

Hi everyone,

Hard to believe that Issue 13 represents our penultimate issue of this academic year. As ever, previous issues are available [here](#) (click on health & wellbeing in school settings & scroll down). Whilst your plans for term 6 are no doubt now in full flow we hope this month's content will prove useful as thinking may already be happening for next academic year. Our Issue 13 highlights include; *Public Health England's new Every Mind Matters materials (p1)*, *Public Health England's e-Bug offer for schools (p1)* and *updated Send me a pic? Materials from Think You Know (p2)*. 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

RSHE research programme opportunity from the London School of Hygiene and Tropical Medicine

Secondary Heads will have already had this information via their Bulletin but we wanted colleagues to know that The London School of Hygiene and Tropical Medicine is currently seeking to recruit schools for a Randomised Control Trial of the RSHE programme *Positive Choices*. Your Head will have already received an invitation letter providing more details about the programme and how schools will be involved. A short summary is below;

Secondary schools...are invited to participate in a study of 'Positive Choices', a free RSHE package. This aims to promote healthy relationships, good sexual health and prevent sexual harassment. It enables schools to fulfil statutory requirements regarding RSHE, social and emotional wellbeing, personal development and safeguarding. Schools will be randomly allocated in early 2022 to receive the package or get £500 to act as a comparison school. Implementation would begin in September 2022. The research is led by an experienced team from the LSHTM.

Professor Chris Bonell, the lead investigator, is very happy to be contacted to answer any queries or provide more information at chris.bonell@lshtm.ac.uk.

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

Think You Know – updated resources

Think You Know have recently updated their [Send me a pic?](#) Lesson materials for KS3 focussing on the consensual and non-consensual sharing of nude images.

The materials have been developed in response to learning from our [Digital Romance](#) (2017) research into young people's relationships online, and through extensive collaboration with young people across the UK.

The resource pack contains three sessions plans based on short film clips. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images. The resource has been awarded the PSHE Association Quality Mark, demonstrating that it supports safe and effective teaching practice.

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: 5/7/21

PSHE Association latest

The Association has recently awarded it's Quality Mark to [Lifebuoy's 'Soaper Heroes UK'](#). A set of KS1 & 2 lessons enabling pupils to explore how handwashing protects themselves and others (could accompany or extend the e-Bug resources promoted on P1). The lessons feature relevant statistics on personal health and hygiene and advice on how to link the resources to wider school policies on safeguarding and attendance.

A Quality Mark has also been awarded to the updated lesson materials published by the brilliant [Alice Ruggles Trust](#). Aimed at key stage 4 students, the lessons build student confidence in managing situations where people are exhibiting or experiencing unhealthy relationship behaviours.

Brand new content focusing on de-escalation and self-regulation which aims to reduce stalking prevalence, as well as activities that highlight cyber-enabled stalking are a really positive addition for students.

This month there are some fantastic free CPD offers being made by the Association. There's another chance to undertake the [FutureLearn course entitled: PSHE Education: Helping children navigate a complex world](#). The course covers the fundamentals of safe, effective PSHE education practice. Targetted at those who've never taught PSHE education before, or are new to the role. [Sign-up here](#). Course must be completed by 28th June.

This month's 75-min twilight courses (4 – 5.15pm) are;

Effective Drug and Alcohol education (KS1-2: 30/06): Explore how to plan safe and effective drug and alcohol education.

Effective Assessment in PSHE education (primary & secondary) KS1-2: 22/06; KS3-4: 10/06, 29/06: Explore the role of assessment in PSHE education, including practical ideas for assessment activities.

Planning your PSHE curriculum (primary & secondary) KS1-2: 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.

NEW! Ready, Steady, RSHE (primary & secondary) KS1-2: 16/06, 13/07; KS3-4: 23/06, 05/07: Suitable for anyone responsible for implementing statutory Relationships and Sex Education and Health Education in their school.

And finally, just a reminder about the Associations really useful RSHE ready podcast series that can be found [here](#).

The series supports and builds on the guidance set out in the [3 steps to RSHE success](#) that was promoted previously.