

Hi everyone,

We hope Issue 11 finds you refreshed after the Easter break. Just a reminder that previous issues are available [here](#) (click on health & wellbeing in school settings & scroll down). The summer terms often see the RSHE aspects of PSHE become more prominent - a timely occurrence given the recent spotlight on sexual abuse and harassment in schools. We hope this month's content will prove useful as you plan for this important period. Our issue 11 highlights include; *Public Health England's update (pg1)*, *The PSHE Association's 3-steps to RSHE success materials (pg 2)*, and *the Kooth promotional hub resource (pg 1)*. 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

Health in Schools Award – quick reminder

Just a quick reminder that our Health in Schools Award programme is still operating. We remain able to provide advice, support and guidance to any school who wish to participate. Please contact: healthinschoolprogramme@southglos.gov.uk for info

Public Health England updates

Public Health England's March newsletter for school staff includes details of new curriculum-linked teaching resources. Contents include:

- Two new bite-sized activities to support pupils to deal with worry and unhelpful thoughts
- New resources to help pupils build and maintain good connections, at a time when they need it most
- A Mind Tool for teachers to look after their own wellbeing

To download the materials visit the Public Health England site [here](#).

PHE's Consultant lead for violence prevention is keen to share with colleagues information relating to the issue of sexual abuse, harassment and assault in schools.

The Government has launched an Ofsted-led review into sexual abuse in schools. FFI visit: [Government launches review into sexual abuse in schools - GOV.UK \(www.gov.uk\)](#)

A new NSPCC helpline to support potential victims is now live. Those with concerns can contact Report Abuse in Education on **0800 136 663** or email help@nspcc.org.uk.

Those asked for comment by key stakeholders can use the following document on sexual violence and harassment between children for advice and reference: [Sexual violence and sexual harassment between children in schools and colleges \(publishing.service.gov.uk\)](#)

You may also wish to make use of the Contextual Safeguarding Network School Assessment Toolkit [School Assessment Toolkit \(csnetwork.org.uk\)](#)

Statutory RSHE – planning content and consulting with parents

For any colleagues requiring advice, information or support around; consulting with parents, publishing policies, defining and finalising plans for the delivery of RSHE content in line with the new statutory guidance or understanding the right to request withdrawal - we are here to help! We have a wealth of information, guidance documents, reference guides etc (regardless of whether or not you are a Jigsaw school). We can also support you in person during parent engagement events. For anything you need please email: nikki.giles@southglos.gov.uk

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; 21st April, 5th and 19th May and 9th and 23rd June (all Wednesdays).

For further info and booking please email: Sarah.lewis@kidscape.org.uk

Latest news from Kooth.com

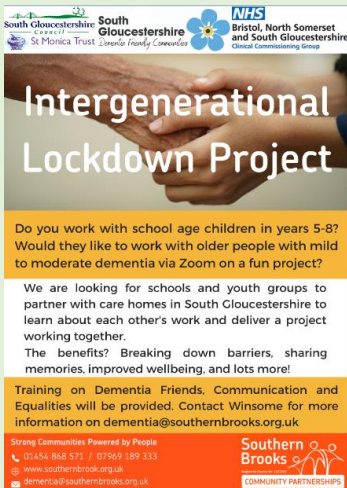
For young people who may be wondering about Kooth, or if it's really for them, an easily accessible [FAQs document](#) has been produced in digital and print-friendly versions. For those exploring wellbeing in less formal situations (i.e. tutorial time, circle time etc) Kooth's [mini activity guide](#) has some really quick and simple ideas young people can try at school or at home. For colleagues wanting to give Kooth services a real 'push' in terms of raising awareness amongst young people, or as part of work that might be connected to Health in Schools Award evidence, they have a [fantastic promotional hub](#) stacked full of content.

As ever, if you would like to access any virtual support from Kooth, please email: rpotter@kooth.com

Southern Brooks – Dementia Awareness work

Southern Brooks, as part of the South Gloucestershire Dementia Action Alliance, are incredibly keen to work more closely with schools to raise awareness of Dementia.

A third of all young people know someone living with dementia. With over one million people predicted to develop dementia by 2024, most people will know someone affected by the condition in their lifetime.



Intergenerational Lockdown Project

Do you work with school age children in years 5-8? Would you like to work with older people with mild to moderate dementia via Zoom on a fun project?

