

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

September 2025

Welcome back!

COMPILED BY RUSSELL STANLEY



Welcome back to the new academic year! The last 6 weeks went by in the blink of an eye, but hopefully you all managed to have plenty of fun and frolics with family and friends over the summer holidays and are now feeling refreshed and ready to get cracking with a new term!

This is the first edition of the S4S School Health & Wellbeing Service e-bulletin for the new school year 2025/26. 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, including important signposting to anything we think will help you out in school. And there is always a lot going on in the world of PSHE!

I'm sure that you won't have forgotten (even if you tried really, really hard to!!), but as the updated RSHE guidance dropped just a few days before the end of last term, then this academic year promises to be a very busy one for PSHE/RSHE. We have lots of help on offer to support you though, including direct school support and guidance as well as some concise and practical briefing sessions happening in September and October.



In this issue:

Service News
Pages 1 - 4

PSHE Education Updates
Pages 5 - 12

Training and Development
Pages 13 - 14

Contact Details
Page 15



Please take a look at our training section for more details on these briefings as they will be great way to gently start shaping your thinking for what lies ahead!

The S4S School Health & Wellbeing Service are always here to support professionals and schools, whether that's via one of our online or face-to-face 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 get organised and book in any Inset or twilight staff sessions for this 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 the Anti-Bullying Alliance, Brook, the PSHE Association 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](#).

In this issue:

Service News
Pages 1 - 4

PSHE Education Updates
Pages 5 - 12

Training and Development
Pages 13 - 14

Contact Details
Page 15

S4S School Health & Wellbeing Service 2025/26

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 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 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 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 and compliance around 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





Personal, Social, Health, and Economic education updates



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

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 18th September from 3:45 – 5 pm.**

These PSHE Network Meetings are for Personal, Social, Health and Economic (PSHE) education 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 issue and share best practice as well as acting as a forum for updates from across the field of PSHE education.

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 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 get 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!

New resource to reframe thinking around masculinity

We've just spotted a vital new resource for educators and parents/carers which offers practical, research-based guidance on how to support boys in navigating modern masculinity. **We're in This Together: Reframing Masculinity for Young Men and Boys** has been published by Dr. Sophie King-Hill, Associate Professor at the University of Birmingham whose research focusses on masculinity, sexual health, harmful sexual behaviours and youth wellbeing.

The new resource is underpinned by seven research projects carried out over the last eight years and is linked to Dr. King-Hill's forthcoming book 'Reframing Masculinity for Young Men and Boys'. It explores masculinity, boyhood, violence, digital spaces, relationships, mental health and relationships & sex education (RSE) and how masculinity is shaped, expressed, and experienced by boys and young men today.

From mental health and emotional expression to online influences and respectful relationships, the resource encourages us to move beyond stereotypes and create inclusive spaces where boys feel seen, heard, and valued.

Key themes in the resource include:

- The historical and cultural roots of masculinity.
- Emotional wellbeing and mental health challenges.
- The impact of online influences and misogyny.
- Preventing violence and promoting respectful relationships.
- Making RSHE inclusive and relevant for boys.
- Listening to boys' voices and recognising intersectionality.

We'd strongly urge you to take a look at this valuable new resource and share appropriately with relevant colleagues, parents/carers and your networks. **You can access the resource here.**

We've also pencilled in a new training session on this theme in late January, Challenging Misogyny and Building Respectful Schools, which is suitable for both primary and secondary settings, so please look out for this when it is marketed soon!



NEW 'MISOGYNY AND THE MANOSPHERE' GUIDE FROM PSHE ASSOCIATION

The PSHE Association have hit the ground running again this year with a raft of new stuff being published or due out soon. One of those resources that is free to download for members or non-members is the new **Online misogyny and the manosphere**, which has been developed by the PSHE Association and a team of researchers based at the University of York in order to help you manage conversations in school related to misogyny, gender expectations, and the manosphere.



