



**School Health &
Wellbeing
Service e-bulletin**

March 2022

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Welcome!

Welcome back to the second half of the spring term. The world feels like it's going a little bit wobbly right now, so once again this reminds us of the real moral, philosophical and practical value of PSHE education in supporting our children's understanding of the complex world around them.

We hope that this latest edition of our service bulletin will provide you with the distraction of valuable updates from the world of PSHE and the related health and wellbeing arena, all of which might help to make your working lives a wee bit easier.

We've got the regular reminder about our service - the new service brochures should have reached schools by now but let us know if you'd like one emailed out to you - and the rest of this term's training programme is included too. Enjoy the read and we hope it's helpful. Previous issues of all our service bulletins can be accessed [here](#).

Please note, the stories in this e-bulletin are sourced from a range of services including the PSHE Association, Brook, DfE 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 opinions of the S4S School Health & Wellbeing Service.

S4S School Health & Wellbeing Service support offer 2021/22

Our new service brochure for financial year 2022/23 is out now! Whether you are one of our existing service-user schools, an ad-hoc attendee at our popular training sessions or haven't got the foggiest what we do but would like to find out more, then please let us know if you have any questions or queries about the range of PSHE education-related support that we can offer. Here's a bit about what we do and why...

The S4S School Health & Wellbeing Service is provided as a partnership between S4S 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 education (PSHEe)

- an agenda which is now a high priority for all stakeholders. 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.

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 support to help you achieve this!

School Health & Wellbeing Service 2022-23



Delivered in partnership with Health & Wellbeing in Schools Ltd a specialist Personal, Social, Health & Economic (PSHE) education consultancy business, our service offers a broad range of high-quality support around the health and wellbeing practice of schools, particularly in relation to PSHE education – an agenda which is now a high priority for all stakeholders.

The School Health & Wellbeing Service provides additional capacity and expertise to empower and drive 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 Relationships, Sex & Health Education (RSHE). This is achieved through a combination of consultancy and advice, curriculum support and professional development all tailored to suit your specific needs.

Benefits to your school

Specialist support from a dedicated advisor to your school

High-quality advice, guidance and consultancy support to senior leadership teams, governing bodies, and teachers around PSHE themes

Reliable advice on effective PSHE planning, delivery and subject coordination, including guidance on appropriate curriculum materials and resources

Ensure best practice on statutory and non-statutory policies within PSHE-related themes

High-quality professional development opportunities covering the breadth of PSHE to improve staff knowledge and confidence in delivery

Support around emerging and statutory priorities, such as Relationships, Sex and Health Education (RSHE)

Schools that are interested in purchasing support from this service can access a no obligation consultation to discuss school requirements and determine a bespoke support package.

SERVICE OFFER

Our packages give access to all elements of support provided by the service, which can include*

An audit of your school's PSHE provision and support in creating an action plan for achieving and evidencing improvement. This can be used to evidence meaningful contributions to the current Ofsted Education Inspection Framework.

A PSHE curriculum review to ensure compliance with statutory curriculum requirements within PSHE

Curriculum development and signposting to appropriate resources to ensure best practice, and support in mapping these into your provision

Support to develop the role, effectiveness, and impact of the PSHE subject lead in school

An online training programme suitable for PSHE subject leads, teachers, governors, and other school staff

In-school training for staff and governors on PSHE-related themes

PSHE education-related policy review and development. E.g. RSE, Anti-bullying, PSHE Drug Education etc.

Parent/Community engagement and workshops on PSHE-related themes

Access to a half-termly S4S School Health & Wellbeing Service e-bulletin with relevant updates across PSHE-related topics

Priority access to service events and training opportunities, including termly PSHE Network Meetings

Further services and bespoke support around PSHE-related themes can be developed upon request

Standard Service (2 days access to any service element)

Enhanced Service (4 days access to any service element)

Enhanced-plus Service (8 days access to any service element)

All elements of support are also available on an ad-hoc basis. To access support outside of a service package, please contact us to make a booking and discuss your requirements.

*NB. Any use of the service is deducted from the relevant number of days/hours purchased. Please note that one day is classed as 7 hours.

Within any package of support, physical visits into school will equate to a minimum of half a day of service use.

Access to the service that does not require a visit into school or any preparation or pre-planning work, for example policy review or a piece of an online training course, will be deducted at an hourly amount from the purchased package. All service work will be agreed in advance with schools and updates on usage will be provided upon request.

