



**School Health &
Wellbeing
Service e-bulletin**

January 2023

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Happy New Year to you from the S4S School Health & Wellbeing Service! We hope that you managed to get some much-needed rest and relaxation and had a lovely Christmas break with family and friends. Back to it now though – how did 2023 get here so quickly?!

We hope that this latest edition of our service bulletin will give you the usual valuable updates from the world of PSHE education and the related health and wellbeing arena, all of which might help to make your PSHE-working lives a tad easier.

Please do take a look down in the training and development section later on in the bulletin for more information about all of our latest training and webinars we have scheduled for the Spring term – there are plenty to choose from if you are looking to keep updated on best practice and provision in PSHE-related areas.

Please note, the stories in this e-bulletin are sourced from a range of services including the NSPCC, Brook, Anti-Bullying Alliance, and other reputable organisations who focus on working to support the health and wellbeing of children across the broad spectrum of PSHE. Links to external websites and organisations are provided but these do not necessarily reflect the views and opinions of the S4S School Health & Wellbeing Service. Previous issues of all our service bulletins can be accessed [here](#).

S4S School Health & Wellbeing Service Offer 2023/24

The S4S School Health & Wellbeing Service is provided as a partnership between S4S and Health & Wellbeing in Schools Ltd. This service offers a broad range of high-quality specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, Health & Economic (PSHE) education. Our service is designed to empower and support your school's delivery of best practice in PSHE education and whole-school approaches to promoting pupil health and wellbeing, including around high-priorities such as statutory RSHE.



Our brand new service brochure for financial year 2023/24 is available now! Whether you are one of our existing service-package schools, an ad-hoc attendee at our popular training sessions or would just like to find out more about the range of PSHE education-related support that we can offer, then this brochure will tell you what you need to know. Please pass on to your SLT or budget holders!!

School Health & Wellbeing Service 2023-24

Benefits to your school

- Specialist support from a dedicated adviser to your school
- High-quality advice, guidance and consultancy support to senior leadership teams, governing bodies, and teachers
- Visible advice on effective PSHE provision, delivery and support coordinated including guidance on appropriate curriculum resources
- Insure best practice on statutory and non-statutory provision within PSHE-related themes
- High-quality professional development opportunities covering the breadth of PSHE to improve staff knowledge and confidence in delivery
- Support around emerging and statutory priorities such as Relationships, Sex and Health Education (RSHE)

SERVICE OFFER

Our package gives access to all elements of support provided by the service, which can include:

- An audit of your school's PSHE provision and support in creating an action plan for achieving improvement. This can be used to evidence meaningful contributions to the Ofsted Education Inspection Framework, especially around Personal Development
- A PSHE curriculum review to ensure compliance with statutory curriculum requirements within RSHE
- Curriculum development and signposting to appropriate resources to ensure best practice and support in mapping these into your provision
- Support in devising the role, effectiveness, and impact of the PSHE subject team at school
- An online training programme suitable for PSHE subject leads, teachers, governors, and other school staff
- Half-day training for staff and governors on PSHE-related themes
- PSHE education-related policy review and development, e.g. RSHE, Anti-Bullying, PSHE, Drug Education, etc.
- Parent community engagement and workshops on PSHE-related themes
- Access to half-termly S4S School Health & Wellbeing Service consultation with relevant updates across PSHE-related topics
- Priority access to service events and training opportunities including Family PSHE, Half-termly Meeting
- Further services and bespoke support around PSHE-related themes can be developed upon request

AVAILABLE SERVICE PACKAGES

Schools can purchase any of the following packages:

- Virtual-Lite Service** (see below for further details)
- Standard-Lite Service** (2 days access to any service element)
- Standard-Optimise Service** (3 days access to any service element)
- Enhanced Service** (5 days access to any service element)
- Enhanced-Optimise Service** (8 days access to any service element)
- Premium Service** (8 days access to any service element)

VIRTUAL-LITE SERVICE OFFER

Our online 'Virtual-Lite' package allows schools to have limited but flexible access to specialist advice, guidance, and professional development, including:

