



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

June 2022

In this edition:

Service News
Pages 1 - 2

PSHE Education Updates
Pages 3 - 6

Training and Development
Pages 7 - 8



WELCOME!

Yes, it is finally here! Welcome to the final edition of the S4S School Health & Wellbeing Service e-bulletin for academic year 2021/22. And we thought last year was tough!!! There's no doubt that you will all have earned your summer break by the time we finish in July and get a chance to recharge your batteries before we go again in September! But let's not wish the next 6 weeks away just yet – there's still time to do plenty of PSHE!

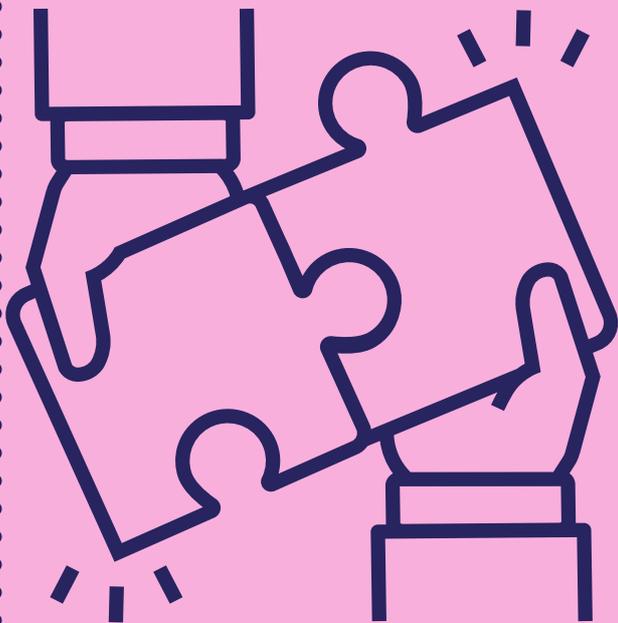
Our service has been out and about in schools a fair bit in the last half-term – quite a few schools have been asking us in to support them with some additional parent information and engagement sessions around PSHE and statutory RSHE. This has worked really well for those schools who have wanted to keep up that communication and transparency around their provision, especially if they were unable to consult with parents around statutory RSHE in face-to-face sessions because of Covid restrictions. There have been some really interesting and thought-provoking questions and discussions with parents too – certainly kept us on our toes! If your school is considering running any further information sessions with parents (it's definitely a good idea!) then we would love to hear from you and, of course, help out if needed!

In this issue, we have our regular mix-up of stories, signposting and general PSHE-related gossip, so we hope it's useful. If as a PSHE subject lead, practitioner or school you need any support, extra capacity or you'd just like to say hello, then please get in touch with us.

Please note, the stories in this bulletin are sourced from a range of services including the PSHE Association, Anti-Bullying Alliance, Sex Education Forum and other organisations who focus on supporting the health and wellbeing of children across topics within the broad spectrum of PSHEe. Links to external websites and organisations are provided for reference but these do not necessarily reflect the views and opinions of the S4S School Health & Wellbeing Service.

Our next edition will be with you in early September but please give us a shout before then if you need to – we'll be working over the summer holidays, so it'd be nice to hear from you! In case you need something to read over the summer whilst you're on the beach/in the pub/having a BBQ/in school (!), then archived issues of our service bulletins can be accessed [here](#).

S4S School Health & Wellbeing Service



As a service, we continually try our best to evolve and meet the needs of our customers, so please let us know if there are any new ways you'd like us to collaborate with you. The S4S School Health & Wellbeing Service is provided as a partnership between S4S and Health & Wellbeing in Schools Ltd. We offer a broad range of high-quality specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, Health & Economic education (PSHEe) - an agenda which has never been more important in schools (regardless of statutory RSHE or not!)

The service is designed to empower and support your school's delivery of best practice in PSHEe and whole-school approaches to promoting pupil health and wellbeing, especially around priorities such as statutory Relationships, Sex & Health Education.

All elements of the service can be accessed ad-hoc or by purchasing one of our support packages which offer a cost-effective, high-quality and individualised focus for schools. If you'd like a chat about any of the help and support that we can offer around PSHEe, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call **0333 772 1272, option 2** to arrange a no obligation consultation.

