

Hi everyone,

For those that are in the midst of busy RSHE delivery programmes this term, we hope it has gone, or is going, well and that you've felt you've had access to the support you needed. As ever, previous issues are available [here](#) (click on health & wellbeing in school settings & scroll down). Whilst term 1 of next year may not be something you are able to think very much about, we hope this month's content will prove useful. Our Issue 14 highlights include; *NHS Blood and Transplant teaching resources (p1)*, *Revealing Reality's research opportunity for Yr 11/12/13 students (p2)* and *PSHE Association's abuse disclosure learning materials for KS3-5*. The Public Health & Wellbeing Schools' Virtual Team of Nikki Giles, Helen Cleugh and Emma Bloom are still here for questions or queries contact: healthinschoolprogramme@southglos.gov.uk

Children and Young People's mental health

Public Health England's new suite of PSHE resources entitled [Every Mind Matters](#) are designed to help primary and secondary school teachers to promote the health and wellbeing of their pupils.

The resources, targeting KS2, 3 and 4 have lessons on a diverse range of topics from [physical and mental wellbeing](#) and [online stress and FOMO](#) to [body image in a digital world](#).

The resources, many of which have already received the PSHE Association Quality Mark, feature peer-to-peer activities, self-reflection and discussion ideas based around influencer and youth-led videos.

e-Bug – great opportunities for South Glos schools

If you don't know about [e-Bug](#) yet, you're missing out!

e-Bug is a fantastic resource operated by PHE that is full of interactive, creative and enjoyable content. All activities and lesson plans are free, easy to access, and complement the National Curriculum (RSHE, Science) covering the following topics:

- Introduction to microbes, hand hygiene and respiratory hygiene
- Food hygiene and oral hygiene
- Antimicrobial resistance

With the Covid-19 pandemic remaining a "hot topic", there is no better time to make use of e-Bug's carefully thought-out lesson plans suitable for KS1-KS4.

e-Bug also offers [free and easy online training](#) for health educators to ensure you are well prepared for any questions from students.

Whether you're looking for lesson plans, worksheets, games or quizzes, it's all on the [e-bug website](#) ready and waiting. Please also share with your lead for science.

If you have any questions, or for further support, please email: healthinschoolprogramme@southglos.gov.uk

New, free resources from NHS Blood and Transplant

The Statutory requirements for RSHE include educating students about 'the science relating to blood, organ and stem cell donation'. NHS Blood and Transplant (NHSBT) believe that the more people who know the facts about donation and can make informed decisions, the more lives they could potentially help save and improve.

NHSBT, in collaboration with Anthony Nolan, have developed [free teaching resources](#) to support schools to meet the statutory Health requirement to teach students about donation.

Their resources consist of two PSHE Quality Assured lessons, a Science lesson and an assembly presentation and are designed to enable KS3 and 4 students to understand the importance of blood, organ and stem cell donation for individuals and society. They also have a [separate webpage](#) set up to showcase their charity partner resources, covering KS1-5.

20th-26th September 2021 is Organ Donation Week. NHSBT will be working with the organ donation committees, encouraging them to contact their local schools to raise awareness of the resources available and offering to deliver assemblies on the topic.

Young Persons Drug and Alcohol Service

We are still working to provide support and guidance to young people around drug and alcohol issues. We can offer;

- 1-2-1 for those who are experiencing issues with their drug and alcohol use
- Preventative tailored education to classes or year groups from Year 6 upwards
- Small group sessions for young people who are experimenting with substances
- Training, advice and support around emerging issues

Referrals are made via ART (01454 866000). Queries can be sent to ypservice@southglos.gov.uk or YPDAS manager milla.churchill@southglos.gov.uk

IMPORTANT – opportunity for pupils in years 11, 12 & 13 to participate in image-sharing research

The research agency '[Revealing Reality](#)' are seeking students to complete an anonymous online survey about their attitudes / experiences surrounding image sharing, helping explore the impact of this on students. With the help of the PSHE Association, Revealing Reality have created an optional lesson that the survey could be completed in. The survey will go live in September / October. Schools will have the opportunity to receive school-specific data. This can then be compared against the national data collected. This research is particularly timely given the potential links to harassment and abuse and ongoing concerns about online harms and body image. Those interested should [register](#) by the end of July.

Specialist sexual health services for South Glos pupils from Brook

[Brook Bristol](#) provides a free and confidential sexual health service to young people (including those under 16) of all genders and sexualities living in Bristol and South Gloucestershire.

Our welcoming clinic, based at The Station in the city centre, offers:

- information and advice
- pregnancy tests
- STI tests
- long-acting contraception
- emergency contraception
- PREP (medicine to prevent getting HIV)
- support with pregnancy choices
- counselling

We also have an Education and Wellbeing outreach team, who can offer 1-1 support to young people needing personalised relationships and sexual health education.

The Education and Wellbeing outreach team visits local schools in Bristol and South Gloucestershire to carry out sexual health promotion and runs the C-Card scheme in Bristol, which offers free condoms to young people aged 13-20.

For more information about any of our services, please email Rebecca.cant@brook.org.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.

Next issue available: W/B: 13/9/21

PSHE Association latest

The Association has recently relaunched their [assessment guides for key stage 1-2 and key stage 3-4](#). The guides explain how PSHE teachers can use an ipsative model of assessment in PSHE education, describing a wide range of methods available to assess progress, with accompanying examples from real classrooms.

As you begin to look ahead to the next academic year's PSHE delivery, the Association's recently updated [Programme Builders](#) are really useful resources that will support you in planning tailored schemes of work.

A quality mark has recently been awarded to [The Rights Idea?](#). This free-to-access two-part lesson pack from the University of Exeter enables students to learn about changing relationships and manage the impact of parental separation. This lesson pack complements the University of Exeter's '[Working out Relationships?](#)' KS4 lesson plans which challenge common myths about the 'perfect relationship' and help manage young people's relationship expectations.

The Association have recently launched new [drug and alcohol schemes of work for pupils with SEND](#), developed for Public Health England. This resource pack includes three lesson plans and resources for pupils aged 7-11 and three for pupils aged 13-15, as well as a comprehensive teacher guidance document.

In keeping with the recent focus on harassment and abuse in schools the Association is promoting some excellent, free to all, [abuse disclosure learning resources for KS3-5](#).

These resources are produced by the Home Office and build on their 2020 '[Something's Not Right](#)' campaign. The lessons focus on;

- helping young people to recognise abuse;
- providing information on where to go for help;
- and, overcoming barriers to reporting abuse

For those working with KS4/5 students, the Association has published some excellent materials on [pregnancy and fertility choices](#). The pack comprising three lesson plans, accompanying resources, guidance and a knowledge organiser ensures students receive factually accurate, impartial information – incl. facts and myths around abortion.

[Medway Public Health Directorate](#) have produced 2 new lessons focusing on developing the skills to manage and de-escalate family conflict. For KS3, one lesson has been added at year 8 (lesson 7) and a second (lesson A) is aimed at key stage 4 students. Both develop students' understanding and skills to enable them to negotiate relationship conflicts safely and effectively, while highlighting the link between emotional wellbeing and relationship conflict.