- Initial 1-hour online strategic consultation meeting with our specialist PSHE Adviser
- Additional 1-hour online consultation session per term (can also be used for any remote work task required)
- Priority booking for any S4S School Health & Wellbeing Service on-line training session (maximum fee/price per package)
- Priority booking for our termly PSHE Network Meeting (one place per meeting)
- Access to half-termly S4S School Health & Wellbeing Service updates
- 24-hour access to additional support services available from the S4S School Health & Wellbeing Service
- All virtual sessions/consultations will be via online platforms such as Zoom, Microsoft Teams or Google Meet.
- *Other includes training resources or further purchase of a virtual-Lite support package

For more information about the support provided by the S4S School Health & Wellbeing Service, please contact us on 0333 772 1272, Option 2.

Health & Wellbeing in Schools
PSHE Education Consultancy

S4S
Wales Business Partner

Services 4 Schools Waterloo House,
4 Waterloo Road, Wokingham W11 4BL
Telephone: 0333 772 1272
Email: info@s4s-consultancy.co.uk



As a service, we are passionate about supporting schools, professionals and young people. Fundamentally, we know that a whole-school approach to improving the personal development, health and wellbeing of your school community will have a positive impact on wider school improvement and outcomes for children and young people. We can offer you the additional capacity and specialist support to help you achieve this!

Some of the benefits of buying in to the S4S School Health & Wellbeing Service include:

- Specialist support from a dedicated advisor
- High-quality advice, guidance and consultancy support to SLT, governing bodies, subject leads and teachers around PSHE themes
- Reliable advice on effective PSHE planning, delivery, and subject leadership, including guidance on appropriate curriculum materials and resources
- Ensure best practice on statutory and non-statutory policies within PSHE-related themes
- High-quality training opportunities to improve staff knowledge and confidence in delivery
- Support around statutory priorities, such as Relationships, Sex and Health Education (RSHE)



The various elements of the service can be accessed by purchasing one of our support packages which offer a cost-effective, high-quality and individualised focus for schools. Due to feedback from school, we have also now extended the range of our packages so there is even more choice and flexibility to ensure schools get exactly what they need - and within budget!!

If you'd like a chat about any of the help that we can offer around PSHE, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call 0333 772 1272, option 2.

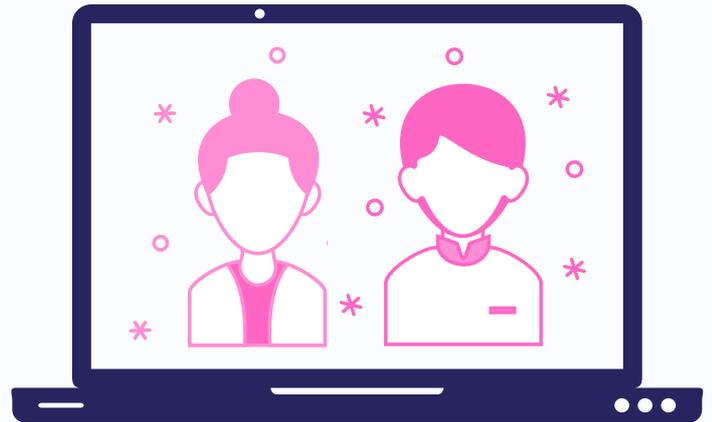
You can find out more about what we do by [visiting our section of the S4S website here](#) for more details.

Schools that are interested in purchasing support from our service can also access a FREE consultation session to discuss your school requirements. So, please get in touch – we love to talk about PSHE and all the ways we can help!!

FREE PSHEe NETWORK MEETING!

Wednesday 8 February

We are feeling very generous again this year, so we will share our love for PSHE by hosting another one of our FREE PSHE Education Network Meetings on **Wednesday 8th February**, which will be held via Teams from 3:45 pm – 5 pm. These informal online meetings are for PSHE education subject-leads and staff who are responsible for delivering PSHE education and those related topics and offer a forum for topical discussion and updates from across the field.



There will be an opportunity to find out what support is available to schools from our service and hear from guest speakers, as well as time for some questions at the end of the session. The PSHE Network Meetings are open to both primary and secondary phase school staff. As this is a FREE event, places are allocated on a first come, first served basis so please sign up for your place as soon as possible – they do go quickly! All we ask is that you can definitely attend – and that if anything changes, you let us know if you can't make it!

