



**School Health &  
Wellbeing  
Service e-bulletin**

**February 2024**

*In this edition:*

**Service News**

*Pages 1 - 2*

**PSHE Education Updates**

*Pages 3 - 7*

**Training and Development**

*Pages 8 - 9*

**Contact Details**

*Page 10*



# Welcome!

Welcome back to the second half of the spring term. We hope that you managed to get a bit of rest and relaxation squeezed in to get you set up for the rest of this term!

In this edition, we've got the regular reminder about our service – the new service brochures should have reached schools by now but let us know if you'd like one emailed out to you – and the regular bunch of updates from across the PSHE field. Enjoy the read and we hope that it's as helpful as usual! Previous issues of all our service bulletins can be accessed [here](#).

Please also take a look down at the training and development section later on in the bulletin for more information about our latest training scheduled for the spring term and into the summer – there are plenty to choose from if you are looking to keep updated on best practice and provision in PSHE-related areas.

Please note, the stories in this e-bulletin are sourced from a range of services including the Anti-Bullying Alliance, Sex Education Forum and other reputable organisations who focus on working to support the health and wellbeing of children 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.

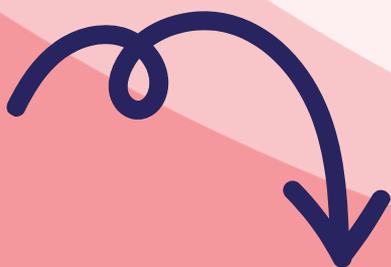
# S4S School Health & Wellbeing Service 2024/25

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 Personal Development.



Our brand new service brochure for financial year 2024/25 is available now! Whether you are one of our existing service-package schools, an ad-hoc attendee at our popular training sessions or would just like to find out more about the range of support that we can offer, then this brochure will tell you what you need to know. **[You can download a copy via this link.](#)**

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 using the S4S School Health & Wellbeing Service include:

- Specialist support from a 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 materials and 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 priorities, such as Relationships, Sex and Health Education (RSHE)

The various elements of the service can be accessed by purchasing one of our 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 you might have, then please contact us via [info@services4schools.org.uk](mailto: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 also access a FREE 30-minute consultation session to discuss your plans and school requirements. So please get in touch – we love to talk about PSHE and all the ways we can help!!



## ***PSHE ASSOCIATION UPDATE DISCRIMINATION AND EXTREMISM RESOURCE***

The PSHE Association have recently updated their existing inclusion, belonging and addressing extremism lesson packs for key stages two and four, and have also added in some brand new lessons for key stages one and three.

In the primary phase lessons, the lessons aims to give pupils the foundations that will make them less susceptible to prejudiced or extremist influences as they grow up. This learning is built on and extended in the secondary lesson packs, where students explore these concepts in more depth and learn about their legal rights, and the responsibilities and protections provided by the Equality Act and other laws.



The lessons explore topics like belonging, stereotypes, diversity and the value of respectful and inclusive communities, while helping children and young people to develop their own understanding of discrimination and extremism. As part of a well-planned and progressive PSHE programme, these materials provide a strong base for schools to teach about these topics and they also contribute to school's safeguarding practice and meet a variety of other statutory guidance documents, including the DfE's RSHE requirements.

If you've not used these resources before in their previous guise, then you are missing a trick! Members can take a look at the refreshed materials and [download them here.](#)

# Statutory RSHE update

This is a short article. There is no update since our last bulletin in January. The end!

## PSHE Association Spring Conference 2024

It's not far away now, but you still have time to book your place at the PSHE Association Spring Conference which is taking place on Thursday 29th February between 9.30 am – 1 pm.



As usual, there are a range of workshops running on topics from across the field of PSHE education and beyond, as well as a host of guest speakers including Dr Polly Haste, Ofsted joint subject lead for PSHE, RSHE and Citizenship.



You'll need to be a member to buy a ticket for the event, so **[pop over to the Association website for more information!](#)**

# National Careers Week, 4 – 9 March

Not strictly PSHE education content (but there is lots of overlap!) but coming up in early March is National Careers Week (NCW). NCW is a dedicated one-week celebration of careers guidance in education across the UK.

NCW is held every year for schools, colleges, universities, alternative provision settings and other organisations to provide a focus for careers guidance activity at an important stage in the academic calendar.

It's backed-up with free high-quality printable, downloadable, digital and video resources for educators to support planning and delivery to inspire, help and support young people develop awareness and excitement about their future pathways.

[Head over to the NCW website here for more details.](#)



## LGBT+ HISTORY MONTH 2024

A reminder that February is LGBT+ History Month, so there is still plenty of time to access resources and take a focus on related topics and issues in school with your students, either in February or beyond!

LGBT+ History Month was founded by Schools OUT and first celebrated in 2005 to raise awareness of LGBT+ history. Every year Schools OUT sets a different theme for LGBT+ History Month and provides free resources for education settings, businesses, services and organisations to help them celebrate LGBT+ lives in their full diversity.

The 2024 theme is Medicine #UnderTheScope which celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

**YOU CAN VISIT THE SCHOOLS OUT LGBT+ HISTORY MONTH 2024 PAGE [RIGHT HERE.](#)**



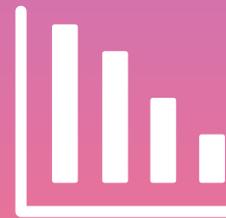
# ARE SCHOOLS DOING ENOUGH TO TACKLE BULLYING?



