

## Hi everyone,

Whilst enjoying Issue 10, please remember that all previous issues are available [here](#) (click on health and wellbeing in school settings and scroll down). March's return of all pupils will likely brighten the spotlight on PSHE, particularly in relation to supporting wellbeing and transition. We hope this month's content will be useful as you strive to meet these challenges. Our issue 10 highlights include; *Kidscape's RISE programme offer (pg1)*, *Minded's 'wellbeing for education return' resources (pg1)*, *The PSHE Association FREE twilight sessions (pg2)*, and *Women's Aid's updated Expect Respect toolkit (pg1)*. The Public Health & Wellbeing Schools' Virtual Team of Nikki Giles, Helen Cleugh and Emma Hoggett are still here to support you. Any questions or queries contact: [healthinschoolprogramme@southglos.gov.uk](mailto:healthinschoolprogramme@southglos.gov.uk)

## Health in Schools Programme – Silver Award

We are excited and proud to share with colleagues the brilliant news that *Holy Trinity School* have been successful in achieving their *Silver Health in Schools award*.

Holy Trinity chose physical activity as their behaviour change theme. They identified that three days a week pupils had no cardiovascular activity other than play time or extra-curricular sports clubs. PE lessons were also shortened because of changing times. All classes now go out for the daily mile at a time when it feels appropriate to take a brain break from work. All pupils now have 2.5hrs of physical activity per week. Staff noticed that children have increased their pace, hence showing signs of greater levels of fitness and improved stamina.

Holy Trinity have identified their next steps as; improving the grounds for running; and, continuing to take part in the extra daily mile initiatives that are promoted. Much of Holy Trinity's award work was done pre-coronavirus. They are looking forward to continuing their efforts, and work on their next steps, how that schools have been able to open their doors to all pupils again!

All at South Glos Schools Virtual Team send a massive congratulations to our Holy Trinity colleagues.

## Public Health England updates

New and updated [Wellbeing for Education Return](#) resources are available to supplement existing local offers. These include a recorded webinar, '[Every interaction matters](#)', introducing a framework for promoting wellbeing, resilience and mental health, building on education staff's existing roles, skills and personal qualities. It is intended for use by education leaders with all staff in staff or INSET sessions, or for education staff to work through individually. This sits alongside the original Wellbeing for Education Return [content](#) covering issues such as bereavement, loss, anxiety, stress and trauma and signposting to free [information and resources](#) for education staff, children and young people, parents and carers.

## Kidscape RISE programme – new dates available

The Kidscape [RISE programme](#) for teachers and staff has proved incredibly popular. Of those teachers attending a RISE programme, **99% report feeling more equipped to help children return to the school environment**, creating communities of care, focusing on pupil wellbeing and emotional and mental health. Upcoming RISE programme dates are; 21<sup>st</sup> April, 5<sup>th</sup> and 19<sup>th</sup> May and 9<sup>th</sup> and 23<sup>rd</sup> June (all Wednesdays).

For further info and booking please email: [Sarah.lewis@kidscape.org.uk](mailto:Sarah.lewis@kidscape.org.uk)

## RSHE updates and resources (various)

### Women's Aid

Women's Aid have published an update to their [Expect Respect Healthy Relationships Toolkit](#). The toolkit, to be used with children and young people aged 4 to 18, is designed for work in schools and communities around holding conversations on violence and gender-based violence. It includes information on themes such as: assumptions about gender, power and equality; digital footprints; understanding consent online and offline and resolving conflict.

The Expect Respect toolkit aligns very well with, and builds on, the excellent [Promoting Healthy Relationships](#) resources produced by the NSPCC.

### Sex Education Forum

Schools are receiving many offers of help with RSE delivery from a range of organisations and individuals. Some of these may be familiar but others will be new. Published today, our new guide '[External agencies and RSE](#)' includes advice and checklists to support schools in ensuring quality provision.

Lucy Emerson, Director of the Sex Education Forum has recently published a very useful [blog post](#) which will be of interest to anyone colleagues who may be looking for creative ways to hear 'pupil voice' when it comes to RSE planning and delivery.

