



School Health & Wellbeing Service

e-bulletin

ISSUE 7 MAY 2019

Welcome back to the summer term. We hope that you had a cracking time off over Easter!

As usual, we've tried to put together some useful and practical updates for you in this edition of the School Health & Wellbeing Service e-bulletin. You will also find details of our training programme for the rest of the academic year in the training and development section at the end.

Please note, many of the pieces in this e-bulletin are sourced from a range of services such as the PSHE Association, Anti-Bullying Alliance, Sex Education Forum, Young Minds, DfE and other organisations who have a focus on supporting the health and wellbeing of children across the spectrum of PSHEe and beyond.

What's inside?

- Service news
- PSHE education updates
- Signposting and partners
- Training and development

Thank you from the S4S School Health & Wellbeing Service!

A big thank you to all the schools who have accessed the service over the past 12 months, either as part of a support package or via ad-hoc access to our training programmes or bespoke pieces of work. We are delighted that so many of you have once again signed-up for one of our service packages for this new financial year and that we have been joined by some new schools too. As ever, we will be working hard to share best practice and support all the schools we are involved with to ensure that your PSHE education provision is meeting the needs of your learners and is ready for statutory status from September 2020 – it's getting closer!

If you are not yet signed up and are interested in finding out how the service could support your school, then please remember that we offer a free initial one-hour review meeting to see how we can help. If you'd like to arrange this, find out more about the School Health & Wellbeing Service or any part of the Personal Development, Health & Wellbeing offer to schools from S4S, please contact us via info@services4schools.org.uk or by calling 01902 203990.

PSHE Education Network meeting a success!

As many of you will know, the School Health & Wellbeing Service held a free network meeting for PSHEe coordinators in mid-March in Wolverhampton. We had a great attendance with over 30 schools attending from across the region to hear from the service and our guest speakers. These informal sessions allow colleagues to share best practice as well as acting as a forum for topical discussion and updates.

continued →

Jon Bull, from The Dog Duck and Cat Trust (www.dogduckandcat.co.uk) told delegates all about the charities work to safeguard children via their educational, preventative, and harm minimisation resources for children aged 0 – 9 years of age, with a focus on promoting safety and developing children's resilience. We also heard from Patrick Flynn from CeDOB (www.onlinebehaviours.co.uk) about his service's work with schools and other educational establishments to develop best practice in online safety, wellbeing and behaviour. Our very own Russell Stanley chaired the session and gave a range of PSHEe updates to colleagues to support them in their work back in school.

We had some great feedback (well, maybe apart from the drinks...!) for this free event, so we are hoping to run a similar session early in the Autumn term – please look out for the flyer when we arrange this!

Personal, Social, Health, and Economic education updates

A look at some PSHE education-related updates from across the sector...

On-line harms white paper published by Government

This long-awaited White Paper was released on 8th April, outlining government plans to keep people safe online. The consultation paper says that the Government will legislate for a new statutory duty of care by social media firms and the appointment of an independent regulator, which is likely to be funded through a levy on these companies. As part of the release statement on the .gov.uk website says:

“The Online Harms White Paper sets out the government’s plans for a world-leading package of online safety measures that also supports innovation and a thriving digital economy. This package comprises legislative and non-legislative measures and will make companies more responsible for their users’ safety online, especially children and other vulnerable groups.

The White Paper proposes establishing in law a new duty of care towards users, which will be overseen by an independent regulator. Companies will be held to account for tackling a comprehensive set of online harms, ranging from illegal activity and content to behaviours which are harmful but not necessarily illegal.

This consultation aims to gather views on various aspects of the government’s plans for regulation and tackling online harms, including:

- ***the online services in scope of the regulatory framework;***
- ***options for appointing an independent regulatory body to implement, oversee and enforce the new regulatory framework;***
- ***the enforcement powers of an independent regulatory body;***
- ***potential redress mechanisms for online users; and***
- ***measures to ensure regulation is targeted and proportionate for industry.”***

With the very strong 'on-line' elements and links across the new statutory framework for Relationships Education, RSE and Health Education and those to wider PSHEe, this is an important consultation so we would urge school colleagues to have their say. The closing date for contributions is 1st July – you can read the White Paper and have your say [here](#).

Vote to support updated guidance finally happens!

As reported in our last edition, a formal debate and vote in the House of Commons on the Relationships and Sex Education guidance for schools has been pending for a while now (perhaps it's been held up by something else? Can't think what else they might be talking about...!) Well, it finally happened on 27th March and was overwhelmingly passed by MPs from across the political spectrum.

