



School Health & Wellbeing Service

e-bulletin

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Welcome back to the last leg of this academic year – it'll soon be time for the beach!

Until then, we have put together our regular selection of useful and practical updates for you in this final edition of the **S4S School Health & Wellbeing Service e-bulletin for academic year 2018/19. We hope that the information is of use to you in your PSHEe-related work in school.**

We are keen to ensure that this bulletin gives you what you need, so if you'd like to get in touch with any suggestions around the format or content, or to share any resources and best practise with others then please contact us.

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

Please enjoy this edition and we'll see you again in September at the latest!

What's inside?

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

Access the S4S School Health & Wellbeing Service to help you prepare for 2020!

As colleagues will know, we now have just over 3 school terms to go before the statutory requirements around RSE and Health Education kick in. A big part of our work with schools currently is therefore in helping them to evaluate their current offer and ensure that any gaps in provision are filled so that school is 'ready to go' in advance of September 2020.

For those of you who are not yet familiar with us, the S4S School Health & Wellbeing Service offers specialist, high-quality support around the health and wellbeing practise of schools, particularly in relation to Personal, Social, Health & Economic education (PSHEe). The service's main motivation is to empower and support your school's delivery of PSHEe and whole-school approaches to promoting pupil health and wellbeing.

Please contact the S4S School Health & Wellbeing Service via info@services4schools.org.uk if you would like any further information or to receive a brochure with full details of our offer. Any school interested in finding out how the service can best support them is able to access an initial no obligation one-hour support visit to discuss school requirements, pupil need and determine a bespoke support package.

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Personal, Social, Health, and Economic education updates

A quick look at some of the more interesting PSHE education-related updates from across the sector...

Celebrate RSE Day - 27 June 2019

An opportunity to shine a light on the importance of RSE will be taking place at the end of June. RSE Day is the original idea of Nottingham City Council and first took place in June 2018. This year, Nottingham City Council is working in partnership with the Sex Education Forum to increase the profile of **RSE Day 2019** across the country. This is obviously an excellent opportunity to highlight the importance of this vital theme within PSHE in schools, especially ahead of statutory Relationships Education and Relationships and Sex Education from September next year.

Whilst good quality RSE needs to happen all year round as part of a planned, age-appropriate curriculum, the aim of RSE Day is to improve the quality and reach of relationships and sex education provided for children and young people by celebrating good practice that educates children and young people about healthy relationships and positive sexual health.

The main principles of RSE Day are:

- **RSE helps keep children safe – this is based on evidence**
- **RSE lessons should be enjoyable and useful / relevant**
- **RSE happens in school and at home**
- **RSE involves communication between people**
- **RSE involves people of different ages and starts young to support life-long learning**

RSE Day encourages schools and the wider community to get involved and asks everyone to consider their role in positive, effective RSE so that children receive the best possible support and guidance.

To find out more about the day, including resources and ideas to help your school to get involved, please visit **RSE Day 2019**. You will also note that we have an RSE updates training session taking place on the 4th July, so why not book your place on that too?! See the training and development section for more details.

Free CPD opportunity on preventing extremism and radicalisation

The PSHE Association are offering a series of free training days for primary and secondary phase PSHE leads on challenging and preventing extremism. The Home Office has provided funding for the sessions as part of its 'Building a Stronger Britain Together' programme.

The training aims to help teachers develop the skills, knowledge and understanding to plan and teach this challenging and sensitive aspect of PSHE education. It will explore what makes young people vulnerable to all forms of extremism and radicalisation, and the protective and preventative factors PSHE education helps to develop. Attendees will be given practical solutions and materials to review, plan and implement within their PSHE education curriculum.

The Association are expecting a big response to the sessions, so are asking colleagues to initially register their interest for a place on one of the sessions taking place in London or Leeds. To find out more please visit the relevant section within the **PSHE Association website**.

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Exam stress causes children to turn to Childline

Recent figures show that Childline gave 2,795 counselling sessions about exam stress in 2018/19 - around a third of them taking place during the months of April and May. The most common age for exam stress counselling was 15 years of age with 21% of counselling sessions, followed by 16-year olds with 14% of counselling sessions. Whilst this is hardly a surprise given the focus on GCSE's at this age, it is a timely reminder that schools need to do all they can to support pupils around this time of year.

