



School Health & Wellbeing Service e-bulletin

January 2024

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Welcome!

A Happy New Year to you from the S4S School Health & Wellbeing Service! We hope that you all had a lovely time over the festive period with family and friends. Time to get back to work now though for us all and get stuck into 2024!

We hope that this new edition of our service bulletin will provide you with a useful selection of updates from the world of PSHE education and the related health and wellbeing arena, all of which might help to make your PSHE-working lives just that little bit easier.

Please do take a look down in the training and development section later on in the bulletin for more information about the latest training and events we have scheduled for the spring term. There are plenty to choose from, including a few new sessions, so if you are looking to keep updated on best practice and provision in PSHE-related areas get yourself booked on!

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. Previous issues of all our service bulletins can be accessed [here](#).

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.

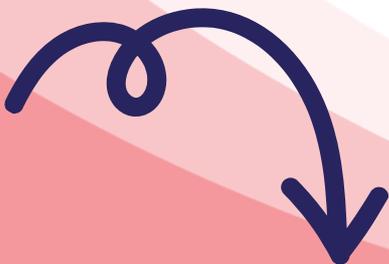


Our brand new service brochure for financial year 2024/25 is available now! Whether you are one of our existing service-package schools, an ad-hoc attendee at our popular training sessions or would just like to find out more about the range of support that we can offer, then this brochure will tell you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

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)E)



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.

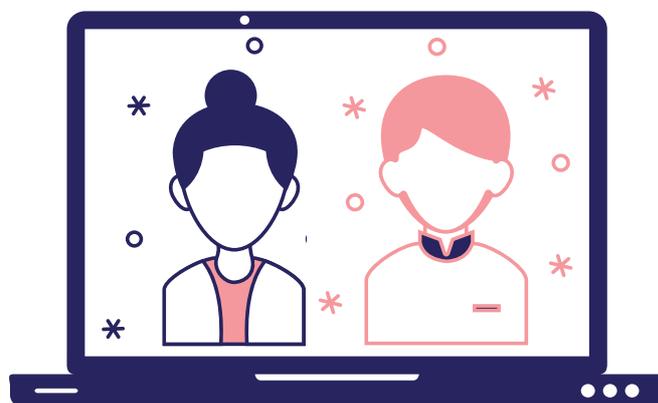
If you'd like a chat about any of the help that we can offer around PSHE, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call 0333 772 1272, option 2.

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!!

FREE PSHE NETWORK MEETING!

We like to share our passion for all things PSHE, so we are once again hosting another of our FREE PSHE Education Network Meetings on Thursday 8th February, which will be held 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 education and related topics. They offer a practical forum for topical discussion and updates from across PSHE.



As ever, there will be an opportunity to find out what support is available to schools from our service and hear from guest speakers, as well as time for some questions at the end of the session. The PSHE Network Meetings are open to both primary and secondary phase school staff.

As this is a FREE event, places are allocated on a first come, first served basis. Please sign up for your place as soon as possible – they do go quickly! All that we ask is that you can definitely attend – and that if anything changes, you let us know that you can't make it!



Please visit the booking section of the S4S workforce development website to book your place on this FREE session [here!](#) Feel free to check out the rest of our training schedule whilst you are there too!





‘Banter and bullying’ research published from Anti-Bullying Alliance

Released in November to coincide with anti-bullying week, a survey of nearly 900 UK teachers carried out by Nottingham Trent University and co-created with the Anti-Bullying Alliance (ABA), revealed that over a quarter of respondents (26%) think banter is a serious problem within their schools.



62% of the teachers involved in the survey agreed that there is a fine and subjective line of acceptability between banter and bullying. Dealing with the issues and knowing when banter crosses the line into bullying is clearly a challenge for teachers, as the overwhelming majority (84%) said that they had received no training on the issue. 64% said that they also currently have no school policy for dealing with banter to support their responses.