Speaking about the vote, Lynnette Smith, Chair of the Sex Education Forum, said:

“The vote in Parliament supporting updated Relationships and Sex Education is a watershed moment – MPs from different political parties have spoken with one voice, reflecting the calls from young people and families for up-to-date and inclusive lessons. The new guidance paves the way for schools and parents to work together, and pupils can now expect an up-to-date curriculum that reflects the diversity of our communities.”

“Until now, the lack of direction given to schools meant that some children were missing out on vital information about growing up, relationships, consent, the law and sexual health.”

“There is much to do to support all schools in England preparing for the new requirements. Top of this list is training to build a workforce confident to teach high quality RSE. From a situation where RSE has been very patchy we can start to expect more consistency. The benefits for children and young people’s wellbeing are priceless.”

With this formality now out of the way, it is hoped that the final 'non-draft' version of the guidance will now be officially marked 'completed' so that schools and colleagues can get on with the fairly mammoth task in hand; ensuring that their school is ready to deliver upon the new curriculum requirements for RE, RSE and HE from September 2020. We know from our own work that many schools are still getting to grips with what they need to do, so if you'd like any pointers or support then please get in touch so we can support you in your journey to 2020 and beyond!

PSHE Association advise against new film resource

The PSHE Association recently put out an email to members and a story on their website warning about a new film resource for use in schools within the PSHE curriculum called 'Breck's Last Game'. The film focuses on the murder of Breck Bednar, a teenager who was groomed online, and aims to be an educational resource to reduce young people's vulnerability to online grooming.

The PSHE Association state:

“We have significant concerns about the educational effectiveness of this film and its likely impact on young people, and warn schools against using it.”

“The film’s aim of reducing young people’s vulnerability to online grooming is laudable, and providing young people with the knowledge and skills they need to recognise risk online and seek help is a

crucial part of PSHE. However, though this film and lesson plans have been produced with the best of intentions, they are not in line with best practice principles in PSHE education and as a result we do not believe they will support learning around reducing young people's vulnerability.

“This guidance to our members focuses specifically on the Breck's Last Game video and resource, and is not a criticism of the Breck Foundation's wider aims nor other aspects of their important work in this area for the past number of years. We are in conversation with the Breck Foundation about how their work can best be supported in the future.

“The film focuses on a tragic real-life story and contains some scenes which will disturb or traumatise some young people. The film has been certified as 15 but we do not believe it is suitable for use in any PSHE classroom.

“We advise schools not to use this film with young people as part of their PSHE curriculum. Our concerns are not limited to the full version of the film, and whilst accompanying lesson plans are available, these do not provide a safe and effective context for using either version of the film.”

Members can contact the PSHE Association directly for further information and advice if needed.

Education Secretary announces help to all primary schools on careers education

To mark National Careers Week, which ran in early March, Education Secretary Damian Hinds announced that his Department is working with industry leaders to help make career-related learning a reality in all primary schools. The Department, through The Careers & Enterprise Company, is investing £2million to develop this agenda in primary schools.

This move has followed on from recent DfE research which suggests overwhelming numbers of primary schools (96%) offer careers education provision to their pupils, even though there is no specific requirement to do so. Unsurprisingly, the data also showed that the most common approach to careers education was delivery through PSHE lessons (87%).

Commenting on the data from the **'School Snapshot Survey: Summer 2018'** PSHE Association Chief Executive Jonathan Baggaley said:

“DfE data showing PSHE education as the most popular approach to delivering careers education is a validation of the work carried out day-in day-out by PSHE teachers across the country. It drums home the importance of schools continuing to prioritise the careers and economic wellbeing aspect of PSHE – the ‘e’ after all stands for ‘economic’.

“Recent DfE commitment to statutory health education and relationships education is most welcome, but careers and economic wellbeing mustn't get lost along the way due to not yet enjoying the same compulsory status. We want to build on the 87% of primary schools delivering careers education through PSHE, not see schools unpick the good work they're already doing in this area.

“To ensure schools continue this work we would welcome a strong message from government in support of PSHE teachers’ key contribution to preparing children and young people for the world of work, and encouragement to continue to build on their efforts in this area.”

This story highlights the important part that PSHE education as a whole goes to play in supporting pupils as they move forward with their lives. It's therefore important to remember that, even if the 'E' isn't yet statutory, schools will still need to ensure their provision around this vital area is giving their children what they need, when they need it.

