

# PSHE lead's bulletin

Issue 7: 16 July 2020



Hi everyone,

This is the final issue for the academic year – what a lot we have covered since March! This issue will give lots of links to things for you to store away and save for September!

You have all been amazing and I know that PSHE is heading into a new era in terms of its importance and place in our schools –something we have all known for a long time and now maybe there are a few in central government who get that too!

We wish you all a restful and safe summer break, it will be a strange one! Have some fun too, and we look forward to working with you next school year.

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

## NEW for September #SouthGlosConnect

Oodles of work is being done to support South Glos schools to make the return to school in September the best it can be for all our children. Very soon there will be a website hosting all sorts of resources that have been put together as part of #SouthGlosConnect; a collaboration of local authority and school leaders working to place recovery, repair and resilience at the heart of teaching and learning. Head teachers are being sent the link but if it isn't live yet, it soon will be so do keep checking (once you have had some time off!!!).

Jigsaw PSHE have also produced a free recovery pack for primary and secondary aged pupils with lots of activities for September – [available here](#) to download. This is free to all schools so pass on if you know teachers in schools without Jigsaw!

We also came across this Liverpool site - <https://www.howareyoufeeling.org.uk/coronavirus-resources>; interestingly the Chameleon resources on here are written by two ex-Jigsaw consultants, so we know it will be good! I think our resource website will look a bit like this too, but obvs better!!

## Recorded webinars

### **Supporting mental health in schools**

A recording of the DfE webinar for school and college staff: 'Supporting returning pupils and students' mental wellbeing' held on 9 July is now available:

<https://www.youtube.com/watch?v=MYmBLnSQh3M>

### **Relationships, Sex and Health Education for pupils with special educational needs and disabilities**

The recorded content from the webcast held on 7 July is now available, to access it please visit the PSHE Association website [here](#).

And, produced by the PSHE Association, the PSHE Planning Framework for pupils with SEND mentioned in the webcast is now [free to download](#).

## Training

### **South Gos Youth Mental Health First Aid\*\***

We are in the process of getting a date set up for an online version of the half day Youth Mental Health First Aid course. The first one is likely to run in August but we hope to get more dates in the autumn term. You will be able to book through the south glos training website once dates are added in the next couple of weeks:

<https://learning.southglos.gov.uk/cpd/portal.asp>

\*\*not to be confused with the Mental Health First Aid course which is focused on adults.

### **And.....Your Wellbeing Matters too** **Every Mind Matters self-care tool**

Your Mind Plan can help you to take simple steps to look after your mental health and find a good work-life balance

<https://campaignresources.phe.gov.uk/schools/resources/ev-ery-mind-matters-self-care-tool>

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## Relationships, Sex and Health Education Hub

Preparing for the new RSHE Curriculum - Free Support and Training

*"The Bristol Primary Teaching School Alliance in partnership with the Cabot Learning Federation's Institute and Bristol City Council has been successful in winning a national DfE bid to support the implementation of the new requirements of Relationships, Sex and Health Education (RSHE) as one of the country's RSHE hubs.*

*We are developing a programme of free support and development using brand new DfE resources to help schools in the region in the year ahead as they consider their implementation roadmap. These resources will be linked to existing resources many of you use already, such as Jigsaw. Some of the first materials to be released by the DfE will focus on mental health and well-being: we hope to be able to share our first wave of online training this term to support reintegration plans for pupils returning to school after the lockdown period.*

*Our bid looks in detail at supporting RSHE leads in Primary, Secondary and Special settings to gain confidence and greater understanding of the new DfE requirements for this crucial aspect of the curriculum, so they can in turn train their staff and deliver the requirements in their own settings, using a 'train the trainer' model. We will also look at follow up support for schools and how the new materials fit in with existing resources such as Jigsaw, with facilitated networks to ensure all RSHE leads are confident in their consultation and delivery.*

*We will be working closely with the DfE, Local Authority partners and schools across the region to ensure all who are involved feel supported in their understanding of how to work with school staff, governors, young people and their communities when delivering the new requirements of the statutory curriculum in their own unique contexts.*

*Please see our [webpage](#) and attached flyer for more information about how to register an interest for your school."*

If you have any queries, please contact [RSHEhub@bristol-schools.uk](mailto:RSHEhub@bristol-schools.uk) Lizzie Henden, Public Health, Bristol

## **'Saving, Borrowing and Protecting My Money' Bank of England new econoME lesson (KS3&4)**

The Bank of England have produced a new lesson to complement the existing econoME scheme of work and we have granted it our Quality Mark for PSHE resources.

The lesson, suitable for key stages 3 and 4, is free to download and uses a series of case studies designed to help students calculate the impact of saving and borrowing, whilst also equipping them with strategies to protect their money from risks such as online fraud.

Economic wellbeing remains a vital part of PSHE education and the econoME scheme of work will support colleagues to plan this aspect of their provision for the autumn term.

[Access the pack here](#)

## **NEW resource for students age 15 – 18**

*Online blackmail* is a new education resource which aims to help young people identify key characteristics of how blackmail manifests online, understand the impact it can have, and how they access help if they experience it.

The term 'online blackmail' is used to refer to the act of threatening to share information about an individual (including sexual images or videos) to the public, or their friends and family, unless a demand is met.

Like all Thinkuknow resources, *Online blackmail* has been developed on the basis of our five values for safe, effective online safety education.

1. Safeguarding first.
2. Approach from the perspective of the child.
3. Promote dialogue and understanding.
4. Empower and enable children..
5. Never frighten or scare-monger.
6. Challenge victim-blaming attitudes.

Sign in [here](#) to download

## **And finally – RSE guiding principles** (as if we needed any more confirmation of how vital our work is!)

- RSE helps keep children safe – this is based on evidence
- RSE lessons should be enjoyable and useful / relevant
- RSE happens in school and at home
- RSE involves communication between people
- RSE involves people of different ages and starts young to support life-long learning