Professor Lucy Betts, from Nottingham Trent University, said:

“Our research has shown that there is a fine and subjective line between banter and bullying. In most cases, sharing jokes and banter with friends can be fun and can help strengthen these friendships. However, when the banter stops being funny or when it crosses the line of acceptability, these behaviours may become bullying. Therefore, we are delighted to have had the opportunity to work with the Anti-Bullying Alliance to develop resources for Anti-Bullying Week.”



Free webinar on bullying and links to 'ACEs'

We've recently spotted a great free webinar to signpost you to from the fantastic Association for Child and Adolescent Mental Health (ACAMH).



'Bullying and Victimization and the link with Adverse Childhood Experiences' is being organised by ACAMH's Adverse Childhood Experiences (ACEs) Special Interest Group. Both adverse childhood experiences and bullying victimisation are linked with mental health problems in adolescents. However, little is known about the overlap between the two factors and how this impacts adolescent mental health problems.

The webinar will be led by Nora Trompeter, from University College London, who will present data from a current study and an overview of research on bullying and victimisation, and how this impacts adolescent internalising and externalising problems, and discuss the implications for practice.



The good news is that the webinar is open to all and is taking place after school from 5 pm – 6.30 pm on Tuesday 16th January, so no need to get any cover! To find out more and book your place then please visit the course information page [via the ACAMH website here](#).



The Association
for Child and Adolescent
Mental Health

Statutory RSHE update – sort of!

As any eagle eyed colleagues will have spotted, the DfE has not yet met it's aspiration to have the updated draft RSHE guidance document completed and ready for public consultation, as they had stated would be the case when they announced the review.

You may have seen in the media back in December that the Secretary of State for Education, Gillian Keegan, gave a brief update on this during a DfE select committee appearance where she was being questioned on a range of matters, with much discussion centred around the long-awaited gender questioning children draft guidance for schools and colleges (which was subsequently released on 19th December for open consultation – [you can take a look and respond to it here](#)) We'd urge you to share in school and take a look at this yourselves before the closing date of 12th March

During the select committee session, there was a brief mention of the timelines for the new RSHE draft guidance, where Ms Keegan advised that it would be released after the gender questioning children document has come out, although no specific date was given on this.

The statutory RSHE guidance and the gender questioning children guidance clearly have a range of cross-over points, such as the impact on where and when in the school curriculum such topics might be addressed, so it seems to now make some sense to get one sorted before the other. Whether this means that the consultations for both will overlap in some way, or the DfE will wait until the gender questioning guidance is finalised before moving onto the RSHE guidance open consultation is yet to be shared. But we are getting closer to seeing the new draft RSHE guidance document, so it will be soon (fingers crossed!) Until then, just keep doing what you're doing based on the existing current guidance.

As you would expect, all of the recent and no doubt ongoing media coverage on the gender questioning guidance will raise levels of interest around teaching within PSHE/RSE so we would strongly advise schools to keep up their communications with their school community on what is being taught and when in their PSHE curriculum. We have an excellent after-school training session coming up on engaging with parents around PSHE/RSHE themes on the 18th of January – [get yourself booked on here](#) if you've not yet attended!

We are also able to work with schools directly to engage with parents/carers if you need some help with this – please get in touch and we can chat about a bespoke approach to your school.



SEX ED FORUM TIPS ON SELECTING RSE RESOURCES

Back in mid-November, the Sex Education Forum (SEF) published a really useful short blog giving some great hints and tips on choosing, creating and using appropriate resources effectively. Even better, this useful list was made openly available to members or non-members alike!

Some of the tips in the blog included:

- **Start by teaching key vocabulary - Is there key vocabulary that your learners need to understand before they can access this topic? Start by introducing this vocabulary and teaching what it means - provide pictures or real-life examples. Use communication boards or devices and have key vocabulary displayed for students to be able to see and access**
- **Relevant and relatable? Is the resource useful and can the learner relate it to their own life experiences? Are the tasks suggested actually helping them to practice skills they will use?**
- **Don't reinvent the wheel! Re-use and tweak old resources that worked well**



You can visit the SEF to see the full blog here. If you aren't yet a member of the SEF, we would urge you to join them to access their full range of support and resources on RSE-related topics and themes