From the counselling sessions delivered, young people's worries included:

- **disappointing their parents**
- **trying their best and still failing**
- **excessive workloads**
- **feeling unmotivated to revise**

Other young people said worrying about taking exams was negatively affecting their mental health, causing some to feel suicidal or turn to self-harm to cope.

Childline has a range of advice and support for young people around exam stress and pressure on their website – well worth a look and signposting your pupils to – [click here to visit](#).

Research opportunity for teachers: attitudes to teaching PSHE

The PSHE Association is looking for teachers of PSHE education to help them with a research project. The purpose of this research is to explore how teachers feel about teaching PSHE education, and how the characteristics of teachers and their experiences might impact upon PSHE teaching.

The research project is aimed at any teachers who have taught, or expect to teach, PSHE education and is being undertaken for the PSHE Association by a student at the London School of Hygiene and Tropical Medicine (LSHTM) as part of their MsC in Public Health.

Those colleagues who are selected will be asked to take part in a face-to-face (or phone/Skype) interview, which is likely to take up to one hour – all answers will be anonymous. Interested parties should email the PSHE Association via info@pshe-association.org.uk by the 28th of June to register their interest. Participants selected for interview will be given a £30 John Lewis voucher each, so get registering!

My Money Week coming up on 10 – 16 June!

Brought to schools by Young Money, **My Money Week** is a national activity week for primary and secondary schools that provides a fantastic opportunity for young people to gain the skills, knowledge and confidence in money matters to thrive in our society. As such, it is an excellent opportunity to focus on economic education as part of your PSHE education curriculum.

Supported by Santander, the event aims to get young people excited and interested in financial matters. It's a great introduction for teachers who are new to financial education and each year it provides brand new resources, materials and ideas for those already teaching it.

Visit the [My Money Week](#) website to find out more and take part in this well-established annual event.

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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!

Choices Programme from Lime

Midlands based engagement agency Lime has launched an interactive programme across primary schools that helps pupils to make the right choices.

The Choices Programme utilises interactive software on tablet devices to help young people understand who they are and the process of how they make their choices. These highly engaging, interactive stories feature characters designed to be similar to them who face similar challenges in their lives. Accompanying teaching resources guide pupils to consider what influences their choices, how they make decisions and what the potential outcomes are with facilitated discussion and group activities in the classroom as part of a fully resourced unit of work.

The stories and accompanying materials were designed using a collaborative process that put young people at the heart of the development. Primary schools across the Midlands as well as other parts of the country are using the Choices Programme with pupils in years 5 and 6 to support their PSHE-related provision. Early success has led to the programme being broadened to secondary settings and providing a much-needed opportunity to prepare children to better cope through transition. New elements are currently being finalised and will be rolled out early in the 2019/20 academic year for years 7 and 8.



Roseanna Orsi, assistant headteacher of Wexham Court Primary School, said: "The Choices Programme is unique in its content and delivery. It really enhances children's awareness of their own identity and the identity of others, providing them with the ability to self-regulate and reflect upon their emotions and experiences.

"It also provides a platform for children to challenge, debate and discuss lots of topical issues that will prepare them so effectively for their lives."

Mark Ashfield, founder of Lime, said: "Our research shows that children and young people are more open to influence than ever before, particularly in an increasingly digital world. We have to take steps to help them understand the many opportunities and advantages this brings while also being aware of the risks.

"The Choices Programme was developed to do exactly that, helping young people to understand who they are, the process of making good choices and importantly what can drive those choices, in order that they can successfully navigate the world and build their own better futures."

To find out more information about how the programme could be used in your school, please contact mark@engagelime.com. You can also take a look at a 'showreel' featuring excerpts from the resource along with professionals and pupils talking about the programme here – [The Choices Programme](#)

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 training sessions available to the school workforce.

Service Training Calendar: June – October 2019

These training sessions are open to all, regardless of whether your school is signed up to a service package or not. Most of our sessions run 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, then please get in touch!

Training session	Date/time
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
Understanding PSHE: An Introduction for New Coordinators	Wednesday 25th September, 12.45 pm – 4.30 pm
Understanding the Impact of Online Pornography on C & YP	Thursday 3rd October, 12.45 pm – 4.30 pm
Assessment in PSHE Education (Primary phase only)	Thursday 10th October, 12.45 pm – 4.30pm
Effective Student Councils: Helping Pupils to Use Their Voice	Friday 18th October, 12.45 pm – 4.15 pm
Basic Drug Awareness and Drug Education Introduction	Thursday 24th October, 1pm – 4.30 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