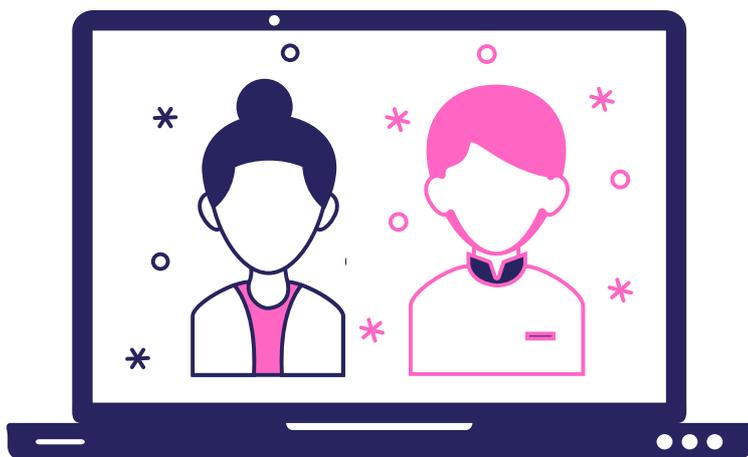
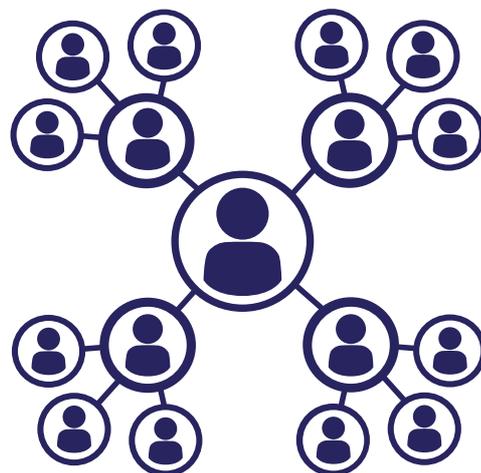


You can also [visit our section of the S4S website here](#) for more details about what we do.



FREE PSHEe NETWORK MEETING!

We are hosting yet another one of our popular (and still FREE!) PSHE education Network Meetings on Thursday 16th June, from 3:45 pm - 5 pm. These informal online meetings are for PSHE education subject leads and staff who are responsible for delivering PSHEe. They offer a chance for colleagues to share best practice as well as acting as a forum for topical discussion, with signposting and updates from across the field of PSHE.



You can also find out what support is available to schools from our service and hear from guest speakers, and there will be time for questions too! Our PSHEe 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. We'd love to see you there for a catch up!

If you have a question you'd like us to pick up on during the meeting, then please email russell@schoolhwb.co.uk in advance and we will do our best to get to it!

Please visit the booking section of the S4S workforce development website to [book your place on this network meeting here](#).



Personal, Social, Health, and Economic education updates

www.



The usual quick roundup of recent stories and news from across the field of PSHE education...

Take part in RSE Day 2022 on the 30th of June!

RSE DAY

RSE Day is a national celebration of excellent education around healthy relationships and positive sexual health for educational settings, families and organisations. It is held on the last Thursday in June each year and is an opportunity to share good practice, reflect on successes and areas for development and be creative with RSE content and delivery.

RSE Day was originally founded by Nottingham City Council in 2018 but has rapidly grown into a much bigger national celebration with schools and organisations around the country planning events and taking part. The theme for 2022 is Celebrating Differences - Everyone Can Sparkle!!

#RSEday

You can register, check out free resources from sponsors and find out more about how you can get involved by visiting the [RSE Day website here](#). Please join in with the celebrations!



RESOURCES UPDATE

A quick round-up of any new resources to hit the scene that we think you might like – all with clickable links!



The PSHE Association have recently updated their KS4 Family Life lesson pack, to reflect a change in the law for the legal age of marriage or civil partnerships. Members can find out more and [download the free resource here](#)



Childnet have created Thrive Online. These new resources are designed to equip and enable educators, parents and carers to support young people aged 11 and over with SEND. The free, adaptable resources cover the important topics of healthy relationships, digital wellbeing and online pornography. There are lessons and films to support learning. [Head over to Thrive Online for more details!](#)



[Operation Ouch – How are babies made? from BBC Teach Films](#). This new resource is a 30 minute programme featuring well-known TV twin doctors Dr Chris and Dr Xand. It is a great resource, aimed at upper KS2 age-primary pupils, and covers both statutory and non-statutory elements of RSHE in primary phase – which you could probably guess from the title!! This could be a great replacement for those very out of date films that are still doing the rounds to cover additional non-statutory sex education! Definitely one to watch in advance of use to make sure you are happy with the content, (and it fits in with your RSE policy) although we think it's great (and the Sex Education Forum also endorse it). Handily, there are also short clips as extracts if you only want to focus on certain aspects of the full programme



The British Board of Film Classification (BBFC) has launched an [‘Online Pornography and Age-Verification’ fact sheet](#) - a free, downloadable educational resource offering practical and research-based advice and tools around those difficult conversations with young people and pornography. This would be great to sharer with parents/carers but also in supporting educators in delivering learning to students

We would always strongly advise that schools look at these and any other materials closely to make sure that they are right for your particular setting. And of course, if you want some additional support and advice on mapping in curriculum materials, the S4S School Health & Wellbeing Service is here to help – just let us know and we'll be on it!

