



School Health & Wellbeing Service

e-bulletin

FEBRUARY 2020

Welcome to the latest edition of the S4S School Health & Wellbeing Service e-bulletin.

That half-term flew by, didn't it?! Spring will soon be here... and so will statutory RSHE (Relationships, Sex & Health Education)! Luckily, we are on hand to support you with all things PSHE education, including preparing for this momentous change. As usual the half-

termly edition of the service bulletin contains an array of (hopefully) useful bits and pieces to help colleagues stay on track. We've got the usual reminder about our service support offer – the new service brochures should have reached schools by now – and the rest of this term's training programme included too. Enjoy the read!

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, DfE, Anti-Bullying Alliance, Sex Education Forum and other organisations who focus on supporting the health and wellbeing of children across the spectrum of PSHEe.

What's inside?

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

S4S School Health & Wellbeing Service support offer 2020/21

Our new service brochure for 2020/21 is out now! Whether you are an existing customer of the service, an ad-hoc attendee at our popular training sessions or considering signing up with us for the first time, then please let us know if you have any questions or queries about the range of PSHE education-related support that we can offer via one of our service packages.



The S4S School Health & Wellbeing Service, offered in partnership with Health & Wellbeing in Schools Ltd, 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 education (PSHEe). 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, especially around priorities such as statutory RSHE (Relationships, Sex & Health Education).

We are passionate about supporting schools, professionals and young people. 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 mean improved outcomes for children and young people. We can offer you the additional capacity and expertise to help you achieve this.

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Benefits of buying into a support package with the S4S School Health & Wellbeing Service include:

- **Specialist support on driving improvement in PSHE education and health and wellbeing provision from a dedicated advisor allocated to your school**
- **High-quality advice, guidance and consultancy support to senior leadership teams, governing bodies and teachers around PSHEe themes**
- **Advice on effective PSHEe planning and coordination, including guidance on appropriate curriculum materials and resources to enable schools to offer a comprehensive and broad programme**
- **Ensure best practice on statutory and non-statutory policies within PSHEe-related themes**
- **High-quality professional development opportunities covering the breadth of PSHEe to improve staff knowledge and confidence in delivery**
- **Support around new and emerging priorities and national strategies, such as statutory Relationships Education, Sex Education and Health Education from September 2020**

The various elements of the service can be accessed by either purchasing a support package of two, four or eight days or in an ad-hoc 'pay as you go' method. Packages run during the financial year (so from April 2020 to March 2021) and offer a high-quality and tailored focus for schools with the extra capacity of specialist support which may be needed to ensure your PSHE education is ready for statutory status.

Please contact the School Health & Wellbeing Service via busdev@services4schools.org.uk or call **0333 772 1272** if you would like any further information or to receive a brochure with full details. Any school interested in finding out how the service can best support them is also able to access an initial no obligation one-hour consultation to discuss individual school requirements and determine a bespoke support package.

“In the new inspection model, we are particularly interested in how schools contribute to the personal development of children. This area is now a judgement in its own right. This makes more space in inspection for discussing things like the PSHE lessons in which wider life issues can be explored.”

Amanda Spielman, HM Chief Inspector

Service PSHEe network meeting a big success!

As regular readers will know, the S4S School Health & Wellbeing Service recently held a free network meeting for PSHEe coordinators in late-January at the Molineux in Wolverhampton. These informal sessions allow colleagues to come together to share best practice as well as acting as a forum for topical discussion and updates.

We had a fantastic afternoon, with well over 30 schools attending from across the region to hear updates from the service as well as presentations from our guest speakers. After a whirlwind tour through general PSHEe updates, tips and best practice around statutory status from our very own Russell Stanley, attendees heard about the work of Wider Learning from Director Paul Bellamy.

Paul gave a short presentation about Wider Learning's range of personal development programmes for children and young people, and training and consultancy for staff and how these programmes seek to help and support schools to develop and empower pupils. To find out more about Wider Learning and their work with schools, please visit www.widerlearning.com or contact the team directly via email at info@widerlearning.com.

After a coffee break and networking opportunity, colleagues then heard from Simone Bassi from Coram Life Education, who gave us a demonstration of some of the curriculum materials available to primary schools via their SCARF programme.

Ahead of statutory changes to Relationships and Health Education, Simone highlighted the breadth of materials available as an option for schools looking to make sure they deliver what is required, and more. SCARF's online resources support primary schools in promoting positive behaviour, mental health, wellbeing, resilience and achievement. Please take a look for yourself at www.coramlifeeducation.org.uk/scarf or contact Simone directly via email at simone.bassi@lece.co.uk for further information.

Please look out for future PSHEe network meetings later this academic year – we'd love to see you there!

Personal, Social, Health, and Economic education updates

A round up of a few stories and current news from across the field of PSHE education...

HRBS 2020 (Wolverhampton schools only – sorry!)

Funded and coordinated by the City of Wolverhampton Council's Public Health department, all schools in Wolverhampton are invited to take part in the latest version of the city's Health Related Behaviour Survey (HRBS).

