

Hi everyone,

So much has changed since we shared Issue 7 (July 2020). Having been unable to produce bulletins since then we are back and raring to go for 2021! We hope you'll find some little gems in this issue, helping you further strengthen provision as we move through this first year of statutory RSHE – and at a time when PSHE as a whole is really coming to the fore. Our highlights for this issue are; *(FREE!) gender identity & diversity training (pg1); mental health webinar series (pg 1); YPDAS harm reduction e-module (pg 2); RSHE Hub resource page (pg1) and PSHE Association 'Ask a subject specialist' (pg 2).* 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

Relationships, Sex and Health Education Hub

The Bristol Primary Teaching School Alliance in partnership with the Cabot Learning Federation's Institute and Bristol City Council were awarded DfE funding in June 2020 to roll out one of the country's specialist [RSHE hubs](#). Register for free [here](#) to access great free training on topics connected to the statutory primary and secondary RHE and RSHE curriculum. Once registered you'll have access to the site's growing resource page. *We are particularly liking:*

- *The sample parent engagement survey document produced by the Sex Education Forum*
- *The Mental Health and Wellbeing resource list*

Upcoming training opportunities include;

- 1/2/21, 4-5.30pm: ***How to use the Jigsaw materials to support your planning and implementation of RSHE*** (Primary and Secondary)
- 4/2/21, 3.45-5pm: ***Families and Caring Friendships*** (Primary)
- 11/2/21, 3.45-5.45pm: ***Living online*** (Primary and Secondary)

For general questions, queries or enquiries email:

RSHEhub@bristol-schools.uk

FREE Gender identity and diversity training

South Glos Council Public Health have secured funding for 6 online training courses covering gender identity and diversity. These will be delivered by the highly reputable [Mermaids UK](#). The first 2 courses are already full, but the following have spaces;

- Friday 12th March (9.30 – 12pm)
- Thursday 22nd April (12 – 2.30pm)
- Tuesday 15th June (2 – 4.30pm)

To book a space follow the link to the learning portal [here](#). Any issues with accessing the portal please contact HRWorkforceDevelopment@southglos.gov.uk. Please do not contact Mermaids UK directly about this training. FFI nikki.giles@southglos.gov.uk

SEND RSHE guidance

Back in September the Sex Education Forum, together with partners Image in Action and Mencap produced 2 documents that colleagues will undoubtedly find really beneficial in terms of the planning and implementation of RSE and RSHE for pupils with SEND. The first is a comprehensive guidance document and the other an easy-read covering the key principles of effective RSHE. Both links can be found below.

[RSE for disabled pupils and pupils with SEN - SEF.pdf](#)
(sexeducationforum.org.uk)

[Microsoft Word - Easy Read principles of good RSE](#)
[Mencap SEF](#) (sexeducationforum.org.uk)

PSHE Association Subject Review Tool

The PSHE Association say that their new review Tool will help new and experienced Lead's to ensure compliance and excellence.

The Tool will enable you to effectively evaluate your PSHE programme (incl. that relating to statutory RHE / RSHE), identify areas for development and plan next steps.

The Tool enables you to assess your current level of preparedness across:

1. Leadership, Management and Organisation of PSHE education
2. The PSHE education curriculum (incl. RHE / RSHE)
3. Teaching and Learning in PSHE education

Submitting a response electronically to the PSHE association will see you receive email support suggesting; areas of strength, next steps to optimising your PSHE and links to a wealth of materials to help you.

A link to the Tool can be found below;

[Get your RSHE together! Subject Review Tool, Framework & Development Plan | www.pshe-association.org.uk](#)
(pshe-association.org.uk)

YPDAS update

We would like to remind colleagues that the Young People's Drug and Alcohol Service YPDAS are still available, providing help and support for young people whose concerns are either emerging or ongoing.

Secondary schools should have received the 20/21 core offer. If you haven't contact: yppservice@southglos.gov.uk or milla.churchill@southglos.gov.uk.

YPDAS has produced an engaging and interactive e-learning module. This module is designed for year 9 students and above and can be sent home as part of the home learning.

To take the module visit:

https://hosted.southglos.gov.uk/drugsandalcoholawareness/story_html5.html

YPDAS work with young people up to the age of 18 (currently virtually, but reviewed according to need). We can also provide lesson plans, assemblies, e modules, worksheets and support to schools to help deliver their Drug and Alcohol PSHE education package.

For Primary colleagues, we remain hopeful of being able to deliver our year 6 preventative drug and alcohol session by the end of the summer term to as many schools as possible.

If you are keen to get a date in the diary please email helen.cleugh@southglos.gov.uk. If this turns out not be possible we can ensure you have all the resources and support to deliver this yourselves either virtually or face to face.

Latest resources from CEOP

CEOP have just released some excellent looking resources to support parents and young people at home.

Their [Home Activity Packs](#) are 15min family activities designed support online safety.

For Primary colleagues there are new materials to support the remote delivery of [e-safety lessons](#).

A similar set of remote learning resources for secondary will arrive soon, but in the meantime their [professional's toolkit](#) is a good starting point.

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: 22/2/21

Children's Mental Health Week, 1st to 7th February

You are likely to already be aware that the mental health of children and young people has been affected more than ever over the past year, with the impact of the pandemic on top of the usual pressures they face.

To help raise awareness of **Children and Young People's Mental Health** we are hosting a **FREE webinar series** that will launch during **Children's Mental Health Week** (1st-7th Feb 2021) and continue **throughout February 2021**.

If you are based in South Glos, work with children and young people, are a parent/carer, or a young person there are **webinars for everyone!**

Please share the info below as widely as possible.

Webinar Presenters Include:

- Nova Associates
- Jigsaw Thornbury
- Barnardo's
- OTR
- South Glos Parents and Carers
- Creative Youth Network
- Attention Seekers
- Kooth
- Diversity Trust
- Westport
- Ace Wellbeing
- South Gloucestershire Council Mental Health and Wellbeing Team
- Local Schools
- CAMHS

For more information and to book:

[Webinar Series | Mind you \(southglos.gov.uk\)](#)

If you have any questions please contact the Mental Health and Emotional Wellbeing Team at

MentalHealth@southglos.gov.uk

PSHE Association Coronavirus Hub

The Association recently released details of their [Coronavirus Hub](#). It's packed full of great content and handy tips.

It includes a helpful guidance section on [teaching remotely](#), featuring a PDF download setting out subjects that lend well to remote learning, and some that don't.

A personal favourite on the Hub is the 'Ask a subject specialist' series of You Tube videos. There are currently 3 available covering topics such as pupil voice, assessment and appropriate content for Yr 6. A link is available [here](#)