The new guide aims to support PSHE leads and teachers to unpack the myths within the manosphere and outlines key evidence and research findings around the impact of these divisive narratives on women, men and wider society.

As well as providing practical ideas and advice for how we can talk to children and young people about the manosphere, there are also some helpful examples of narratives and misconceptions that pupils might share in the classroom, and information that might be used to help challenge them.

To get a copy, **visit the PSHE Association website here.**

AT LAST...UPDATED RSHE GUIDANCE 2025!

As you will no doubt remember, late in the summer term the DfE released the hotly anticipated updated statutory 2025 guidance for Relationships, Sex and Health Education (RSHE), with changes set to take effect from September 2026. These updates reflect the evolving challenges children and young people face in their everyday lives and introduce new content for both primary and secondary schools alongside some refinements to existing topics and strands.



Luckily, we have a whole raft of support available for colleagues to access to help get ready for implementation! This starts with some short briefing sessions in September and October, aimed at giving you the headlines and a simple overview of what you need to do think about doing to get ready for the changes from 2026! Take a look in our training and development section for more information and book your place for just £20! In the spring and summer terms we'll also be running some more in depth individual training sessions for primary and secondary schools on implementing and embedding the updated RSHE guidance, so please watch this space!

The new RSHE 2025 guidance is a generally positive opportunity to strengthen RSHE and ensure that it meets the needs of all pupils. While much of the curriculum remains familiar, across both phases there are key additions that schools should begin preparing for. New topics cover areas such as positive male role models, the connection between sexism, misogyny, and violence against women and girls, AI-generated sexual imagery, personal safety, updated guidance on LGBT content, as well as a greater overall emphasis on skills development. Health education now also specifically includes teaching correct names for body parts (thankfully with a clear list!), supporting safeguarding and reducing stigma.

The guidance also encourages safe, inclusive, and participative teaching, with a strong focus on teacher agency and really thinking about the locality which your school serves to ensure that your curriculum is tailored to local need, encouraging use of local health data and evidence-based approaches. Importantly, schools must share RSHE content with parents, including representative samples which is such a crucial part of effective PSHE/RSHE in schools (which is why we run a standalone training session on RSHE and parental engagement!)

AT LAST...UPDATED RSHE GUIDANCE 2025!

There is much to cover within the guidance, but as a snapshot, here are a few key areas of change for primary schools:

- **Online Safety and Wellbeing:** Online financial risks such as gaming monetisation, scams, and fraud. There's also new content on age restrictions, privacy, consent, and personal data.
- **Body Awareness and Safeguarding:** Health education now includes teaching the correct names for body parts, including specific genitalia
- **Personal Safety:** New statutory content covers recognising and reducing risks in everyday contexts—such as fire, water, road, and railway safety
- **Change, Loss and Bereavement:** Children will explore the emotional impact of change and loss, including grief, recognising that everyone experiences these feelings differently
- **Skills for Relationships and Online Contexts:** There's a stronger focus on communication, assertiveness, and managing difficult emotions like frustration or loneliness. Pupils will also learn strategies to resist pressure online, including around image sharing. Schools may also choose to introduce age-appropriate content on image sharing/online sexual behaviour in upper Key Stage 2, if relevant to their pupils.

For secondary schools, some of the key changes are new or greater emphasis on:

- **Personal Safety:** New statutory content covers identifying and managing risks independently —such as around water, road, and rail, managing peer influence and risk-taking behaviour, knife crime and conflict resolution.
- **Menstrual and Gynaecological Health:** including endometriosis and menopause.
- **Navigating Healthcare:** clearer outcomes around age of medical consent, accessing the healthcare system and promoting independence in health matters
- **Wellbeing and Safety Online:** covering AI and deepfakes, online gaming monetisation, financial exploitation like scams and 'sextortion', and the risks of harmful online content covering self-harm and suicide
- **Misogyny and Harmful Sexual Behaviours:** discussion around the harms caused by 'sub-cultures', pornography and non-consensual behaviour and misogynistic attitudes