Some of the benefits of using the S4S School Health & Wellbeing Service include:

- ✓ Specialist support from a dedicated advisor allocated to your school
- ✓ High-quality advice, guidance and consultancy support to SLT, governing bodies and teachers around PSHEe themes
- ✓ Reliable advice on effective PSHE planning, delivery, and subject coordination, including guidance on appropriate curriculum materials and resources
- ✓ Ensure best practice on statutory and non-statutory policies within PSHEe-related themes
- ✓ High-quality professional development opportunities to improve staff knowledge and confidence in delivery
- ✓ Support around emerging and statutory priorities, such as Relationships, Sex and Health Education (RSHE)

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 and support 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 also visit the Health & Wellbeing in Schools website [here](#) to find out more about what we do, and visit our section of the S4S website [here](#) for more details about our partnership with S4S.

Schools that are interested in purchasing support from this service can access a no obligation consultation to discuss school requirements and determine a bespoke support package. So, please get in touch - we love to talk about PSHE!!

Personal, Social, Health, and Economic education updates

The ever-present roundup of recent stories and news from across the field of PSHE education...

Brook's Big RSE Lesson Live!

On the 9th of February Brook delivered the UK's biggest ever virtual RSE lesson, with 15,000 young people from over 600 schools across England and Wales tuning in to watch a free hour-long session. The lesson was led by expert Brook educators and covered LGBT themes, and included a myth-busting quiz, with over 1800 young people answering questions in real-time.

This session is now available to watch again and would be great to use in secondary schools, either as a resource directly with students or as a way of pinching some great ideas and practice for deliverers!



To access the on-demand RSE session, visit [Brook's Big RSE Lesson Live 2022 - Learn Live \(learnliveuk.com\)](https://learnliveuk.com)

Learn **Live**

NEW PSHE RESOURCES TO CHECK OUT!

As regular readers will know, we always like to signpost to useful and practical materials that can be used in schools to build on existing PSHE-related practice. Here are a few recent releases that might be worth checking out, all downloadable via the links provided! As with any resource, please take the time to make these are right for your setting and the needs of your children.

[Wellbeing Toolkit from City of Wolverhampton Council](#)



This new KS2 toolkit from City of Wolverhampton Council has recently been awarded the PSHE Association Quality Mark and helps pupils to understand the importance of taking care of their own mental health and offers them key knowledge alongside practical skills and strategies.

The toolkit contains six lessons for upper KS2 pupils, along with accompanying resources. Activities provide opportunities for pupils to apply their learning and to identify different strategies they can use, including problem solving skills and handling emotions to help develop their resilience. Well worth a look to enhance your existing provision and hit some more of those statutory RHE requirements too! The link provided is via the PSHE Association website.



CITY OF
WOLVERHAMPTON
COUNCIL



HeadStart
Wolverhampton

PSHE
Association

Parental separation resource from University of Exeter - Rosie's Story

Rosie's Story is a fun and interactive two-part lesson plan that deals with the tricky subject of parental separation. For use with Upper Key Stage 2 pupils, it was devised by Prof. Anne Barlow and Dr Jan Ewing at Exeter Law School in collaboration with two national charities, The National Youth Advocacy Service (NYAS) and The National Association of Child Contact Centres (NACCC).

The lessons normalise the range of emotions that children go through when parents separate and teach children about the sources of help available to them, also using the UN Rights of the Child as a basis for building understanding. The pack includes PowerPoints, a teacher guide and an infographic.

As these materials have been awarded the PSHE Association Quality Mark and help primary schools to hit a number of statutory RHE requirements, we would recommend taking a look, either for universal or targeted use with pupils.



Click [here](#) to read Rosie's story

Explore permission, consent & personal boundaries in 'Being With Me'



Being With Me is a new KS2 Primary classroom PSHE curriculum resource from the not-for-profit creative organisation A New Direction, developed in partnership with the School of Sexuality Education and poet Dan Simpson.

**A NEW
DIRECTION**
We create **opportunity**

Through class discussion and creative writing, Being With Me pupils will explore the notion of permission and consent and what it means for them. These two-lesson (more if you tweaked them) resources look a bit different, and help to address some statutory and important, topical issues for schools in a creative way, so they are worth a look to consider using with upper KS2 pupils. **Also free!**

Understanding migration, British Red Cross

The [British Red Cross](#) have produced plenty of decent quality materials on a range of themes over recent years. Given the current events unfolding in Europe, these activities to help young people understand migration and refugees are worth a mention.

