

PSHE leads' bulletin

Issue 5: 4 June 2020



Hi everyone,

This issue of the PSHE leads' bulletin will focus on support for lesson planning and activities that enable social and emotional skill development as some children and young people are gradually introduced back into the school environment. It's possible that this type of lesson provision will need to continue into term 1 in September, and so may be relevant to all PSHE leads at some point over the next few months.

In the last bulletin we provided information and support for teaching / home learning specifically about RSE and Preparing for Changes. Please do look back at [Issue 4](#) for RSE specific support, as Issue 5 will have more of a generic PSHE focus.

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

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)

Keeping in touch, providing PSHE support to each other via webinars

Thank you to all primary colleagues who joined the first ever PSHE lead's webinar on 21 May. I think it went well!! If you'd like to be sent the follow up email with notes and resources from that webinar please get in touch – sarah.godsell@southglos.gov.uk

Secondary colleagues – I am happy to organise a similar webinar for Thursday 2 July and will send a separate email to the network to see what time might best suit everyone.

Reopening Child Care: How Has Denmark Done It?.....in case you have not seen it:

[And what lessons can you learn?](#)

*****DfE announcement about statutory RSHE and new expectations for implementation during the academic year 2020-2021***** [will be uploaded here soon](#) (please keep checking)!

PSHE - available support for a recovery curriculum

More about the Recovery Curriculum can be found in this article written jointly by Barry Carpenter (Professor of Mental Health in Education, Oxford Brookes University) and Matthew Carpenter (Principal, Baxter College, and Kidderminster).

[A Recovery Curriculum: Loss and Life for our children and schools post-pandemic](#) (Evidence for Learning, 23.04.20)

It advocates that schools must give serious consideration to putting in place a 'recovery curriculum' to support pupils' re-integration back into school life and re-engagement with learning: *'It would be naive of any HT/Principal to think that the child will pick up the Curriculum at exactly the same point at which they left it on the day their school closed. Too much has happened. Listen to what the children are saying. Look at what the children are experiencingcompassionate Leadership is crucial at this time.'*

The Recovery Curriculum is built on **'5 Levers'**: Relationships; Community; Transparent Curriculum; Metacognition; and Space.

'The Recovery Curriculum is an essential construct for our thinking and our planning. Each school must fill it with the content they believe is best for the children of their school community, informed by your inherent understanding of your children in your community.'

The video in the article is especially helpful and has some great and practical ideas for enabling children to feel safe in school. <https://youtu.be/Bvx0-mjT9Tc>

Our message to you as PSHE leads - now more than ever is the time for PSHE to be fully recognised – so many of the activities and skills taught in PSHE are part of this recovery curriculum: e.g. opportunities for emotional expression; for social interaction and working together (socially distanced style??!); giving children the skills to return to being an effective learner; building healthy relationships, self-image, self-esteem; talking about the difficult and sensitive issues, things on the news/media coverage, loss/grief, self-harm, domestic violence and abuse – What is each child's lived experience? What emotional support will they need?

Also see DfE's [Planning Guide for Primary schools sections 10 and 11](#)

PSHE leads' bulletin

Issue 5: 4 June 2020

Nationally available resources:

PSHE Association's new primary and secondary home learning resources (also suitable for use in the classroom) will equip pupils with the skills and strategies they need to manage their feelings around change and transition. ['Next steps: embracing change and transition in uncertain times' — Lessons for KS1-4](#)

Jigsaw PSHE - The Jigsaw 3-11 'Recovery' package is FREE to Jigsaw Schools and includes; a map showing which Jigsaw lessons could offer support for specific topics related to returning to school; separate packs for KS1 and KS2, each including an assembly acknowledging the Covid situation, drawing out the positive themes from it e.g. community spirit, helping others, Colonel Tom, NHS, etc. and supporting British Values and togetherness; plus various lesson plans supporting coming back to school. [Log into the community area and look in the 'teachers' tab.](#)

Chameleon Personal Development Education - a new PSHE resource - schools can download the free [Life after Lockdown packs](#) they have written.

Anna Freud National Centre for Children and Families)

To support school staff, parents and carers during this period of uncertainty and disruption, each fortnight [Mentally Healthy Schools](#) is producing a toolkit of quality-assured, free resources from across the sector. These resources span a range of topics, such as supporting vulnerable children and children with SEND, managing anxiety, transitions, adult wellbeing and self-care.

Top Tip

New Infographic – a fascinating look using data from the Kooth service, showing the variation in concerns of young people across the country compared with the same time last year – could be used as a discussion tool with year 10s and 12s as they return to school:

<https://about.kooth.com/covid19-data/>

A message from Rachel Potter, integration and participation worker for Kooth, in South Gloucestershire

I would like to take the opportunity to remind you that KOOOTH is available in your area with business as usual, for young people aged 11 – 18 to access support and advice. It's a free confidential service that it can all be done at home. I would also like to remind you that I am available to run online training sessions for your staff (at no cost to you) to refresh your knowledge of Kooth. Please feel free to contact me to arrange a time that would be suitable for your staff.

M: 07432 375949 / T: 020 398 49337 / <https://xenzone.com/>

Explaining social distancing to children

Here are few resources to help explain social distancing to children and young people (and yes, they're good for adults, too).

<https://www.munsonhealthcare.org/blog/explaining-social-distancing-to-kids>

And here's another video to explain social distancing to young children:

<https://www.facebook.com/113162570107145/posts/242866403803427/?vh=e>



For sending home to parents/carers:

How to keep your children safe as they return to school; 6 tips for protecting your kids from COVID-19, June 1, 2020 <https://covid.joinzoe.com/post/children-school-covid>

[MindYou](#) will also have some dedicated support for parents whose children are returning to school – keep checking the site for updates.

Finally, Off The Record have produced these two videos to support children returning to school:

[Transition](#) [Hopes and Fears](#)

