



School Health & Wellbeing Service e-bulletin

March 2023

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Welcome!

Welcome back to the second half of the spring term. We hope that you managed to get a quick bit of time to yourselves before getting back into it. Spring 2 is pretty short though, so not to worry, Easter will be here soon!

We've got the regular reminder about our service – the new service brochure should have reached schools by now but let us know if you'd like one emailed out to you – and the rest of this term's training programme is included too. Enjoy the read and we hope it's as helpful as usual! Previous issues of all our service bulletins can be accessed [here](#).

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 DfE, PSHE Association, the 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.

S4S School Health & Wellbeing Service Offer 2023/24

Our 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.

School Health & Wellbeing Service 2023-24

Delivered in partnership with Health & Wellbeing in Schools Ltd, a specialist Personal, Social, Health & Economic (PSHE) education consultancy, our service offers a broad range of high-quality support around the health and wellbeing practice of schools, particularly in relation to PSHE education and Personal Development.

The School Health & Wellbeing Service provides additional capacity and expertise to empower and drive your school's delivery of best practice in PSHE education and whole-school approaches to promoting pupil health and wellbeing, especially around priorities such as statutory Relationships, Sex & Health Education (RSHE). This is achieved through a combination of consultancy and advice, curriculum support and professional development, tailored to suit your specific needs.

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
- Robust advice on effective PSHE planning, delivery and subject coordination including guidance on appropriate curriculum resources
- Secure best practice on statutory and non-statutory policies with 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)

Schools that are interested in purchasing support from the service can access a free, no-obligation consultation to discuss requirements and determine a bespoke support package.

SERVICE OFFER

Our packages give 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 ongoing 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 Key-Stage
- Curriculum development and appropriate resources to ensure best practice and support in mapping these into your provision
- Support to develop the role, effectiveness, and impact of the PSHE subject lead in school
- An online training programme suitable for PSHE subject leads, teachers, governors, and other school staff
- Headteacher 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 adviser with relevant updates across PSHE-related topics
- Priority access to service events and training opportunities, including termly PSHE Network Meetings
- 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 Service** (2 days access to any service element)
- Standard-plus Service** (3 days access to any service element)
- Enhanced Service** (5 days access to any service element)
- Enhanced-plus Service** (8 days access to any service element)
- Platinum Service** (31 days access to any service element)

All elements of support are also available on an ad-hoc basis. To access support outside of a service package, please contact us to discuss your requirements.

*All any use of the service is deducted from the relevant number of days/purchases purchased. Please note that one day is deemed as 7 hours, within any package of support provided with this school will equate to a minimum of half a day of service use.

Access to the service that does not require a visit-PSHE school or any preparation or pre-planning work, for example policy review or a place at an online training course, will be deducted at an hourly amount from the purchased package. All service work will be agreed in advance with schools and updates on usage will be provided upon request.

Examples of service use (to demonstrate how our packages work in practice)

School A has purchased a 2-day standard package of support. They use this as follows:

- Subject training session in school (2-day service use)
- PSHE audit and review visit in school (2-day service use)
- Audit and recommendations report (1-hour service use, off-site)
- RSHE policy review (2.5-hour service use, off-site)
- PSHE curriculum resources support visit in school (0.5-day service use)

School B has purchased a 4-day enhanced package of support. They use this as follows:

- PSHE audit and review visit in school (2-day service use)
- Audit and recommendations report (2-hour service use, off-site)
- Parent engagement event in school (0.5-day service use)
- Full-day PSHE support (advice & consultancy) visit in school (1-day service use)
- PSHE policy review (2-hour service use, off-site)
- 4x delegate attendance at online training sessions (8 hours service use)
- Virtual PSHE support meeting with PSHE lead (2.5-hour service use, off-site)

NB: These examples are for guidance only. Actual service use will depend upon agreed individual school needs and usage.

VIRTUAL-LITE SERVICE OFFER

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

- 1x 1-hour online planning/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 online training session (maximum five places per session)
- Access to half-termly S4S School Health & Wellbeing Service updates
- 50% discount on additional support services available from the S4S School Health & Wellbeing Service*

*All virtual sessions/meetings will be via online platforms such as Zoom, Microsoft Teams or Google Meet.

**Offer excludes training sessions or further purchases of a virtual-lite support package.

For more information about the support provided by the S4S School Health & Wellbeing Service, please contact us on 0133 772 1272, Option 2.

Health & Wellbeing in Schools
PSHE Education Consultancy

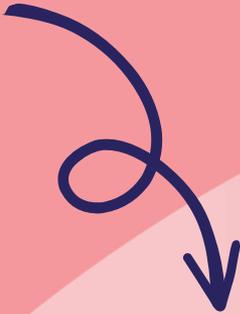
Wales Business Partner

S4S

Services 4 Schools Watnroo House,
4 Watnroo Road, Wrexham, Wrexham, WY1 4EL
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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.