Free sanitary products in primary schools to tackle ‘period poverty’

Pupils will be able to get free sanitary products in all primary schools in England, Wales and Scotland after the government announced the change will happen in England from 2020, bringing England into line with prior announcements made by the Scottish and Welsh Governments to make this provision available to their primary and secondary pupils. In March, Chancellor Philip Hammond had initially announced that the products would be offered to all secondary schools and colleges in England, but many campaigners argued that this should include primary schools too – and the Government has acted to address this. The Department for Education said that it would begin talking to school leaders about how to manage this plan from early next year.

Campaigners have long argued that some girls find themselves missing school because they cannot afford to buy the items and find themselves in ‘period poverty’. This latest announcement is great news, and will no doubt also support schools in their wider approaches to puberty, body changes and broader RSE-related provision ahead of the statutory curriculum changes from September 2020.

Primary age pupils ‘must learn about same-sex relationships’ say teaching union

Teachers are calling for same-sex relationships education to be made compulsory in primary schools.

A motion raised at the National Education Union conference in Liverpool called for the union to lobby the government and opposition parties to strengthen the new Relationships and Sex Education (RSE) guidance so that teaching about Lesbian, gay, bisexual and transgender relationships becomes statutory in both primary and secondary schools.

As schools should now be aware, from 2020, relationships, sex and health education will be compulsory in all secondary schools in England, while relationships and health education will be compulsory in primary schools. As the guidance leaves schools with flexibility to decide exactly what to teach and when, this obviously poses something of a challenge for many schools. Around different types of relationships, in primaries, pupils will learn about ‘healthy family life’ and how other people’s families can look different from their own.

Around specific education on same-sex relationship issues, the government has said that all pupils need to learn about them “in a timely manner”, and the DfE recommends that it is “integral throughout programmes of study”. Whilst this is welcome, it is somewhat vague, and will mean that consultation with parents and the school community ahead of September 2020 is vital to ensure that schools are getting it right for their setting and their pupils. In a statement, the DfE said:

“Pupils should receive teaching on LGBT relationships during their school years - we expect secondary schools to include LGBT content and primary schools are enabled and encouraged to cover this.”

We would encourage all schools to ensure that they have read the Government guidance and supporting documentation to ensure that they are best prepared for new curriculum requirements, whilst still ensuring that the needs of pupils are met, as soon as possible. As ever, the School Health & Wellbeing Service can support schools in their work around these themes where needed.

Signposting and partners

This section is all about potential useful services and partners that we'd like to signpost you to – as the title suggests!

WiderLearning

WiderLearning is a service which works with schools with the aim of improving children and young people's personal and interpersonal skills, self-confidence and self-esteem, emotional well-being, personal safety, resilience and character. At its heart WiderLearning has the philosophy that with the right support young people can achieve their potential, whatever their background, social challenges, location or previous educational experiences.

Over the past five years, the service has developed a range of programmes and support for pupils, parents and staff in Primary, Secondary and Special Schools, Alternative Providers, FE, HE and beyond. These challenge young people to better understand and develop themselves and the world around them, become leaders and role models, accept responsibility, develop peer support and peer mentoring skills, enhance their self-awareness and improve their relationships with others. The programmes contain practical learning activities for pupils that can help schools tackle a wide range of topical priorities and currently include the highly popular:

- **STEPS: KS2/KS3 Anti-Bullying, Peer Support and Peer Mentor Training**
- **Digital Ambassadors: KS2/KS3 Promoting online-safety by developing pupils as digital leaders**
- **Digital Ambassadors Plus: KS2/KS3 Digital resilience and 'being the best version of yourself online'**
- **Body Wise: KS1/KS2 Raising awareness of staying safe and preventing abuse**
- **Xplore: KS2/KS3 Physical Activity and Playground Leaders training**
- **CHAMPS: KS3/KS4/Adults. Accredited Peer Support and Mentor Training**
- **Step Up: KS2/KS3 Bespoke personal development and behaviour programme. Aimed at Y6/Y7 transition**
- **Adult SENSE for parents/carers: (new for 2019/2020) Social, Emotional, Nurture, Support & Empower is for parents/carers to better understand and support their children's learning, social and emotional needs**

For more information about the work that WiderLearning do then please visit www.widerlearning.com or contact Paul or Karen at info@widerlearning.com or telephone **01902 877537**.

continued →

The National SMSC Quality Mark

As a way of sustaining whole-school approaches, development around SMSC and PSHE education and evidencing related practice, many schools have begun to use audit tools to support their work. One such tool, the SMSC Quality Mark from **Young Citizens**, is a self-review tool which gives clear, practical guidance to schools and enables a comprehensive audit of SMSC provision to identify areas of strength and those for development. Strong evidence shows that promoting SMSC in schools can contribute to raising academic standards and improving children's life chances. As Young Citizens state:

“Spiritual, Moral, Social and Cultural (SMSC) development is the over-arching umbrella that encompasses personal development across the whole curriculum. Through high quality SMSC education we have the opportunity to nurture reflective wisdom that will enable our children to make wise and appropriate choices that will prepare them for life in modern Britain.”

