

Hi everyone,

We hope Issue 12 finds you well. As ever, previous issues are available [here](#) (click on health & wellbeing in school settings & scroll down). It feels like there's a growing recognition of the critical role PSHE plays in improving pupil wellbeing and welfare. Resources seem abundant and the spotlight is brightening still further. We hope this month's content will prove useful as you plan for the remainder of this year, and begin thinking towards next. Our issue 12 highlights include; *The PSHE Association and Chameleon PDE resources connected to tackling sexual harassment and assault, and the Mental Health Awareness Week resources (pg1)*. The Public Health & Wellbeing Schools' Virtual Team of Nikki Giles, Helen Cleugh and Emma Hoggett are still here for questions or queries contact: healthinschoolprogramme@southglos.gov.uk

Children and Young People's mental health

10th – 16th May is Mental Health Awareness week. This year's theme is nature. The Mental Health Foundation has put together a [schools pack](#). A variety of [resources](#) are available for download including posters, social media assets and backgrounds to use on Zoom calls. The [Thrive App](#) also has great wellbeing resources for staff.

The Big Ask is a national survey being conducted by the Children's Commissioner for England. The findings will be used to show the Government what children and young people think and what they need to live happier lives. The survey takes between 5 and 10mins to complete. The more children complete it the better informed Government will be. FFI and promotional materials please see thebigask.uk

A reminder that South Glos Libraries have Reading Well Books to help support children and young people with their mental health. Selected titles are also available 24/7 in digital format as eBooks and/or eAudiobooks.

[Libraries for health and wellbeing | South Gloucestershire Council \(southglos.gov.uk\)](#)

[Blurt's Education Programme](#) is a project focused on improving the mental health of children aged 4-11. They work with primary schools throughout the UK, teaching children about their mental health through fun, engaging activities. They are currently accepting [expressions of interest](#) for the next academic year. The deadline is 31st May, with applications opening in June.

Off The Record are launching some new free training and support groups aimed at parents called Resilient Parenting. Further info and booking details can be found here <https://www.otrbristol.org.uk/what-we-do/resilient-parenting/>

Covid testing – Student support poster

The Council have produced a [digital poster](#) for schools to use on their social media channels as well as displaying around school supporting students who have concerns about the outcome of Covid testing.

Latest news from Kooth.com

[Kooth.com](#) have produced a great set of [digital assets](#) for promoting mental health awareness week.

Upcoming podcasts for young people include; **Things We Wished We'd Known About Coming Out**, **The Road Out of Lockdown Part 2**, and **The Pressure of Expectations** (all available on Spotify and Apple)

3 live forums are happening in May. These can be found in the discussion boards on the website and start at 7.30pm. They are moderated in real time until 9.00pm.

Monday 10th May - Safety on the Streets: Part of our Crime Time series, this live forum will consider ways to be more aware and stay safe on the streets.

Friday 21st May – Making Friends & Connecting with Others: We are going to be sharing how we have made friends in the past, how we like to connect with friends, close family members and trusted adults.

Wednesday 26th May – Building Self Esteem & Confidence: Often confidence and self-esteem are thought of as the same thing, but are they? This forum will explore the differences.

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

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

Chameleon PDE

Chameleon PDE have recently released 2 very timely teaching-pack resources that are available with the free account you can set up on their website. Both are aimed at pupils aged 14-16yrs.

The first addressed the subject of [women's safety](#). There are 2hrs worth of interactive materials as well as powerpoint slides.

The second covers [sexual assault and what to do about it](#)

In addition, Chameleon are offering 2 free twilight webinars, the first on 13th May (Secondary Subject Leads training) and the second on 20th May (Primary schools and sex education). To book contact info@chameleonpde.com

Financial education

[Young Money and Young Enterprise](#) have released published their Summer 2021 newsletter.

In it they share details of this years [My Money Week](#), and the resources available on their [Resource Hub](#). This year's theme is money and the future.

Primary school pupils will be investigating the role money will play in their future and secondary school students will exploring different ways that they can invest in their financial futures.

They also share details of their Fiver and 10X challenges. [The Fiver Challenge](#) helps young people to take their first step into the world of business, seeing what they can create with just £5 over 4 weeks. Fiver Challenge 2021 will run from **7th June - 2nd July 2021** and is free to enter for all 5-11s across the UK.

The [10X Challenge](#) started on the 19th of April this year but there are new 10X resources that are free to access all year round.

[10X](#) helps young people imagine, research, plan and pitch a business that they could start with £10. We provide the resources and lesson plans which are easily accessible and free on our dedicated 10X platform all year round.

Child Safety Week

The Child Accident Prevention Trust are promoting the 2021 [Child Safety Week](#) from 7th to 13th June. Visit the website to sign up for a whole host of free resources and promotional material.

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: 7/6/21

PSHE Association latest

The Association previously released their [Planning Framework](#) for those in SEND settings. There are some excellent examples of [bringing the framework to life](#) in their [SEND Hub](#) as well as a fantastic [webcast](#) that was originally released last year. Also of real benefit in a SEND context is the [FAQs document](#), a compilation of questions raised by delegates attending the recent DfE webinars.

Aimed at Years 9&10, the Association has recently released some new interactive lesson plans focussing on [careers education](#). They are designed to explore the relationship between social media, personal strengths and opportunities for future employment, and enterprise or education.

For those thinking about pupil engagement in planning RSHE delivery, the latest episode of the Association's [RSHE Ready podcast series](#) deals specifically with [hearing the views of young people](#).

The Association has recently published [new guidance for Governing bodies](#) setting out the important links between strong and effective PSHE education, safeguarding and pupil wellbeing. This might be particularly timely in the context of recent media reporting of pupil experiences of peer-on-peer sexual harassment and assault.

Continuing this theme, the Association recently published an excellent [teacher briefing on addressing pornography through PSHE education](#), there is also a brilliant [accompanying paper](#) by Clinical Psychologist Dr Elly Hanson on the impact of pornography on young people. This is particularly useful for colleagues how can sometimes feel that students push back against the 'impact of pornography'.

Staying with this topic, a number of toolkits and resource packs have been rightly promoted of late (Disrespect Nobody, Expect Respect Toolkit – showcased in Issue 10), however, the Association have sent a timely reminder that ['Working out Relationships'](#) (KS4 lesson plans from the University of Exeter to help students identify — and exit from — controlling relationships) and ['Relationships Safety' resources from the Alice Ruggles Trust](#) both include great content on addressing harassment.

I have been asked on a few occasions by Primary colleagues questions relating to how or where the subject of FGM should appear in the primary curriculum. The Association have recently produced some [really practical guidance](#) and an connected lesson plan aimed at years 5/6.

Finally, the Association have just awarded their Quality Mark to the ['Confident Me' single session materials from Dove Self-Esteem Project UK](#), comprising a teacher's guide, lesson plan (student presentation) and student worksheets. The lessons will also help teach some of the statutory content around internet safety and harms.