

Hi everyone,

This issue of the PSHE leads' bulletin focuses on some of the RSE learning that would have been happening in many primary schools. Terms 5 and 6 are traditionally when children cover units of work on relationships and preparing for change, including sex education. Have a look through some of the resources on offer in this newsletter, and consider in what way your PSHE provision may need to play catch up across all key stages in term 1, and possibly term 2. !!

It's also mental health week 18-22 May, take a look at the school staff wellbeing newsletter Issue 3 – all issues [saved here](#) under 'Promoting health and wellbeing in school settings'

Here to support you,
Public Health & Wellbeing Schools' Virtual Team:
Sarah Godsell, Nikki Giles, Helen Cleugh, Emma Hoggett, Nicky Ellis and Sam Coleborn

Generic website support: health and wellbeing

[One You South Glos](#) for adults

[Mind You](#) South Glos - for young people

[Information, Advice and Guidance](#) website

[Covid-19](#) Local support, advice and guidance

[Integra Home Learning-Stay Safe](#) (inc. online safety)

Secondary Phase – catching up on 'lost' RSE

We all know how important PSHE is, and what I'm thinking is that our subject will have even more importance as children return to school. I'm also concerned about our new year 7s; their knowledge and understanding of how their bodies have already changed, and will continue to change, both physically and emotionally may need to be revisited. You'll see from the article about supporting parents with Health Education opposite, that we have suggested which aspects of RSE to discuss at home, using a simple handbook. Come September, some children may have been through the handbook at home, and many will have had RSE in years 4 and 5 too, but let's assume they need more!

What can secondary schools do about that?

You could have a look at the [PSHE Association scheme of work](#), and the new [RSHE end of primary phase](#) guidance.

You could liaise with your primary year 6 staff to see if they can share lessons with you.

If you are a Jigsaw PSHE secondary school, to reassure you about Year 6 children missing the Sex Education in the Changing Me Puzzle before they go to secondary school...Jigsaw has made the Ages 10-11 (Year 6) Changing Me Puzzle for England and Wales available FREE to all secondary schools using Jigsaw 11-16 and encourage them to use this as needed with their students arriving from Primary. [Sex Education Forum](#) also have some interesting support materials, although membership is required to access some of these.

Primary Phase - working with parents to deliver aspects of Health Education

As we head further into the Summer Term, many primary schools would usually be thinking about the teaching and learning of sex education. At the moment there is no real indication about when schools will begin to open, and so the question is, what (if anything) to send home for parents to home-teach their children in this subject area. Last week the following information was sent out to head teachers. We hope heads have acted on this and wanted you to know about it too:

There is a lot of material in relationships and sex education that relies on teacher-led discussion in the safe classroom learning environment that has been built up throughout the year. The general thinking from PSHE specialists is that many lessons may not best suit a one-to-one home learning environment. Taking that on board, whilst also wanting to support children in year 6 to prepare for the physical and emotional changes this phase in their life can bring, we have put together a handbook for parents and carers to discuss some of the aspects of growing up and moving on.

If you like the handbook, please do add it to your home learning resources - or you may want to use the handbook to prepare your own version for parents to access.

Either way the content is aligned to the new [Primary Health Education](#) guidance (P34-35) which will be statutory from this September in all schools.

The handbook can be [accessed here](#).



Cont. opposite

PSHE leads' bulletin

Issue 4: 14 May 2020

PSHE Association have produced some Home Learning resources, accessible to non-member schools too.

Please take a look and share with parents as relevant:
The home learning site can be [accessed here](#)

Barnardo's – 'teens at home' article

Published on 16 April 2020, this advice may be helpful to pass on to parents and careers (or read if you have your own teens!!)

'If you're struggling to keep your teenager in the house and sticking to lockdown rules, know that you're definitely not alone.

Teenage brains work differently than adult brains. Developing independence and freedom is one of the central parts of being a teenager, and at the same time they're also relying on the impulse areas of their brains rather than the decision-making areas of their brains. Combined, that means they are much more focussed on living for today, having fun, testing boundaries and exploring their identity then they are following rules. It's completely normal that they focus on these things, and begins to explain why they might find lockdown so hard.'

The full article can be [accessed here](#).

Top Tip [Red Cross home learning](#)

Kindness teaching resources

Free, engaging online resources for children and young people to do at home during the coronavirus lockdown, which explore and promote the value of kindness.

[Find out more](#)



Thanks Kathryn Symons 😊

And finally.....

These last few weeks we have been amazed and humbled by the number of schools sending in submissions for the health in schools awards programme. A massive social-distanced applause for:

Bronze award

Charfield Primary, SGS Pegasus and Hawkesbury Primary

Silver award

Olveston Primary and St. Chad's Patchway Primary

Gold award

St. Stephen's Junior School and North Road Primary School



Watch this space for some media coverage of this later in May 😊

Has this inspired you to take part or to crack on with getting that submission in? We hope so! For information and support please contact heathinschoolprogramme@southglos.gov.uk

Support from the Child Accident Prevention Trust

[Follow this link](#) to find our new shareable content on child safety during lockdown. Plus....

- We are creating new content that you can use in your communications with families, whether you are doing that via your website, by email, newsletter, Facebook page or Twitter.
- We're adapting the Child Safety Week Parents' Pack, so it becomes a safety resource for families in lockdown.
- We're reworking the Child Safety Week Action Pack as a year-round resource, so you can use it in your face-to-face work with families once lockdown is lifted.

Young Carers

At present the Young Carers Service is operating remotely; assessments are taking place over the phone, telephone support is being provided for families and wellbeing check-ins conducted for those young carers identified as in need of regular support. Free virtual "Young Carers Awareness Training" is also available via Zoom for teams who have not previously accessed this.

The referral pathway in South Glos for a **statutory young carers assessment** is through the Access and Response Team. You can also refer to the Young Carers Service securely via the Carers Support Centre [website here](#)

You can watch a recent film created by our young carers about what professionals can do to support them with their mental health on You Tube [here](#).

For further information or enquiries please contact: Kama McKenzie Young Carers Service Manager
kamam@carerssupportcentre.org.uk or call **07821258383**