During last year's Anti-Bullying Week, which had the theme 'Make a Noise', VotesForSchools conducted a vote with 51,976 young people in the UK on whether their schools do enough to deal with bullying. To mark the week, VotesForSchools asked their young voters to reflect on the policies and schemes in place to help tackle bullying, both in school and in the workplace. They posed the question "Does your school do enough to deal with bullying?" to primary and secondary age learners.

The results showed that:

- 64.9% of primary school (ages 5-11) voters said Yes
- 70.2% of secondary school (ages 11-16) voters said No



As the pupils' age increased, more of them argued that their schools do not do enough to deal with bullying. The most common argument for voting 'No' in primary phase was that sometimes the steps taken are not enough to stop persistent bullying. Secondary students who voted 'No' gave some examples of what more could be done to improve their school's strategy against bullying. These included having more adults on duty at break times and making sure the bullying policy in place is explicit, known and adhered to.

Martha Evans, Director of the Anti-Bullying Alliance commented on the results:

"The results are concerning, especially in Secondary schools, where over 70% of students think their school isn't doing enough to stop bullying. This shows how important it is to listen to students when we're developing our anti-bullying approaches. It's crucial for the whole school to work together, make sure teachers are trained well, and have a good way to keep track of bullying levels. Thanks to everyone who shared their thoughts, and appreciation to VotesforSchools for bringing attention to this important issue during Anti-Bullying Week and making a noise about bullying."

Worth reflecting upon! You can read more about this story on the ABA website [here](#).



# Women's Aid research findings on relationships and consent

Women's Aid recently carried out research surveying young adults (18-24 years old) and school-aged children (KS2-4) on a range of topics around their understanding of relationships and consent.



The purpose of the research was to ensure an evidence base for the design of education about relationships for children and young people, to highlight the positive influence that well-structured RSHE programmes can have and to investigate 'what works well'.

**Women's Aid. (2023). Influencers and Attitudes: How will the next generation understand domestic abuse?** findings are particularly important as they are also presented alongside other influencing factors that young people are dealing with, many of which could have a harmful impact on how they perceive and navigate relationships.

Some of the key findings in this report are troubling for educators, especially those in the field of PSHE/RSHE:

- Only 47% of children in Key Stage 2 could select the correct definition for 'unsafe relationships' and 61% knew the correct definition of 'unwanted touch'
- Almost a quarter of the young people aged 18-25 years disagreed or strongly disagreed with the statement 'You should always have consent from your partner to have sex when you are in a relationship'
- A third (35%) of 18-25-year-old respondents recalled no education about domestic abuse, healthy relationships or controlling behaviours throughout school
- Young women were more likely to report that RSHE had no understanding of pre-existing trauma (24%, compared to 17% of young men) and did not reflect their experiences (17%, compared to 11% of young men)
- Young men were more likely to say that RSHE did not reflect their beliefs (15%, compared to 8% of young women)
- 1 in 3 women experienced the RSHE they had in school as 'rushed' and 'awkward'

The full report and summary findings are really interesting and well worth a read, from both a curriculum and safeguarding perspective. There are some great recommendations in there too for Government, as they continue to deliberate over the updated RSHE guidance!

We also have a number of training sessions coming up for both primary and secondary colleagues that could help schools to address some of the themes picked up within the report.



# TRAINING & DEVELOPMENT OPPORTUNITIES

Our professional development training sessions run across the academic year, with courses covering a range of themes related to PSHE education. Our training sessions are open to all, regardless of whether your school is signed up to an active 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 confirmation that they are putting the right things in place. Visit the [\*\*S4S workforce development website\*\*](#) to see which of our current training sessions 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-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 running one of our sessions for a whole-staff online twilight session for your school? We can do this for a discounted rate per delegate! Please contact the S4S School Health & Wellbeing Service if you would like to find out more about any of the training and professional development support that we offer.

# Service Training Calendar: February 2024 – May 2024

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. 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
<a href="#"><u>Planning &amp; Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u></a>	Thursday 29th February 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u></a>	Tuesday 5th March 3:45 pm - 5pm
<a href="#"><u>NEW! Bitesize CPD: Staff Wellbeing – What does it really look like?</u></a>	Thursday 7th March 3:45 pm - 5pm
<a href="#"><u>Assessment in PSHE Education (primary phase)</u></a>	Wednesday 13th March 1 pm - 3:15 pm
<a href="#"><u>What You Need to Know About Ofsted &amp; PSHE!</u></a>	Thursday 21st March 1 pm - 3:15 pm
<a href="#"><u>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u></a>	Tuesday 23rd April 3:45 pm - 5 pm
<a href="#"><u>Delivering High-Quality Teaching on STI's &amp; Contraception (secondary phase/colleges)</u></a>	Tuesday 30th April 1 pm - 3:15 pm
<a href="#"><u>Addressing the Impact of Exposure to Explicit Online Material on Children (primary phase)</u></a>	Wednesday 1st May 1 pm - 3:15 pm
<a href="#"><u>FREE PSHE Network Meeting</u></a>	Tuesday 7th May 3:45 pm - 5pm
<a href="#"><u>Delivering Effective Relationships &amp; Sex Education (RSE) (secondary phase)</u></a>	Thursday 16th May 1:15 pm – 3: 15 pm
<a href="#"><u>Bitesize CPD: Introduction to Drug Education</u></a>	Thursday 23rd May 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 add further sessions to our roster, so please check our website and look out for further courses. 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 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](mailto:info@services4schools.org.uk)

or

[russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk)



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