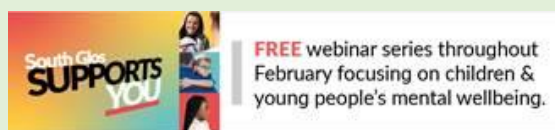


Hi everyone,

As we share Issue 9, just a reminder that all previous issues are available [here](#) (click on health and wellbeing in school settings and scroll down). We hope that this month's content will be useful as you strive to take your RSHE and PSHE delivery from strength to strength. Our issue 9 highlights include; *The Diversity Trust's schools offer around LGBTQ+ inclusivity (pg1); LGBTQ+ history month resources (pg1), The Thrive App (pg1), Kooth.com's #DontDoltAlone campaign and resources (pg1), new PSHE Association lessons on loss, grief and bereavement and episode 4 of their 'Ask a subject specialist' (pg2)*. 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

Mental health and wellbeing

Just a reminder, there are still webinar sessions happening this week. See below for booking and further info.



For more information and to book: [Mind You](#)

We are also excited to share the news with you that South Glos Council have funded the Thrive App for all South Glos school staff. Thrive is the only NHS approved mental health app for organisations. FFI see the flier below.



SGC Download Flyer_compressed.pdf

Thrive are also offering a comprehensive training package designed to create a sustainable 'mental health awareness culture' across an organisation using a 'champions' model. FFI see the flier below or email:

natalie@thrive.uk.com



Thrive - Sustainable Mental Health Awareness Training.pdf

You may have also already heard from our colleagues at [Kooth.com](#) about the recent launch of their [#DontDoltAlone campaign](#). In case you haven't the campaign aims to ensure schools find it as easy as possible to approach the subject of mental health with children and young people. If you want to find out more about Kooth.com email: rpotter@kooth.com

RSHE Hub

If you haven't already, don't forget to register to our local [RSHE Hub](#), for free access to a great range of primary and secondary RSHE training. Upcoming highlights incl. the inspirational [Alice Hoyle](#) delivering her '20 activities for great RSE' - [primary](#) and [secondary](#) versions are available. Once registered you'll have access to the site's growing resource page. For general questions, queries or enquiries email: RSHEhub@bristol-schools.uk

Support for schools in relation to LGBTQ+ inclusivity and meeting the needs of LGBTQ+ pupils

[The Diversity Trust](#), a hugely respected local organisation influencing social change to achieve a fairer and safer society, want to remind colleagues of their ongoing offer which includes;



- ✓ Delivery of assemblies / whole school / year groups
- ✓ Thematic group work e.g. during LGBT History Month and Pride Month
- ✓ 1-2-1's with LGBTQ young people (teachers, families, carers support etc.)
- ✓ Support for the development of LGBTQ groups and clubs setting up in schools
- ✓ LGBT+ & Trans policy support for schools

To watch an example of a school assembly please visit our YouTube Channel <https://youtu.be/8o1hthhfUPM>

Please do start your own conversation with Berkeley at The Diversity Trust as to how best your school can benefit from the excellent support available. Tel: 0844 800 4425, email Berkeley.wilde@diversitytrust.org.uk

LGBTQ+ history month

February is LGBTQ+ history month. The Proud Trust have produced a fantastically comprehensive toolkit for the month that can be downloaded [here](#).

[Schools Out UK](#) have some fantastic resources, links and ideas to weave into your PSHE programme, not just in February but all year round!

Their sister site, [The Classroom](#), has a mass of lesson plans, visual materials and an FAQ section. It's particularly helpful that the [lesson plan section](#) enables you to search by both key stage and subject.

The set of [downloadable curriculum identity posters](#) are particularly eye catching and are sure to be good conversation starters!

YPDAS update – impact of parental alcohol use

Since the first national lockdown (March 2020) [Alcohol Change UK](#) have found that 21% of adults are drinking more often, with 15% drinking more units when they do drink. Their research also found that 1 in 7 households with children under 18 stated that tensions had increased since lockdown due to the alcohol consumption. Evidence suggest that even prior to lockdown, approximately 200,000 children lived with an alcohol dependent parent.

Why should we be concerned?

Children with alcohol dependant parents are 3 times more likely to develop an alcohol problem; are almost 3 times as likely to consider suicide and are 5 times as likely to have an eating disorder. Children can also be affected by experiencing a parent's excessive drinking. The behaviours that can develop from this such as aggression, neglectful behaviour and inconsistency can be especially hard at this time when families are all home together.

What support is available?

[NACOA](#) is a charity which provides information, advice and support for everyone affected by a parent's drinking. They have a national helpline 0800 358 3456 as well as a brilliant [website](#) containing specific information for children, professionals and parents.

Locally, YPDAS can also offer support and advice to children who have parents with drug and/or alcohol issues as well as schools who may have concerns with this behaviour. DHI (Developing Health Independence) work with adults for whom alcohol or drug use is becoming a problem. They can be contacted on: 01454 273 643

Children experiencing Domestic Violence

The founders of Operation Encompass, an information sharing safeguarding initiative between police and schools, have set up a Teachers' Helpline to assist school staff supporting children who may be experiencing domestic abuse. Funded by the Home Office, the helpline is available weekdays from 8.00am to 11.00am throughout term-time and will provide school staff with the opportunity for guidance, information and support from Educational Psychologists. For more information and resources, please visit the [Operation Encompass website](#)



And finally...

We want this to feel like 'your' bulletin. If you have comments, feedback, topic / focus suggestions etc, let us know by emailing healthinschoolprogramme@southglos.gov.uk.

Next issue available: W/B: 15/3/21

PSHE Association latest

The Association recently announced that Winston's Wish had been awarded the Quality Mark for their lessons on loss, grief and bereavement. You can find all the materials [here](#). Please note - not appropriate for home learning.

At key stages 1 and 2, pupils will:

- Learn about different types of loss, change and bereavement
- Explore some strategies for managing feelings associated with bereavement
- Develop their awareness of how to seek support with feelings

At key stages 3 and 4, students will:

- Learn about managing emotions associated with grief
- Explore how to support others experiencing grief and loss
- Develop an awareness of how loss, grief and bereavement can impact young people

Another to receive the Quality Mark is the KS2 Cyber Detectives resource produced by City of London Police and Lloyds Bank. The resource is aimed at children in years 5 and 6, and is also described as not suitable for home learning. The lessons support pupils to:

- Explain what online fraud is and identify and analyse some examples of scams
- Describe the importance of protecting personal information and data online
- Explain why age restrictions for online games can help to keep people safe and prevent fraud
- Recognise ways to stay as safe as possible online and how to report concerns about online fraud

Further highlights from the latest home learning resources include;

- A very important [KS2-focused lesson on maintaining friendships](#)
- An updated set of [KS1 – KS4 materials around healthy sleep](#)
- A very timely new [careers-focussed resource](#) aimed at those in years 9 to 11 – containing important messaging around maintenance of a good 'online reputation'

[Episode 4 of the 'Ask a subject specialist' series](#) is particularly useful for colleagues with questions about the appropriate delivery of lessons covering sexual pleasure and pornography. Complimenting this is a useful [guidance document](#) relating to teaching about pornography through PSHE education.