Sex Education Forum's



RSE Awards 2022



Entries are now open for the Sex Education Forum (SEF) annual awards that celebrate excellence in teaching relationships and sex education. The RSE Awards are a terrific opportunity to highlight some of the best RSE delivery practices happening and help to share ideas and teaching methods with everyone!

If you know an educator who goes the extra mile for their students, please encourage them to apply and support their entry, or you can even nominate yourself if you are feeling super-confident! This year, the awards will be for educators working in schools and youth settings in the following three categories:

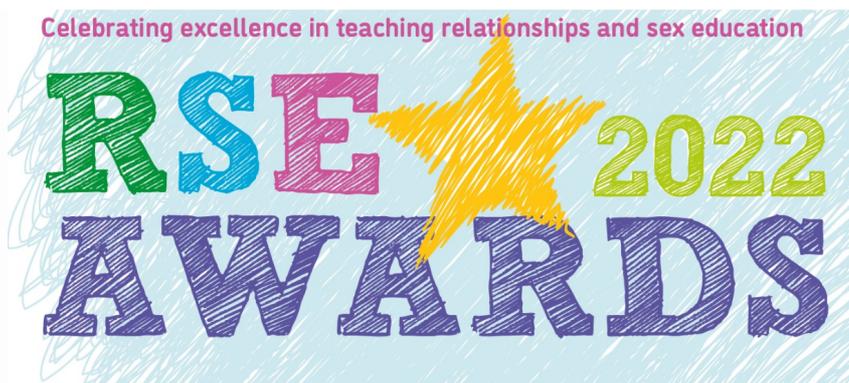
- Educator of the year for inclusive RSE
- Educator of the year for most improved RSE provision
- Educator of the year for innovation in RSE



A judging panel, including young people, will decide on the winners, to be announced at the Sex Education Forum summer event on 5th July 2022.

The deadline to enter is 20th June – [click this link to find out more and to enter!](#)
Good luck!

Celebrating excellence in teaching relationships and sex education



Reach Out!

Announced As Theme For Anti-Bullying Week 2022



The Anti-Bullying Alliance (ABA) has announced the theme for this years Anti-Bullying Week 2022 taking place from 14th to 18th November 2022; Reach out!



#ANTIBULLYINGWEEK

The theme came about following consultation with teachers and pupils by the ABA, which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes. Anti-Bullying Week 2022 will be a chance to remind everyone to 'reach out' and show each other the support we need and stop bullying.

As before, Anti-Bullying Alliance patron, CBBC and CBeebies star Andy Day is leading celebrity support for the campaign, with his band Andy and the Odd Socks and the week will begin with Odd Socks Day!



For all of the usual information, resources and ways of getting involved, [go to the ABA Anti-Bullying Week page here!](#)



TRAINING & DEVELOPMENT OPPORTUNITIES

Our popular professional development training sessions run throughout the academic year, with courses offered across a range of themes related to PSHE education. These training sessions are open to all, regardless of whether your school is signed up to a service support package with us or not. Please do try and get along to one of our sessions if you need some CPD!

For certain course, we offer delegates an additional bespoke one-to-one follow up session with our specialist PSHE 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 training and 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 PSHEe-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, Drug Education and Mental Health and Emotional Wellbeing. These can be delivered both virtually and in school to Governors to make them as accessible as possible.

Please contact the S4S School Health & Wellbeing Service if you would like to find out more about any of the training support that we offer.

Service Training Calendar: June - July 2022

As part of our regular programme of online training available to all school staff, we will be running the following courses over the remainder of the summer term 2022:

TRAINING SESSION	DATE/TIME
<u>PSHEe Network Meeting - FREE TO ATTEND!</u>	Thursday 16 June, 3:45pm to 5pm
<u>Twilight webinar: Youth Produced Sexual Images (Nudes): Understanding the issues & managing incidents</u>	Wednesday 22 June, 3:45pm to 5pm
<u>OFSTED & PSHE Education: Making the Links</u>	Wednesday 29 June, 1pm to 3:15pm

Click the title of each course in the table below to go straight to the booking page for each session. Please note, courses will run subject to sufficient delegate numbers.

Look out for new course when you get back into school after the summer holidays - our programme will start again in late September. If there are any specific topics you'd like some CPD on, then please let us know - we can always create added content or reach out to our extensive network of specialist partners to help!

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



www.services4schools.org.uk/school-health-wellbeing-service/