The survey has been running in Wolverhampton since 2006 and is an established questionnaire developed by the provider, School Health Education Unit (SHEU). The quality of the data collected is considered very robust and the history of its use by individual schools and by local authorities across the country is extensive. Data such as this is extremely useful to schools in helping to plan and monitor the impact of PSHE education, so we would urge all Wolverhampton schools to participate if possible!

The survey is designed to be completed with pupils in years 2, 4, 6, 8 and 10 and will take place from Tuesday 3rd March onwards. To register your interest to take part, please [click here](#)

For further information about the survey and the process for taking part, please contact:

Angela Balding, Survey Manager, SHEU.

Email: angela.balding@sheu.org.uk

Tel: 01392 667272

For any schools looking for support in analysing this kind of data and using it to help plan or monitor the impact of PSHEe provision, then the School Health & Wellbeing Service can help with this. If you are a school looking to carry out your own smaller 'in-house' version of a similar survey – we can help with this too! Please contact us for chat about what you need and how we can support you.

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DfE launches period product scheme for schools and colleges in England

Last month the DfE launched a scheme to provide free period products to those who need them in order to access education. The scheme is for all learners who need to access period products in their place of learning, rather than a universal offer of free period products. This could cover, for example, where learners:

- **have forgotten their products**
- **cannot afford products**
- **have come on their period unexpectedly**

Products available under the scheme include period pads, including environmentally friendly and reusable pads, tampons and menstrual cups.

As the DfE states in its introduction to the scheme

“No-one should be held back from accessing education due to their period. We have introduced this period product scheme to provide free period products for all learners who need them. This means learners at all state-maintained schools and 16 to 19 education organisations in England will have access to free period products in their place of study.”

Please visit the relevant section of the [DfE website here](#) where you will find all the information you need to register and then run the scheme in your school.

Help decide on the theme of Anti-Bullying week 2020!

Hot on the heels of Anti-Bullying Week 2019, the Anti-Bullying Alliance has announced that Anti-Bullying Week 2020 will be held from Monday 16th - Friday 20th November. In a twist to the normal planning process, the Anti-Bullying Alliance is asking for ideas from schools to help them decide upon a theme for the week. They have created a couple of surveys to collect feedback from school staff and children and young people.

If you'd like to take part, then please fill in the relevant survey below by Friday 28th February 2020. Colleagues are encouraged to share the children and young people's survey link with their pupils if they feel this is useful.

- **School staff and other children's workforce professionals survey:** <https://antibullyingalliance.typeform.com/to/BdGLa7>
- **Children and young people survey:** <https://antibullyingalliance.typeform.com/to/glhycG>

Once the Anti-Bullying Alliance has collated the feedback, ideas will be taken to a panel of young people who will help to formulate the theme. The theme will then be launched later on in the year.

Updated PSHE Association Programme of Study released

Most colleagues will know (where have you been hiding if not?!) that the majority of PSHE education becomes statutory for all schools from September 2020. This includes Relationships Education at key stages 1 and 2, Relationships and Sex Education (RSE) at key stages 3 and 4, and Health Education in both primary and secondary phase schools. In response to this, the PSHE Association has updated its widely used Programme of Study document for PSHE education.

The newly released and updated edition of the Programme of Study will support schools in providing a comprehensive programme that integrates, but is not limited to, this new statutory content. Most notably, economic wellbeing and education, careers and enterprise education has been omitted from the new statutory guidance but remains an important part of any effective PSHE education programme.

On the launch of the updated document, PSHE Association Chief Executive Jonathan Baggaley said:

“This updated Programme of Study will support schools to plan with confidence for statutory relationships, sex and health education within a PSHE programme that also covers vital economic wellbeing, careers and enterprise education.”

This is a momentous year for PSHE education, and an opportunity to ensure that all children and young people receive the preparation for life that they need and deserve. We will be publishing more tools and guidance than ever to help schools and look forward to supporting you in the year ahead”

Association members and non-members can [download the updated Programme of Study here](#). We would urge you to do so to support your PSHEe planning and wider preparations for statutory status. As ever, should you need help with this then our service is ready to support you and your school.

Ofsted annual report highlights peer-on-peer abuse as issue

Ofsted has published its annual report looking at schools, early years, further education and skills, and children's social care in England for the academic year 2018/19. The commentary by Her Majesty's Chief Inspector Amanda Spielman includes a section (p.13) on peer-on-peer abuse which quotes NSPCC Childline statistics.

“In autumn 2018, the National Society for the Prevention of Cruelty to Children (NSPCC) reported a 29% increase in children seeking help from Childline after peer-on-peer abuse. This includes physical, sexual and emotional abuse, both in person and online. The issue has also understandably caught the attention of the media recently. It is an area that requires effective working across the system, which is too often lacking.”

