



**H**appy New Year to you all from the S4S School Health & Wellbeing Service! We hope that you had a lovely Christmas break with your family and friends. At long last, 2020 is finally upon us... the year of statutory RSHE!! To help ease you back into the new decade, we hope that this edition of the service e-bulletin will give you valuable updates on the world of PSHE education and stories from the related health and wellbeing arena.

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, DfE, NSPCC, 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
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## S4S School Health & Wellbeing Service support offer 2020/21

It's that time of year again where schools will be considering all elements of support that they need for the coming financial year. Our new service brochure for 2020/21 will be out with schools later this month but in advance of this we thought we would remind you of what you can access from our service!

The School Health & Wellbeing 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 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. 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 mean improved outcomes for children and young people. We can offer you the additional capacity and expertise to help you achieve this.

Benefits of using 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**

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- **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 of support run during the financial year (so from April 2020 to March 2021) and offer a cost-effective, high-quality and individual focus for schools.

Please contact the School Health & Wellbeing Service via [busdev@services4schools.org.uk](mailto: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 support visit to discuss individual school requirements and determine a bespoke support package.

We are hosting a FREE PSHE education network meeting on Thursday 30th January where, amongst other things, there will be an opportunity to find out about the services that we offer. We'd love to see you there and talk to you about how we can support your school if you are interested in finding out more! Please see the training opportunities section at the end of the bulletin for further details about this FREE session.

*“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*

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## Personal, Social, Health, and Economic education updates

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

### Childline annual review 2018/19

As part of its regular feedback and reporting mechanisms, the NSPCC Childline service has recently published its 2018/19 annual report into the work it has done with children and young people. This annual report always makes interesting reading and reinforces the vital importance that high-quality, universal PSHEe provision plays as one of the fundamental first steps in protecting and supporting children.

In 2018/19, Childline provided 250,281 counselling sessions to children and young people. The top three concerns that young people were counselled about were mental and emotional health; family relationships; and suicidal thoughts and feelings. To give this context though, 45% of **all** the Childline counselling sessions related to emotional health and wellbeing (including self-harm and suicidal thoughts and feelings).

Other notable headlines from the review include:

- **The top three concerns on the Childline message boards were: sex and sexual health; self-harm; and relationships**
- **There were 19,847 counselling sessions where a child or young person's main concern was abuse (this includes sexual, physical or emotional abuse and neglect). This represents 8% of the total number of counselling sessions.**
- **There were 4,500 counselling sessions about child sexual exploitation (CSE) – an increase of 16% since 2017/18.**
- **In over 34,500 counselling sessions, the young person said a Childline counsellor was the first person that they had talked to about their problem**
- **A 90% increase in the number of counselling sessions in which young people talked about confidence issues versus the previous year. Young people talked about a range of issues affecting their confidence, including body image, bullying, critical parents, academic performance and relationship problems.**
- **74% of counselling sessions took place online**

To read the Childline Annual Review 2018/19 in full please click [here](#).

## Addressing gambling via PSHE education – new handbook launched

The independent charity GambleAware recently commissioned the PSHE Association to create materials that support teachers to address gambling harms sensitively and effectively through their PSHE education curriculum. This work now sees the release of a new teacher handbook aimed at PSHEe subject leads and teachers.

GambleAware champions a public health approach to preventing gambling harms and the new handbook collates research into how the PSHEe curriculum can help to address gambling. It identifies relevant knowledge, skills and attributes students should develop during primary and secondary education and is particularly relevant given that secondary schools will be required to 'teach about the risks related to online gambling including the accumulation of debt' as part of new statutory requirements from September 2020.

Dr Jane Rigbye, Director of Education at GambleAware:

***“We know that more children have gambled, than smoked cigarettes or taken drugs in the last week, but very few have actually been taught about the risks associated with gambling and what the signs of problem gambling are. By working closely with the PSHE Association we have been able to better understand what works when it comes to teaching children about gambling harms.”***

Jonathan Baggaley, Chief Executive of the PSHE Association:

*“Teaching about the risks of gambling is a natural fit for the PSHE curriculum, and indeed teaching about the risks of online gambling will be a compulsory aspect from next year. This handbook marks the first product of our partnership with GambleAware and we look forward to launching lesson plans and other materials in the New Year to further support schools”*

'How to address gambling through PSHE' can be downloaded [here](#).