Of course there is lots more to explain about the updated RSHE guidance 2025 than can be covered in this newsletter, so **we'd urge you to jump onto one of our briefing sessions and find out more about all of the online training we can offer here!**

On balance, the updated guidance feels pretty good to us and remember you will have a full school year before these changes must be implemented – and we're all in to help if you need it! Please get in touch for an informal chat if you are looking for help in your school on implementing these new RSHE requirements – we LOVE working directly with schools! **You can download a copy of our service brochure here to find out more about what we do.**

GOOD NEWS FOR PRIMARY SCHOOLS LOOKING TO COVER NEW RSHE REQUIREMENTS!

After the DfE released the updated statutory RSHE guidance back in July, our friends over at 1decision have spent the summer producing a brand-new Simply RSHE 2025 package which fully aligns with the latest statutory guidance for primary schools to be fully implemented from September 2026!

80+ lessons for Years 1 – 6

Clear, progressive spiral curriculum model

Teacher-friendly & editable resources

Also includes 'premium' puberty & conception topics



This new package will ensure any primary school is hitting all of the basic Relationship & Health Education (RHE) requirements in the updated guidance, plus additional learning on non-statutory sex education if needed, so we'd say they are well worth a look as a solid basis for a wider PSHE curriculum offer!

In advance of full release of the new Simply RSHE pack later on this month, you can try a FREE taster pack of 6 lessons to see what they are all about. Use this link to get them and other lovely free stuff from 1decision - [Request Taster Pack for PSED, RSHE, PSHE, Primary Schools](#)

ANTI-BULLYING WEEK 2025

Anti-Bullying Week 2025 is taking place from Monday 10th to Friday 14th November so please make sure you have this important annual date in your diaries! Organised by the Anti-Bullying Alliance (ABA), this year's theme will be 'Power for Good' and will be encouraging us all to do something positive to counter the harm and hurt that bullying causes.

You can [head over to the ABA website to check out the info they have on Ant-Bullying Week 2025 here.](#)



BROOK'S BIG RSE LESSON: CHRONICALLY ONLINE

In today's fast-moving, algorithm-driven online world, young people are constantly exposed to mixed messages about sex and relationships. Reliable information can easily be lost among influencers, social media trends, and harmful content.

This **Sexual Health Week 2025** (15th to 21st September), Brook's Big RSE Lesson offers a timely opportunity to help students in Year 9 and above make sense of it all. Delivered on Tuesday 16th September as a free 60-minute live broadcast, the session features real stories from young people, expert advice, and interactive Q&A. It's designed to build confidence, encourage critical thinking, and support informed decision-making.

The lesson explores how online content shapes views on intimacy and relationships, how to spot trustworthy sources, and how to recognise unhealthy behaviours. It also equips students with strategies to manage online pressure and know where to go for support—both online and offline. With a focus on digital literacy, emotional wellbeing, and respectful relationships, this session aligns with key RSHE learning objectives and supports schools in delivering relevant, engaging PSHE.

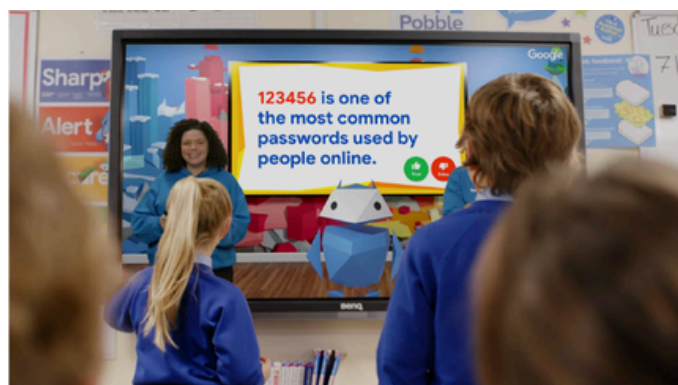
To find out more and register for free access to this session, **[please visit Brook here.](#)**

BE INTERNET LEGENDS DAY 2025!