We are looking for schools and youth groups to partner with care homes in South Gloucestershire to learn about each other's work and deliver a project working together.

The benefits? Breaking down barriers, sharing memories, improved wellbeing, and lots more!

Training on Dementia Friends, Communication and Equalities will be provided. Contact Winsome for more information on dementia@southernbrooks.org.uk

Strong Communities Powered by People
01454 868 571 / 01769 789 333
www.southernbrooks.org.uk
dementia@southernbrooks.org.uk

Southern Brooks
COMMUNITY PARTNERSHIPS



**Is Your School Dementia Friendly?
And why does it need to be?**

A third of all young people know someone living with dementia. With over one million people predicted to develop dementia by 2024, most people will know someone affected by the condition in their lifetime.

We want every young person to know what it's like to live with dementia. Help us make a dementia-friendly generation by teaching your students about dementia.

We deliver free fun interactive 45 minutes dementia information sessions for 7 - 18 years old. We are currently offering online sessions using the Zoom platform so you can learn from the safety and comfort of the classroom.

Get in touch to find out how your school can start its journey to becoming Dementia Friendly!
Contact Winsome on 01454 868570 or email dementia@southernbrooks.org.uk

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Southern Brooks
COMMUNITY PARTNERSHIPS

Southern Brooks currently have 2 offers for South Glos schools. The first is a free and fun interactive 45min session for ages 7 to 18. The second is an intergenerational project seeking to build connections between older and younger people, breaking down barriers and improving wellbeing.

For more information or to get involved contact Winsome on 01454 868570 or email:

dementia@southernbrooks.org.uk

Census education

The Government recently released educational resources connected to the [2021 Census](#).

Primary: [Let's Count!](#) provides flexible and time-saving resources designed to help re-engage children and families in learning, and celebrate local community, as part of the recovery curriculum. There is a [competition that's open until 23rd April](#). Prizes incl. £1,000 of equipment for your school.

Secondary: [It's our Story](#) aims to build young people's employability skills and help them articulate the importance of the census to their peers and community. The competition is now closed but the teaching materials remain.

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.

Next issue available: W/B: 3/5/21

PSHE Association latest

The PSHE Association has recently joined with ASCL, NAHT, NEU, the Sex Education Forum, Public Health England, and the Association for Young People's Health to launch new '[Three Steps to RSHE Success](#)' guidance for schools. The resource features a helpful Podcast series which can be found [here](#).

The Association have awarded their Quality Mark to the lessons associated with the Government's [Something's not Right](#) campaign

The campaign and associated lessons aim to highlight the importance of supporting students to speak to a trusted adult and report concerns, especially at a time when the isolation caused by Covid-19 will have put some young people at a greater risk of various kinds of abuse, whilst reducing opportunities for adults to spot the signs and help.

A number of **75-minute** (4pm to 5.15pm) online CPD courses delivered by the Subject Specialist team are available in the coming weeks;

Effective Drug and Alcohol education (primary & secondary): **KS1-2:** 12/05, 30/06; **KS3-4:** 20/04, 19/05 - Explore how to plan safe and effective Drug and Alcohol education.

Effective Assessment in PSHE education (primary & secondary): **KS1-2:** 04/05, 22/06; **KS3-4:** 06/05, 29/06 - Explore the role of assessment in PSHE education, including practical ideas for assessment activities.

Planning your PSHE curriculum (primary & secondary) **KS1-2:** 20/05, 08/06, 12/07; **KS3-4:** 25/05, 14/06, 06/07 - This course will help you to develop a long term PSHE curriculum plan for your school, bespoke to the needs of your school community.

FPI and booking click [here](#)

New lesson materials are also available from The Environment Agency on [Water Safety](#) (KS2) and from St.John Ambulance on [First Aid](#) (KS2 to 4)

New parent / carer focused guidance from CEOP

CEOP have recently produced some helpful guidance aimed at parents and carers of a child who has been sexually abused. They say: "for parents and carers, finding out their child has been sexually abused can be traumatic, and they may experience a range of feelings including confusion, anger and even grief."

Written by Dr Elly Hanson, Clinical Psychologist, [Finding out your child has been sexually abused](#) and [Supporting a child who has been sexually abused](#) provide advice and guidance for parents and carers on managing their feelings, looking after themselves and providing effective, ongoing support for their child.