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 schools, 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 also visit the [Health & Wellbeing in Schools website here](#) to find out more about what we do, and [visit our section of the S4S website here](#) for more details about our partnership with S4S and a copy of the service brochure for 23/24.



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!!

Personal, Social, Health, and Economic education updates

www.



A brief roundup of news from across the spectrum of PSHE education, health and wellbeing, including links to resources and signposting...

SEXISM, MISOGYNY & SEXUAL HARASSMENT RESOURCES AND SIGNPOSTING

We thought that a bit of an update on this incredibly hot topic right now might be interesting for you, dear readers! Obviously it's not new, but has been especially in focus in recent months with lots of requests from schools on how to pick up on these kind of areas with students. We thought some quick signposting to some recent useful resources/info that is out there would be useful!

- **UK Feminista** - <https://ukfeminista.org.uk/>

UK FEMINISTA

This organisation has been around for a while now and I have signposted to them in a previous service bulletin, but amongst their wider work they have a main aim of working to end sexism in schools – including sexual harassment, sexist language and gender stereotyping. They have a range of resources for both primary and secondary schools including posters, guidance documents, surveys and tips and case studies on how to address sexism and harassment. Their website also has sections for students and parents – well worth looking into.

PSHE
Association

- **PSHE Association** - <https://pshe-association.org.uk/news/new-guidance-on-addressing-misogyny-toxic-masculinity-and-social-media-influence-through-pshe-education>

The PSHE Association have also recently issued a new guidance document on addressing misogyny, toxic masculinity and social media influence through PSHE education. The link above will take you to it but briefly, it covers practical tips on areas of the PSHE / RSHE curriculum to focus on and what resources to use across KS1 – KS4 from their own selection of endorsed material (some of those bits are members only access, but the PDF guidance document is freely available).

- **Bold Voices Toolkit** - <https://www.boldvoices.co.uk/tate-toolkit-subscribe>

Bold Voices are an organisation working to fight gender inequality and gendered violence. They have produced a free toolkit that includes tips, activity plans and discussion points for talking about masculinity, gender inequality and misogyny with young people. Free download via this link above if you subscribe.



We should also of course flag our own **Teaching About Consent: Yes, No or Maybe? (secondary phase)** training session on 29th March which will help schools to understand the fundamentals around this underlying aspect of RSE education to address associated issues. Check out the training section later for more details on this!

FREE Financial Education Webinars



The Department for Education and the Money and Pensions Service are working in partnership with Young Enterprise to run a series of four free 90-minute twilight webinars for school leaders and teachers in March 2023.



Delivered by experienced trainers, themed webinars will explore the links between financial education and mathematics, literacy, and citizenship.



Following the webinars, attendees will be supported to further embed financial education in their school's curriculum through a dedicated webpage with links to relevant accredited financial education resources, ongoing continued professional development opportunities, and further advice and support.



To register your details, [you can visit the registration website here.](#)



Department
for Education



Money &
Pensions
Service

FREE United Against Bullying training

More free stuff! The Anti-Bullying Alliance are offering FREE training to schools in England as part of their ongoing United Against Bullying (UAB) whole-school anti-bullying programme. It aims to develop an understanding of bullying, those most at risk and improve confidence in preventing and responding to bullying.

The only downside to this is that the only remaining sessions available are for 2nd & 9th March - so book now if you want to get involved! [Visit this link to register!](#)



ANTI-BULLYING ALLIANCE

PSHE Association Spring Conference 2023

We're BIG fans of the PSHE Association at the S4S School Health & Wellbeing Service! So it seems only right to point our readers in the direction of their next online conference, which is taking place on the morning of Thursday 23 March.

If you've not been before, then there are lots of things going on, including the chance to enjoy practical, interactive workshops; thought-provoking keynotes; and the opportunity to meet like-minded professionals (albeit mostly via text chat!!)

For this conference, PSHE education's role in safeguarding will be a central theme, with a workshop on addressing misogyny, toxic masculinity and social media influence through PSHE, as well as many others. You need to be a member to attend, and then pay your entry fee but it's well worth it!

We'll probably be there, so say hi if you (virtually) see us! [**More info via the PSHE Association website here.**](#)



HMRC'S TAX FACTS RESOURCES



Who knew that HMRC actually gave you things, rather than just collecting taxes?!! Well, it seems they do sometimes! Tax Facts is an interactive lesson which teaches young people real life skills, and there is one covering content suitable for both KS2/KS3 and KS4/KS5.

Designed by a team of educational experts, HMRC's Tax Facts will help young people understand their tax responsibilities and prepare for them for the world of employment. There are a bunch of decent activities and resources to use, including YouTube videos.

The resources are hosted on the National Schools Partnership, so you just need to log in (or register) to download them. Easy! [Click this link to get there.](#)



Introducing BeWISE! for primary schools



BeWISE! is a brand new, fully resourced programme from the Midlands-based service WiderLearning. It comes complete with lesson plans, supporting teacher guidance and resources, pupil workbooks, classroom posters, stickers and certificates, and is mapped to a broad range of requirements from within the Relationships and Health Education (RHE) statutory DfE requirements for primary schools. This new resource has been produced through collaboration between WiderLearning and Health & Wellbeing in Schools Ltd.



