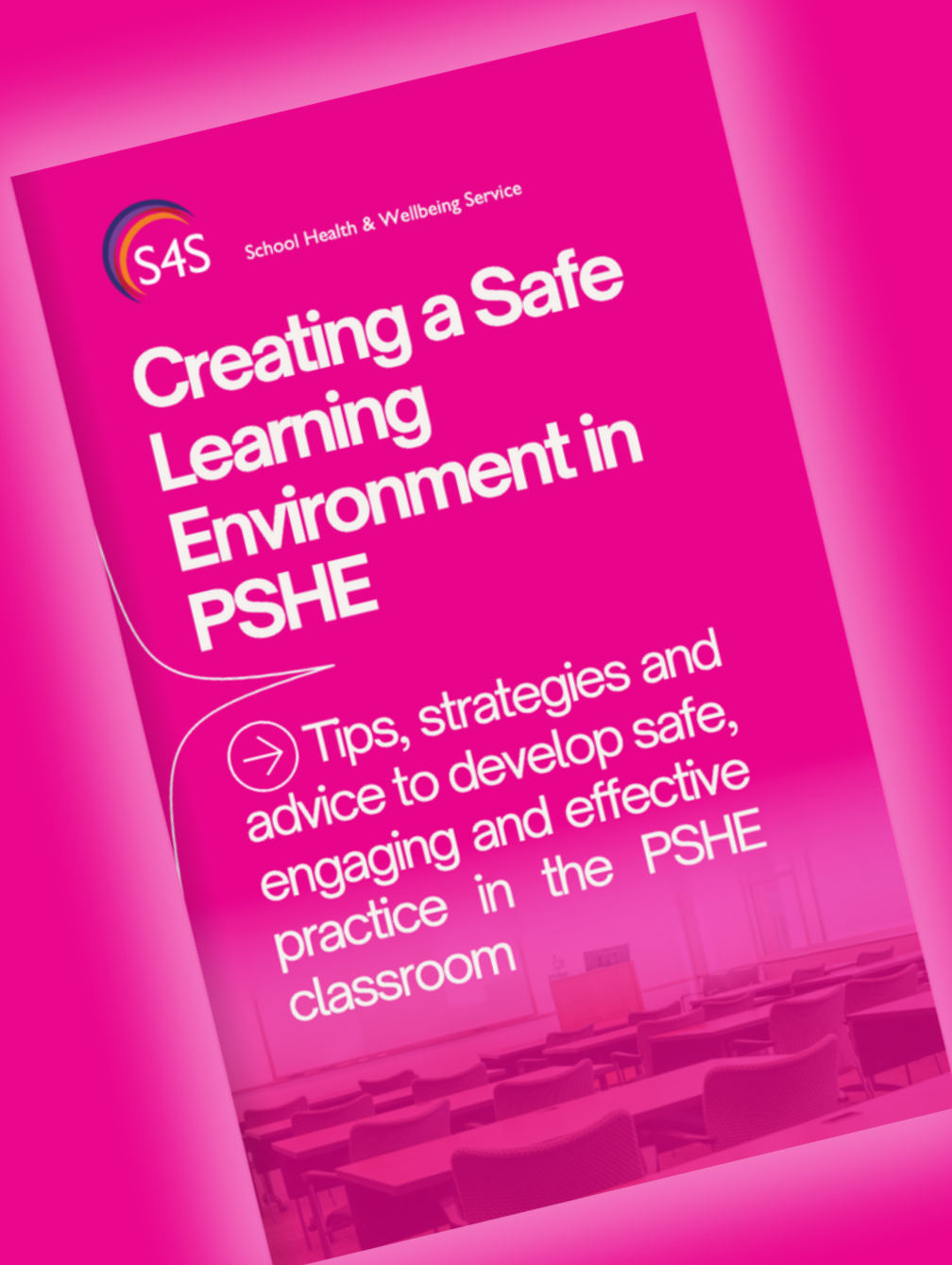
Both resources link directly to areas of learning within the updated RSHE guidance and would be useful additions to your PSHE curriculum planning for the current academic year.

You can find out more and access both 'members-only' resources via the PSHE Association website and the links above

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 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: September – November 2026

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, with lots more being organised for November onwards! 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](#)

Thursday 17th September, 3:45 pm – 5 pm

[NEW SESSION! Primary RSHE 2026: An Implementation Health Check](#)

Tuesday 22nd September, 1 pm - 3:15 pm

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

Thursday 25th September, 1 pm – 3:30 pm

[NEW SESSION! Understanding PSHE & RSHE: An Introduction for New Subject Leads](#)

Wednesday 7th October, 1 pm – 3:30 pm

[Challenging Misogyny & Building Respectful Schools](#)

Tuesday 13th October, 1:15 pm – 3:15 pm

[NEW SESSION! Secondary RSHE 2026: An Implementation Health Check](#)
[DETAILS COMING SOON!](#)

Tuesday 20th October, 1 pm – 3:15 pm

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

Wednesday 21st October, 9:30 am – 12 pm

[FREE PSHE Network Meeting](#)

Wednesday 11th November, 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

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