Please visit the booking section of the S4S workforce development website to **[book your place on this FREE session here!](#)** Check out the rest of our training schedule whilst you are there too!



Personal, Social, Health, and Economic education updates

www.



A brief roundup of news from across the field of PSHE education....

Focus on school sport to support mental health

The latest Active Lives Children and Young People Survey from the Sport England was released in December and shows that whilst improvements are being made in the activity levels of children, less than half are meeting the minimum levels recommended by the Chief Medical Officer, which could help address physical and mental health challenges. Indeed, one of the key findings of the report covering the 2021-22 academic year showed that there are clear links between activity levels and mental wellbeing; children who are more active are likely to report higher levels of happiness and resilience.

Responding to the research, Youth Sport Trust Chief Executive Ali Oliver MBE, said:

"Whilst we are now clearer than ever on the linkages between an active life and positive mental health outcomes, we are yet to see society fully capitalise on these benefits and the focus of investment remains on cure rather than prevention.

"This new report from Sport England shows that physically literate children and young people are happier and more resilient than non-physically literate peers. In addition, there's a positive association between levels of sport and physical activity and levels of loneliness, with 10% of active children claiming to often or always feel lonely compared to 12% of non-active children.

"The data also shows that there has been a rise in young people exercising to relax and worry less (up 1.2%), and socially for fun with friends (up 2.1%).

"With the cost-of-living crisis rendering lots of activity beyond the school day inaccessible to those in the most disadvantaged areas, and with more children being active in school (44.8% of children active in school for at least 30 mins a day against 39.5% pre pandemic) we are calling on government to recognise the power of school sport to tackle the mental health crisis and reach those underserved communities of young people which are most likely to be affected."

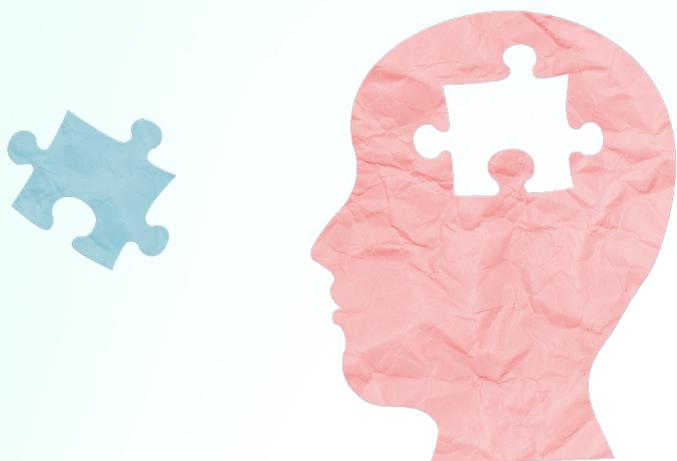
This report would be really useful to schools in helping to review their wraparound and physical activity based provision and makes interesting reading around those well-founded links between mental health and physical activity. Something to get your teeth into for the New Year anyway!



To read a summary and to access the full report, [please go to the Sport England website here.](#)

Free training from Anna Freud Centre on mental health interventions!

The children's mental health charity Anna Freud National Centre for Children and Families are offering a wonderful free online training opportunity for schools in March!



'Delivering and evaluating effective mental health and wellbeing interventions in school' is a two-part course (2nd & 9th March) which will consider planning, delivery and evaluation of support, and the benefits of taking a 'test and learn' stance. Participants will learn about the experiences and findings of the long-running National Lottery funded Headstart Programme, and how these can inform the development of support for mental wellbeing in your school.

Themes covered will include:

- peer support models
- student engagement and voice
- supporting parents
- multi-agency approaches
- collaborating with the wider community

Course participants will benefit from case examples and practical ideas for interventions, complementing the development of a whole-school approach.