There are a number of resources that are suitable for primary and secondary school aged learners aged 7 to 18. Worth taking a look at the rest of the material that the British Red Cross have available whilst you're there, too.



BritishRedCross

New DfE research report on children's wellbeing

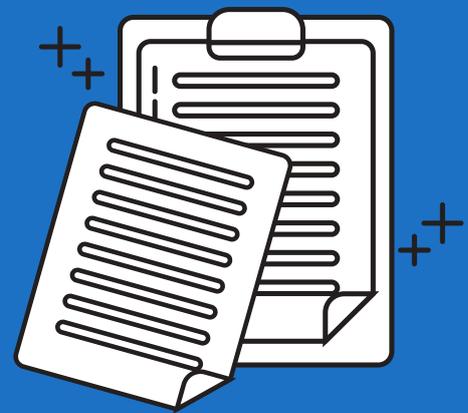


Department
for Education

The DfE have recently issued a 'state of the nation' report into the wellbeing of children and young people. In the third version of this report, which looks at evidence for the academic year 20/21, the data presented draws upon a range of existing information sources across all sectors to reflect the experiences of children and young people aged 5 – 24 during this period.

The report presents key findings across some of the following themes considered to impact upon or reflect wellbeing:

- Personal wellbeing
- Mental and physical health
- Education and skills
- Relationships
- Physical activity
- Self, society, and the future



This report aims to provide a shared evidence base for everyone - in government, services, schools & colleges, parents & families, communities, and employers - to reflect and build upon to deliver better wellbeing outcomes for all children and young people, especially against the backdrop of the pandemic.

Given the breadth of the research and the data sources used, it's a bit of a monster read at a whopping 232 pages long, but fortunately there is an executive summary which may be worth an initial look to check out the key findings and then see if you would like to delve deeper.

Click the links below to access each of these documents:



[Full report here](#)

[Executive summary here](#)

FREE WEBINAR FROM THE ANTI-BULLYING ALLIANCE



The Anti-Bullying Alliance is offering free CPD linked to its United Against Bullying (UAB) whole-school anti-bullying programme, which we have reported on in previous editions of this bulletin.

The great news is that this is also open to anyone who works with children in England! The training aims to develop understanding of bullying and those most at risk and improve confidence in preventing and responding to bullying. The final session of the course is an optional workshop for schools registered on UAB to provide practical support on the programme.

To find out more about this training and to register on one of the sessions running through March and April, [visit the ABA website here.](#)



**ANTI-BULLYING
ALLIANCE**



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, in both 'bitesize' and more in-depth formats. 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.

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 these sessions for a whole-staff online twilight session for your school? We can do this too - for a discounted rate per delegate! Please do get in touch with 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: March 2022 - May 2022

AAs part of our regular programme of online training available to all school staff, we will be running the following courses over the next few months - we are always adding more, though! Click the title of each course in the table below to go straight to the booking page for each session.

TRAINING SESSION	DATE/TIME
NEW! <u>Twilight webinar: Staff Wellbeing – Mindfulness & Meditation Workshop</u>	Wednesday 9 March 3:45pm to 5pm
NEW! <u>Relationships & Health Education (RHE): Addressing Sexual Harassment with primary age learners</u>	Friday 11 March, 1pm to 3pm
NEW! <u>Twilight webinar: Youth Produced Sexual Images (Nudes): Understanding the issues & managing incidents</u>	Thursday 17 March, 3:45pm to 5pm
NEW! <u>Twilight webinar: Mindfulness strategies to use in the classroom (primary-phase)</u>	Wednesday 23 March 3:45pm to 5pm
<u>OFSTED & PSHE Education: Making the Links</u>	Tuesday 29 March, 1pm to 3:15pm
NEW! <u>Twilight webinar: Statutory Health Education. Are You Implementing Correctly?! (Primary-phase)</u>	Tuesday 5 April 3:45pm to 5pm
NEW! <u>Twilight webinar: Introduction to Drug Education</u>	Thursday 5 May 3:45pm to 5pm

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'd like some CPD on, then please get in touch and let us know - we can always create new content

Contact details

Don't be a stranger - we would love to hear from you!

Contact us by email via:



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or

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**Health & Wellbeing
in Schools**

PSHE Education Consultancy

www.schoolhwb.co.uk



www.services4schools.org.uk/school-health-wellbeing-service/