A quick shout out for primary schools that the annual Be Internet Legends Day 2025 will be held on Tuesday 11th November!

There are a big range of Be Internet Legends resources and activities to help pupils from EYFS to KS2 to stay safer online, and this day is a fabulous opportunity to celebrate kindness online and get your school involved!

To find out more and register your school **[to take part in Be Internet Legends Day click here!](#)**



PRIORITISE WELLBEING IN SCHOOL WITH YOUHQ

Working over a wide-range of topics and themes that cut-across PSHE, wellbeing and personal development, we often come across new resources, colleagues and great ideas! Having recently bumped into one of the founders of youHQ and having an interesting chat, we wanted to help spread the word about their fabulous work!

youHQ is a digital wellbeing and personal development platform helping young people to feel supported, confident and ready to thrive. Developed by a team of former educators, psychologists, and parents, the youHQ platform combines simple daily check-ins, values-led goal setting, and meaningful self-reflection to empower every student in their own wellbeing journey.



For schools and colleges, youHQ provides powerful insights into how students are feeling and developing, helping staff spot trends, identify concerns early, and celebrate progress. Intuitive admin dashboards and reporting tools make it easy for schools to evidence wellbeing and character education, whilst extensive wellbeing resources and self-led activities save valuable time for teachers and leaders.

At its heart, youHQ is about creating a culture of wellbeing across the whole-school community. By encouraging pupils to reflect on their emotions, develop resilience and set personal goals, user schools unlock higher engagement, better relationships and improved learning outcomes.

- Prioritises student voice – digital check-ins help pupils reflect on their feelings and share how they're doing.
- Supports statutory requirements – evidence your approach to PSHE/RSHE, safeguarding and personal development with ease.
- Builds resilience and confidence – values-based goal setting empowers students to take ownership of their growth and to build key life skills.
- Saves staff time – custom dashboards make monitoring and reporting simple, highlighting struggling students in a glance.
- Spotlights trends and concerns – clear insights help staff respond early and support pupils more effectively.
- Creates a whole-school culture of wellbeing – fostering stronger relationships, higher engagement, and better outcomes.

youHQ's message and purpose is pretty simple; when wellbeing becomes part of everyday school life, everyone benefits!

If you are interested in finding out more about **youHQ**, you can **book in a free demo** online, or email the team at **info@lifeontime.co.uk**

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 (£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.



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 - 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 in the first half of autumn term, with lots more being organised for November onwards! **Sessions start from just £20 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

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

Thursday 11th September, 10 am – 11:15 am

[Updated Statutory RSHE Guidance Briefing Session - SECONDARY SCHOOLS](#)

Thursday 11th September, 1:15 pm – 2:30 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

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

Thursday 25th September, 1:15 pm – 2:45 pm

[Updated Statutory RSHE Guidance Briefing Session - SECONDARY SCHOOLS](#)

Friday 26th September, 10 am – 11:15 am

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

Friday 26th September, 1:15 pm – 2:30 pm

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

Friday 3rd October, 1 pm – 3:15 pm

[How To Effectively Teach & Discuss the Protected Characteristics in Schools](#)

Tuesday 7th October, 1:15 pm – 3:15 pm

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

Wednesday 15th October, 3:45 pm – 5 pm

[Updated Statutory RSHE Guidance Briefing Session - SECONDARY SCHOOLS](#)

Thursday 16th October, 3:45 pm – 5 pm

[Bitesize CPD: Effective Delivery of Sensitive Topics in Primary PSHE](#)

Tuesday 21st October, 1:30 pm - 3 pm

[How To Teach Effective RSE in Secondary Schools](#)

Wednesday 22nd October, 1 pm – 3 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
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



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