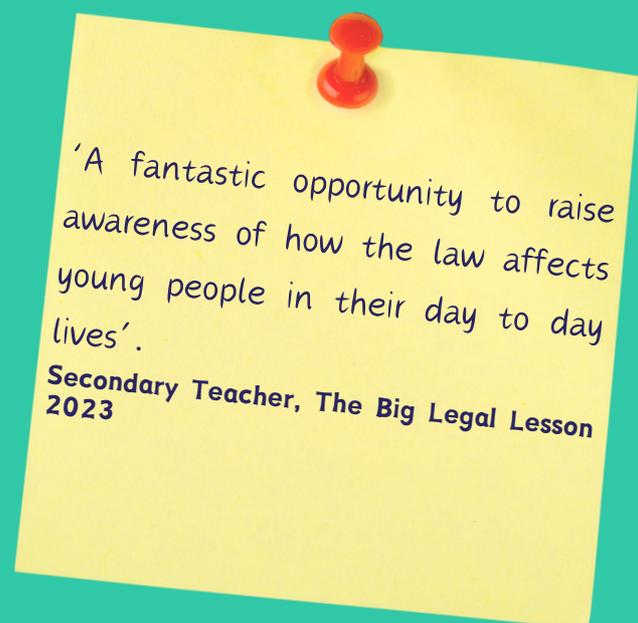
The Big Legal Lesson

Young Citizens is once again running 'The Big Legal Lesson' from 11th - 22nd March. Aimed at primary school to post-16 students, The Big Legal Lesson provides teachers with the tools they need to confidently introduce the law into their classrooms.

Since 2020, thousands of teachers have registered to take part, reaching over 200,000 young people. This makes it the largest public legal education campaign of its kind!

Schools can sign-up and access a free resource pack to allow them to take part, which includes assemblies, lesson plans and all sorts of promotional materials.

To take a look and register, head over to The Big Legal Lesson page on the Young Citizens website [here](#).





TRAINING & DEVELOPMENT OPPORTUNITIES

Our popular professional development training sessions run across 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 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 confirmation that they are putting the right things in place. Visit the [**S4S workforce development website**](#) to see which of our 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 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: January 2023 – March 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over spring term 2023. Courses start from just £51 or come at no additional charge for school's that buy into our service level agreement! What's not to like?!

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>Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u>	Thursday 18th January 3:45 pm - 5 pm
<u>Bitesize CPD: Introduction to Drug Education</u>	Wednesday 24th January 3:45 pm - 5 pm
<u>What You Need to Know about OFSTED & PSHE!</u>	Tuesday 30th January 1 pm - 3:15 pm
<u>Bitesize CPD: Teaching & Discussing the Protected Characteristics</u>	Thursday 1st February 3:45 pm - 5 pm
<u>Bitesize CPD: Hidden Barriers to Mental Health and Wellbeing in School</u>	Wednesday 7th February 3:45 pm - 5 pm
<u>FREE PSHE Network Meeting</u>	Thursday 8th February 3:45 pm - 5 pm
<u>Planning & Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u>	Thursday 29th February 1 pm - 3:15 pm
<u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u>	Tuesday 5th March 3:45 pm - 5pm
<u>NEW! Bitesize CPD: Staff Wellbeing – What does it really look like?</u>	Thursday 7th March 3:45 pm - 5pm
<u>Assessment in PSHE Education (primary phase)</u>	Wednesday 13th March 1 pm - 3:15 pm
<u>What You Need to Know About Ofsted & PSHE!</u>	Thursday 21st March 1 pm - 3:15 pm

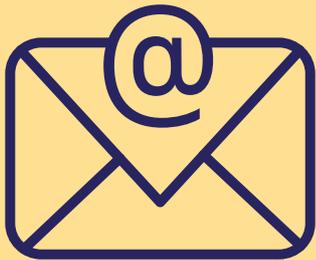
Please note, courses will run subject to sufficient delegate numbers. You can get further information about these courses and make bookings by visiting the [S4S workforce development website](#).

We constantly 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

or

russell@schoolhwb.co.uk



**Health & Wellbeing
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



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