## Update from Kooth.com

[Kooth.com](https://www.kooth.com) is still available for young people aged 11 - 18 for free, safe and anonymous wellbeing support and advice. Those requiring virtual or recorded presentations for young people, staff refresher sessions or virtual support should email [rpotter@kooth.com](mailto:rpotter@kooth.com). Kooth.com also have a number of Live Forums coming up in March. These include;

**Friday 19th March – Pursuing Happiness:** To mark the International Day of Happiness, celebrated throughout the world on the 20th of March, this live forum will be delving deeper into what it means to feel 'happy'.

**Monday 22nd March – Spring'ing into Action:** The Spring Equinox marks being roughly ¼ of the way through the year. Here on Kooth, we think this could be a good time to pause, notice positive changes around us that may help to motivate us, and think about what we may want to achieve during the rest of the year.

**Wednesday 31st March – Social Takeover:** Easter Fun. After the success of reintroducing the social takeover at Christmas, we wanted to hand back over to you to round off the quarter! So in tonight's forum you will decide where the conversation takes us. The theme for the night is Easter Fun, so feel free to come along and share how you plan to keep busy this Easter Holiday!

For further details or to support pupils in accessing these live forums contact: [rpotter@kooth.com](mailto:rpotter@kooth.com)

## Important announcement from CEOP

CEOP have published an [updated list](#) of their 'current' resources. If you are still using any of the following; Lee & Kim, Hector's World, Jigsaw, Consequences, Tom's Story or Sam's Real Friends, please delete as they have now been 'retired'.

## Young People's Drug and Alcohol Services update

The PSHE association has produced a [guidance document for teachers](#) who are seeking to deliver drug and alcohol education. Packed with helpful advice, it covers topics like; questions you might face as well as common misconceptions to avoid and challenge. If you need any further support in delivering drug and alcohol related content please contact the Young People's Drug and Alcohol Service (YPDAS) on [yppservice@southglos.gov.uk](mailto:yppservice@southglos.gov.uk).

## And finally...

We want this to feel like 'your' bulletin. If you have comments, feedback, topic / focus suggestions etc, let us know: [healthinschoolprogramme@southglos.gov.uk](mailto:healthinschoolprogramme@southglos.gov.uk).

**Next issue available:** W/B: 5/4/21

## PSHE Association latest

The Associations' recently updated [Back to School packs \(KS1 – 5\)](#) are designed to support you to develop a transition strategy for your PSHE programme as part of a whole school reintegration approach that safeguards pupils and promotes wellbeing.

The Association have also published details of some FREE twilight sessions (22<sup>nd</sup> to 25<sup>th</sup> March). The focus will be on statutory RSHE implementation, engaging parents, race and PSHE education and teachers' own mental health and wellbeing. See below an overview of each;

**Engaging with Parents... in conversation with the NAHT and ParentZone:** A session on engaging parents with PSHE, incl. statutory Relationships and Sex Education (RSE), and ensuring a constructive partnership between parents and schools.

**Ready, Steady, RSHE! (Primary and secondary sessions):** The countdown to statutory RSHE is over! These 1-hour sessions (available for primary and secondary) from our Subject Specialists offer last minute practical guidance on effective and manageable next steps. They will also cover policy writing and pupils' return to the classroom.

**Race and PSHE education... in conversation with Jeffrey Boakye:** Our CEO Jono in discussion with author and teacher Jeffrey Boakye about what PSHE education can do to challenge racism; how all pupils can be represented and supported; and, how to support teachers from a diversity of backgrounds to teach the subject.

**Teacher Wellbeing... in conversation with Education Support and the Anna Freud Centre:** A session on teachers' mental health and wellbeing; the challenges of covering difficult topics; and, how teachers and pupils can get back on their feet. Our Deputy CEO Jenny Barksfield is joined by Sinéad Mc Brearty from Education Support and Christy Reynolds from the Anna Freud Centre.

For further information, including booking links and details can be found [here](#)

## Call for research participants

UWE's Centre for Appearance Research (CAR) are looking for trainee, qualified or assistant primary teachers to participate in a research project.

Would you like to view and provide expert feedback on a brief support guide aimed at helping school staff feel more confident discussing appearance diversity?

Researchers at CAR would be grateful to any primary school staff willing to complete their [online survey](#) (approx. 15-20 mins).

Please email [jade.parnell@uwe.ac.uk](mailto:jade.parnell@uwe.ac.uk) if you have any questions.