Obtaining the SMSC Quality Mark is a two-part process made up of an online Self Review Tool, which schools can download and work on, ideally using a school-wide consultation approach. Schools can then submit their responses to the criteria in order to obtain an award of bronze, silver or gold through a thorough verification visit. This independent validation allows schools to receive an objective view of their achievements and further improve provision. The verification process also ensures a school's internal bench-marking is in line with national guidance and with other schools across the country. Many schools have used the tool to great effect. As one school SMSC lead said:

“SMSC is difficult to capture as it's not a subject and so can be difficult to evidence. It's not something you can view in isolation, as it's part of everything we do without realising it. The review and verification process provided us with the clarity and support to move our provision forward.”

To visit the SMSC Quality Mark website for more information about the self-review tool and verification process, please [click here](#)!

Anti-Bullying Alliance support to schools

Many schools and colleagues will be aware of the excellent work that the Anti-Bullying Alliance do to support children who are bullied, and their high-profile role in organising the annual anti-bullying week event. You may not be familiar with some of the other elements they offer – many of which are free!!

These include:

- **Free online certified CPD for professionals. A range of free online training courses are available to anyone that works with children and young people**
- **All Together: free whole-school programme. This programme includes access to an online hub so that schools can audit their current anti-bullying practice, use of a pupil wellbeing questionnaire and access to targeted resources. The All Together programme includes a focus on reducing bullying of disabled children and those with SEN but aims to reduce bullying of all children and young people**
- **Signposting, advice and support for parents, pupils and staff around all aspects of bullying**

To find out more about what the Anti-Bullying Alliance do and how their work can support your school then please visit them [here](#).

Training and development

As well as our regular centralised training programme, we are also able to offer INSET or 'twilight' training opportunities to enable schools to deliver key learning points to wider groups of staff. Some of the most popular sessions delivered in schools recently have been around RSE, Health Education and the pending statutory changes to PSHE-related content. We can also develop bespoke sessions on PSHE-related themes if schools have additional topics they would like to address.

Please get in touch with the S4S School Health & Wellbeing Service if you would like to make a booking or find out more about these training sessions available to the school workforce.

Service Training Calendar: May 2019 – July 2019

These training sessions are open to all, regardless of whether your school is signed up to a service package or not, so please do come along to see what we do. Most of our sessions run at the Molineux in Wolverhampton, but we are always looking to move these around to ensure everyone can attend at a convenient location to them. If you would be interested in potentially hosting a training session at your school, then please get in touch!

Training session	Date/time
Mental Health & Emotional Wellbeing in Schools (suitable for Governors only)	Thursday 9th May, 6 pm – 8 pm
Understanding the Impact of Online Pornography on C & YP (Secondary-phase only)	Wednesday 15th May, 1 pm – 4.30 pm
Basic Drug Awareness	Friday 17th May, 12.45 pm – 4.15 pm
An Introduction to Health Education for Governors (suitable for Governors only)	Tuesday 21st May, 6 pm – 8 pm
Self-harm in C & YP: Awareness Raising for Professionals	Tuesday 11th June, 12.45 pm – 4.30 pm
Relationships & Sex Education (RSE): The Role of Governors (suitable for Governors only)	Friday 14th June, 10 am – 12 pm
Dealing with Drug Related Incidents in School	Thursday 20th June, 1 pm – 4.15 pm
Relationships & Sex Education: Update & preparing for statutory status	Thursday 4th July, 12.45 pm – 4.30 pm
FGM Awareness Raising for School Staff	Wednesday 10th July, 1 pm – 4.15 pm

Please note, courses will run subject to sufficient delegate numbers. To find out more or book your place on any of these training sessions, please visit www.services4schools.org.uk/training or call 01902 203996.

CONTACT DETAILS

We would love to hear from you to talk to you about how we can help!

Contact us via:

email: info@services4schools.org.uk or russell@schoolhwb.co.uk

tel: 01902 203990