WiseUP!

BeWISE! focusses on important messages about our bodies, our private parts and the vocabulary we use, keeping ourselves safe and understanding the importance of talking to trusted adults and the skills needed to do this when we need help. Aimed at Year 2, BeWISE! consists of three whole class contact sessions, two of which are delivered in school by experienced and qualified practitioners fully trained in delivering in these areas.

BeWISE! acts as a precursor to the popular WiseUP! programme, which is aimed at Year 4 pupils and looks at positive friendships, healthy relationships and keeping safe. WiseUP! is organised in a similar way to BeWISE!, with three sessions in total, two of which are delivered to pupils by WiderLearning facilitators. These sessions also provide ample contributions to the statutory requirements for RHE in primary phase.

Upon completion of both of the programmes, schools are given support to create a plan to identify any additional areas which can be covered as part of future PSHE lessons to continue and further embed the learning from the BeWISE! or WiseUP! materials.

If you would like to find out more about either of the BeWISE! or WiseUP! programmes, or any of the other work that WiderLearning do then please [visit their website here.](#)



**Health & Wellbeing
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PSHE Education Consultancy

Signposting and partners

In this section we hand over space to highlight services or organisations which might be beneficial to schools' work around the PSHE and health and wellbeing agenda.



This time, we take a look at Change Your Mind, a peer-education leadership programme and hear from the programme director, Sophie McPhee.

Change Your Mind is a student personal development and leadership programme for Year 12 pupils whereby they work in teams to create workshops on different aspects of health, wellbeing and diversity, which they then deliver to Year 6 children in local primary schools or younger pupils within their own schools. The programme has also worked well with Year 11 pupils in schools where there is no sixth-form. It was originally set up at Queen Mary's Grammar School in Walsall in 2016, and since 2019 it has expanded out into nearly 130 schools and colleges across the UK and two schools overseas.

Currently, we have a team of 48 pupils at Queen Mary's, split up into sub-teams of six, with one pupil appointed as the sub-team leader, thereby acting as line manager to the rest of the group. Each team is allocated a workshop theme from our suite of eight, all of which contribute to the statutory requirements for Key Stage 2 Relationships Education and Health Education.

However, there is so much more to Change Your Mind than just creating and delivering workshops. Our pupils also become one-to-one peer mentors in their own school, assist the PSHE and pastoral teams in carrying out their work, have appeared on podcasts and attended a wide range of training events. They also complete independent study tasks when not out at workshops, to add an academic dimension to the programme and the whole experience is something which they will be able to talk extensively about at interviews for their next stage of education, employment or training.

The programme has a range of benefits for everyone involved. Primary schools are supported in delivering the statutory content, and primary school teachers have told me that the key messages are more impactful when coming from young people closer in age to their audience. For secondary schools and colleges operating the programme, Change Your Mind is a good 'USP' when recruiting to the sixth form, and can be used to help meet criteria in the personal development category of the Ofsted requirements.



Overall, the aim of our workshops is to get children and young people to put healthy lifestyle and relationship choices in place in order to reduce the risk of developing a diagnosable mental health condition. The other key aspect of the Change Your Mind programme is the development of employability skills and the opportunity to undertake work experience within school hours – in that respect, the programme also helps schools meet some of the Gatsby benchmarks for good careers guidance.

If you are interested in setting up Change Your Mind in your own school or college, please contact me at the email address below to enquire about the two different forms of training we offer, the cost and potential dates. You can also read this latest blog post by a student, Inshira, who is a member of our current Queen Mary's Change Your Mind team, and hear directly what this programme has meant to her so far: [My CYM Journey So Far](#)

I hope to be visiting you this academic year so you can join the Change Your Mind story – please get in touch if you would like to ask any questions, or [visit our website here](#) for more information.

Sophie McPhee
Change Your Mind Programme Director
Email: changeyourmind@qmgs.walsall.sch.uk



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 session 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 physically in school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

Interested in any of our online 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.

Training Calendar: March 2023

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

Click the title of each course in the table below to go straight to the information and booking page for each session.

TRAINING SESSION

DATE/TIME

<u>NEW! A Whole School Approach to Teaching About Protected Characteristics</u>	Thursday 2 March, 1:15pm to 3:15pm
<u>Assessment in PSHE Education (Primary phase)</u>	Friday 10 March, 1pm to 3:15pm
<u>What You Need to Know about OFSTED & PSHE!</u>	Friday 17 March, 1pm to 3:15pm
<u>Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u>	Wednesday 22 March, 3:45pm to 5pm
<u>NEW! Teaching About Consent: Yes, No or Maybe? (secondary phase)</u>	Wednesday 29 March, 1pm to 3:15pm
<u>NEW! What Makes for Effective RSE in Primary Schools?</u>	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 page](#)

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



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