To book a place on these sessions, which are suitable for staff in schools who support mental health and wellbeing, SENDCos and pastoral staff, then [please visit the Anna Freud Centre website here.](#)



Anna Freud
National Centre for
Children and Families



ABA report says 'a quarter of children are bullied frequently'

In a survey of nearly 30,000 pupils in England conducted by the Anti-Bullying Alliance, almost 1 in 4 children (24%) told researchers they were being frequently bullied face-to-face. Released to mark the start of Anti-Bullying Week last November, the 'Bullying, school experiences and wellbeing' report is a summary of the first dataset of the ABA's 'United Against Bullying' pupil questionnaire between November 2021 to February 2022.

Other key findings from the report include:

- Pupils in receipt of Free School Meals (30%) and those with SEND (31%) are significantly more likely to be bullied frequently
- 6% of pupils report bullying others frequently
- Pupils who report bullying others, either face to face or online, are the most likely to report poor experiences at school
- Pupils at secondary schools are significantly more likely to report having poor school experiences than primary, infant or other schools

Martha Evans, Director of the Anti-Bullying Alliance said:

"Children and young people need to know there is help out there if they are being bullied or are witnessing bullying. It starts by reaching out to someone you trust if you need to talk. Reaching out to someone you know is being bullied. Reaching out to consider a new approach.

"And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out.

"That is why members of the Anti-Bullying Alliance have written an open letter calling on adults to consider the example they are setting to young people about how we treat each other.

"Whether it is during a Twitter spat, arguments in parliament, a relationship breakdown on the latest reality TV show, or a row on the street; children are too often watching, they are listening, and they are learning from us."

As ever, data such as this is really useful to help you benchmark against your own practice and provision – [check out the full report and associated documents on the ABA website here.](#)

Brook and Lil-lets: The Big Period Lesson Live!

Brook and Lit-lets have teamed up again to put together the 'Big Period Lesson Live', which is taking place at 10am on Wednesday 1 March 2023. The broadcast is free to access and aimed at young people in year 6 and 7 (and year 5 if pupils have already covered elements of related puberty education).



Led by expert Brook educators, the lesson will support your students to better understand their bodies, define what puberty and periods are, and know where to go for support. This would be the perfect complement to embellish existing curriculum based learning on puberty and periods for all pupils, so that they are prepared for the changes they will experience to their bodies, feelings and lives in an age-appropriate way.

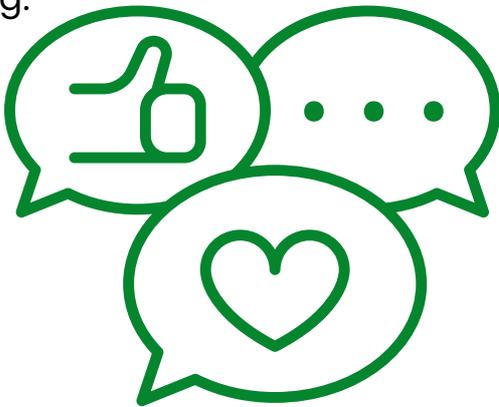
Learn **Live**

[To register for this session, please go to the registration page here.](#)

NSPCC Learning – literature review on RSE-based learning

Back in November 2022 (I know, it seems ages ago, right?!), the NSPCC published a literature review on what research tells us about young people's experiences of learning about relationships, sex and sexuality. Over 170 articles and reports that drew directly from children and young people were identified and reviewed.

The objective of the NSPCC's literature review was to summarise 11–25-year-olds' views on what, where and how information about relationships, sex and sexuality is communicated to children and young people, as well as their preferences for formal and informal learning.



Key findings highlighted within the executive summary of the report include:

- Children and young people learn about relationships, sex and sexuality intentionally and inadvertently, within, and beyond, school
- In-school relationships and sex education provision does not reflect children's lived experience
- Children want school-based RSE to be more regular, interactive, skills-based, inclusive, and positively framed
- School culture is as important as education in establishing what is and is not acceptable regarding relationships, sex, and sexuality
- Children and young people face barriers when seeking help from others about relationships, sex and sexuality, and sexual abuse

To honest, none of these findings should be a newsflash to schools who are relatively switched on to effective RSE provision. However, it does again clearly amplify that many, if not all, of the issues we had 'pre-statutory RSHE' are still very much present in schools. This literature review is a very interesting evidence-based read and reminder of the work we still have to do to make sure that our children and young people get what they need and when they need it. As the report says in its conclusion:

"This literature review highlights the range of places, experiences and people that children and young people learn from about relationships, sex and sexuality. The disconnect between their lived experiences and formal education through RSE is evident. Children and young people are keen to learn more about relationships, sex and sexuality and have provided clear indications of how and what they want to learn from their formal education.