## Survey finds that more than one in 10 children miss school due to bullying

The poll, commissioned by the Anti-Bullying Alliance as part of its activity around the recent Anti-Bullying Week 2019 campaign, questioned over 1,000 UK secondary school children. It found that almost one in three (31%) said they had been bullied “a bit” and an additional 4% said they had been bullied “a lot”.

The poll also showed that children are changing their behaviour to avoid being bullied:

- **More than one in 10 have missed school**
- **14% said they have changed their journey to and from school**
- **Almost one in five have avoided spending time with friends and on social and gaming platforms.**

73% of children said that adults needed to step up to help tackle the problem, and a quarter of those asked said grown-ups were not good role models for online and face-to-face behaviour:

When asked who they thought had the power to reduce bullying of children and young people, the most popular answer was schools and other educational settings at 74%, followed by parents and carers (64%) and children and young people (56%).

Martha Evans, director of the Anti-Bullying Alliance, said:

*“If one in 10 children have reported missing school because of bullying, we clearly have a problem. To turn this around, it’s important to bear in mind that everyone has a part to play in reducing and stemming the impact of bullying.”*

Visit the Anti-Bullying Alliance website [here](#).

## Signposting and partners

In this section we flag services and partners that might be of interest to schools and beneficial to their work around the health and wellbeing of pupils, across a variety of related themes. Please let us know if you have used any reputable agencies or services and we will be happy to highlight these and help spread a little knowledge!

### **The Dog, Duck & Cat Trust – crowdfunding appeal!**

As regular readers will know, we are big fans of The Dog, Duck and Cat Trust, a small local charity that provides educational, preventative, and harm minimisation resources for children aged 0 – 9 years of age, with a focus on safeguarding, promoting safety and developing a child's resilience.

The Trust's stories and resources cover topics such as school readiness, being a good friend, safety around cars, water safety, sun safety, choking hazards, household products, developing empathy skills, addressing exploitation and bullying, and dealing with bereavement. They are well suited for use within PSHEe sessions, but also lend themselves well to wider use across school, especially in EYFS and KS1.

The Trust is keen to develop even more materials to further meet the needs of children. It has found recently that it is receiving more and more requests from professionals and parents for stories and resources that cover dealing with feelings, emotions, stress and anxiety, what to do if you are worried about things, as well as giving children practical tips and solutions for coping with everyday life. The Trust has decided that this is too important to ignore so has set up a new project called 'What's Up Duck?' to address these and other related mental/emotional health needs.

As with any small charity, money is always tight, so they have set-up a crowd funding page via GoFundMe to try and raise some funds. This is something new for the charity, so any help with sharing this project or even in donating would be gratefully received! More details can be found here:

**<https://www.gofundme.com/f/whats-up-duck>**

For further information about the Dog, Duck and Cat Trust, or to ask any questions about the 'What's Up Duck?' project please contact them:

Email: **[info@dogduckandcat.co.uk](mailto:info@dogduckandcat.co.uk)**

Twitter: **[@dogduckcat](https://twitter.com/dogduckcat)**

Facebook: **[dogduckcat](https://www.facebook.com/dogduckcat)**

Website: **[www.dogduckandcat.co.uk](http://www.dogduckandcat.co.uk)**

## Training and development

As well as our centralised 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 also 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 and Mental Health and Emotional Wellbeing. These can be delivered in-school to Governors to make them as accessible as possible.

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

### Service Training Calendar: January 2020 – April 2020

As part of our regular programme of training available to all school staff, we will be running the following courses over the Spring term. 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 at the Molineux 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
Basic Drug Awareness/Drug Education Introduction	Friday 24th January, 1pm – 4.30pm
School Health & Wellbeing Service: FREE PSHE Education Network Meeting	Thursday 30th January, 1.15pm – 3.45pm
Getting Ready for Statutory Health Education	Friday 7th February, 12.45pm – 4.30pm
Self-Harm in Children and Young People:	Wednesday 12th February, 12.45pm – 4.30pm
Getting Ready for Statutory Relationships Education in Primary Schools (Primary phase only)	Wednesday 26th February, 12.45 pm – 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

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](http://www.services4schools.org.uk/training)

We are always looking to develop new training sessions to 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 to talk to you about how we can help!

Contact us via:

email: [info@services4schools.org.uk](mailto:info@services4schools.org.uk) or [russell@schoolhwb.co.uk](mailto:russell@schoolhwb.co.uk)