Peer-on-peer abuse that involves sexual assault and violence almost always needs a coordinated response from health, education, police and social care agencies. Children who develop harmful sexual behaviour have often experienced abuse and neglect themselves. As well as supporting and protecting the victim, and taking appropriate punitive and safeguarding action, professionals need to consider whether the perpetrator could be a victim of abuse too.”

Signposting and partners

In this section we flag services and partners which we feel might be of interest to schools and beneficial to their work around the PSHEe and health and wellbeing agenda, across a variety of related themes. Please let us know if you have used any other reputable agencies or services and we will be happy to highlight these with colleagues too!

S4S support for staff mental health and wellbeing

Did you know that S4S also have a range of services to support staff mental health & wellbeing?

S4S's HR team are committed to supporting school leaders, teachers and support staff in ensuring that their mental health and wellbeing is prioritised as part of a whole-school approach to improving this vitally important area. We recognise that positive employee mental health and wellbeing is essential in creating a healthy and supportive environment for all, especially given the renewed emphasis on the workload and wellbeing of staff within the new Education Inspection Framework.

S4S have a range of related services for staff but in this bulletin, we'd like to introduce you to our Enhanced Wellbeing package, delivered through our HR Consultancy service offer, which provides School's/Trust's/MAC's with the opportunity to improve the health and wellbeing of employees by engaging and motivating staff through employee incentives. To enable you to achieve this, S4S have partnered with Paycare (formerly Patients Aid), a not-for-profit organisation and one of the UK's most respected health cover providers.

The Enhanced Wellbeing package offers a fantastic range of effective wellbeing services and employee incentives designed to look after your employees' physical, mental and financial health, including:

- **A confidential support and counselling service, available around the clock (24/7) enabling employees to access assistance on a wide range of topics including everything from dealing with depression, stress and anxiety, to alcohol and drug abuse, family or relationship issues and even legal or tax support.**
- **MyPocket GP provides a virtual GP surgery in the palm of your hand. Whether you want to speak to a doctor during your coffee break or need medical support in the middle of the night, the MyPocket GP app provides employees with access to a qualified GP 24 hours a day.**
- **Paycare Perks is an employee incentive scheme rewarding employees with discounts on everyday experiences and purchases. Designed to help employees to look after their financial health, Paycare Perks is a fantastic discount scheme offering savings on gym memberships, Merlin Entertainments, cinema tickets and hundreds of high street, leisure, and health and fitness products and services.**

For further information about this or any of the other packages available via the S4S HR team please contact **0333 772 1272** ext. 710 or e-mail busdev@services4schools.org.uk

Growing up with Yasmine and Tom

We wanted to highlight some great new resources from the FPA which offer Primary schools the opportunity to address relationships and sex education (RSE) in an interactive and engaging way as part of a PSHE education programme of study

'Growing up with Yasmine and Tom' is an online resource which includes a series of flexible, age-appropriate lesson plans and fun, interactive whiteboard activities for children aged 5–11. Animation, sound and touch-screen activities bring the characters Yasmine and Tom to life, as they cover topics including the body, relationships, families, friendship, online and offline safety, and puberty.

The resources have recently been reviewed and relaunched to ensure that they are up-to-date and meet the requirements (and more) for primary schools around statutory relationships education from September 2020.

To find out more about the resources, including how you can access a free trial, then please visit:

www.fpa.org.uk/relationships-and-sex-education/growing-up-with-yasmine-and-tom

Training opportunities

As well as our central training programme, we are also able to offer 'twilight' training opportunities to enable schools to effectively deliver key learning points to wider groups of staff. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

For this school year, we have developed a couple of new training sessions specifically for primary and secondary phase colleagues focussing on Relationships Education/RSE and Health Education. These build upon the previously popular cross-phase 'RSE: Updates and Preparing for Statutory Status' course and take more of a phase-specific 'deep-dive' into related themes.

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

Service Training Calendar: February 2020 – May 2020

As part of our regular programme of training available to all school staff, we will be running the following courses over the next few months. These training sessions are open to all, regardless of whether your school is signed up to a service package with us or not, so please do come along. Most of our sessions run in Wolverhampton, but we are always looking to move these around to ensure everyone can attend at a convenient geographical 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
Getting Ready for Statutory Relationships Education in Primary Schools (Primary phase only)	Wednesday 26th February, 12.45pm – 4.30pm
Getting Ready for Statutory Relationships & Sex Education in Secondary Schools (Secondary phase only)	Friday 6th March, 12.45pm – 4.30pm
Assessment in PSHE Education (Primary phase only)	Wednesday 18th March, 12.45pm – 4.30pm
Dealing with Drug Related Incidents in School	Tuesday 24th March, 1pm – 4.30pm
Getting Ready for Statutory Health Education	Thursday 2nd April, 12.45pm – 4.30pm
Getting Ready for Statutory Relationships Education in Primary Schools (Primary phase only)	Friday 1st May, 12.45pm – 4.30pm

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

We are always looking to develop new training sessions to better meet the changing needs of schools, so if you have any suggestions or specific needs then please let us know.

CONTACT DETAILS

We would love to hear from you! Contact us via:

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