"It is vital then those adults' supporting children and young people ensure that children and young people learn about relationships, sex and sexuality in a timely and effective manner. We also need to teach by example and address unhealthy cultures and norms within schools and society that promote an unhealthy understanding of relationships, sex and sexuality and 'normal' behaviours. Finally, we need to remove barriers so children and young people can access and receive helpful, accurate and timely information, support and advice."

We would advise all schools to take a look at this document as it provides an excellent summary of evidence for improving provision.

[A download of the full PDF report is available here](#)

**NSPCC
Learning¹**



TRAINING & DEVELOPMENT OPPORTUNITIES

Our popular professional development training sessions run across the academic year, with courses offered across a range of themes related to PSHE education. Our training sessions are open to all, regardless of whether your school is signed up to a current service support package with us or not.

For certain courses, we also offer an additional bespoke one-to-one follow up session with a specialist advisor. As well as attendance at the training session, delegates who book this option (£99) will be able to access an individual one hour online follow up meeting to help discuss any specific issues for their school around the themes in the training session – ideal for those schools who need that extra bit of help or confirmation that they are putting the right things in place. Visit the [**S4S workforce development website**](#) to see which of our training sessions this option is available on.

We also offer Inset or ‘twilight’ training opportunities to enable schools to effectively deliver key learning points to wider groups of staff, either virtually or in school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

A variety of introductory Governor-specific training sessions are also available, aimed at raising awareness around health and wellbeing themes, such as RSE, Health Education, Substances and Mental Health and Emotional Wellbeing. These can be delivered both virtually and in school to Governors to make them as accessible as possible.

Interested in any of our sessions for a whole-staff online twilight session for your school? We can do this too for a discounted rate per delegate! Please do contact the S4S School Health & Wellbeing Service if you would like to find out more about this or any of the training and professional development support that we offer.

Service Training Calendar: January 2023 - March 2023

As part of our regular programme of online training available to all school staff, we will be running the following courses over spring term 2023. **Courses start from just £47 or come at no additional charge for schools that buy into our service level agreement!**

TRAINING SESSION

DATE/TIME

What You Need to Know about OFSTED & PSHE!

Friday 20 January, 1pm to 3:15pm

NEW! Delivering effective RSE... 'without the awkwardness!' (secondary phase)

Thursday 2 February, 1pm to 3:15pm

PSHE Network Meeting - FREE!

Wednesday 8 February, 3:45pm to 5pm

NEW! What Makes for Effective RSE in Primary Schools?

Wednesday 15 February, 1pm to 3:15pm

NEW! A Whole School Approach to Teaching About Protected Characteristics

Thursday 3 March, 1:15pm to 3:15pm

Bitesize CPD: Introduction to Drug Education

Wednesday 8 March, 3:45pm to 5pm

Assessment in PSHE Education (Primary phase)

Friday 10 March, 1pm to 3:15pm

What You Need to Know about OFSTED & PSHE!

Wednesday 15 March, 1pm to 3:15pm

Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)

Wednesday 22 March, 3:45pm to 5pm

NEW! Teaching About Consent: Yes, No or Maybe? (secondary phase)

Wednesday 29 March, 1pm to 3:15pm

Please note, courses will run subject to sufficient delegate numbers. You can get further information about these courses and make bookings by visiting the [S4S workforce development website](#)

We constantly add further sessions to our roster, so please check our website and look out for further courses. If there are any specific topics you'd like some CPD on, then please let us know - we can always create added content! Remember, we will also come to you if you need any twilight, Inset or Governor training - please get in touch to find out more.

Contact details

Don't be a stranger - we would love to hear from you!

Contact us by email via:



info@services4schools.org.uk

or

russell@schoolhwb.co.uk



**Health & Wellbeing
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PSHE Education Consultancy

www.schoolhwb.co.uk



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