

THE PSHE PULSE

AWARENESS WEEKS SPECIAL



Gloucestershire
Healthy
Living and Learning

Issue: Jan 2026

**CHILD SEXUAL ABUSE
SPOTLIGHT WEEK
2-6 FEBRUARY**

**CHILDREN'S MENTAL
HEALTH WEEK
9-15 FEBRUARY**

Hello everyone,

I cannot believe we are at the end of January already!? The Christmas festivities seem a long time ago, but our weather has definitely not been 'spring like' with the heavy rain, storms and floods. It is therefore the golden opportunity to start looking and planning things for the spring and summer whether that's planning what you can grow in your school gardens (as well as your own) and doing more active learning outside to help not only your own CYP's health and wellbeing, but your own. We know that listening and acting on what our CYP are telling us is vital to the Whole School Approach. Being a Healthy School/College is not just about children and young people; it is about the whole community and what happens in the curriculum and the school day.

Inside this issue

CSA Spotlight Week
Page 3-9

News
Pages 10-14

Learning & Teaching
Pages 15-16

Children's MH Week 2026
17-23

Lumi Nova News & Updates
Pages 24-26

GHLL Training Calendar
Page 27-28



www.ghll.org.uk

ghll@gloucestershire.gov.uk

I am thrilled therefore to report that 97% of primary school and 95% of secondary schools have signed up to complete the Gloucestershire Pupil Wellbeing Survey. Just a reminder Ofsted's refreshed framework, from November 2025, significantly boosts focus on:

- pupil wellbeing
- mental health
- personal development and inclusion, with a greater emphasis on emotional health personal growth, inclusion (especially for disadvantaged pupils) and attendance.

By taking part in Gloucestershire's Pupil Wellbeing Survey (PWS), which went live on January 5th, you'll gain insights and tailored reports to inform development plans which can contribute towards Healthy School/College audits and awards, as well as the Mental Health Champions accreditation. It's not too late to sign your school/college up [Click here to register your participation in the 2026 survey \(only submit once\)](#).

This Bulletin concentrates on both keeping our children and young people safe, with a CSA Spotlight as well as Children's Mental Health Week. Do take some time to look at some of the fantastic resources, webinars and information that is available for you to use in your school or college. In fact, why not prioritise your wellbeing and settle down with a nice cup of tea or coffee and enjoy the read .

As always, please remember the GHLL Lead Teachers are here to support you and your setting. Contact us at ghll@gloucestershire.gov.uk

Best wishes Fiona and the GHLL Lead Teacher Team





Child Sexual Abuse Spotlight Week 2-6 February 2026



Brought to you by Gloucestershire Safeguarding Children Partnership (GSCP), supported by the Centre of Expertise, introducing a dedicated week to raise awareness and share resources.



These bespoke materials designed by GHLL and the Centre of Expertise for Key Stages 1-4 will help education settings open up conversations about consent and healthy relationships.
[Click here to access resources to support the delivery of RSE.](#)

We would also like to raise awareness of these upcoming webinars supported by the Centre of Expertise:

Recognising Signs & Indicators of Child Sexual Abuse

24th March 2026 3:30-5:00 PM

Practical training on spotting signs and indicators of CSA to strengthen early intervention. The Signs and indicators template is designed to provide a common language amongst professionals to discuss, record and share concerns that a child is being, or has been, sexually abused

Microsoft Teams meeting: [Join here](#)

Meeting ID: 382 811 207 270 08 Passcode: Ur3Ew2oJ

The Child's Voice: Communication & Challenging Conversations

23rd June 2026 3:30-5:30 PM

Effective communication is not just about asking questions—it's about building trust, using age-appropriate language, and being sensitive to the child's emotional state. These skills are essential for uncovering abuse that might otherwise remain hidden. How to capture the child's voice, communicate effectively, and hold those difficult conversations around CSA.

Microsoft Teams meeting: [Join here](#)

Meeting ID: 342 761 270 897 30 Passcode: GS7Zn9kh



Child Sexual Abuse Spotlight Week 2-6 February 2026



Please see these bespoke materials designed by GHLL and the Centre of Expertise for Key Stages 1-4. These resources aim to support education settings in opening up conversations about consent and healthy relationships.

[Download your copy here](#)



The Survivor Pathway is an online resource for anyone wanting to know more about sexual violence support services across the south west and how to access them. Services are for anyone who has experienced any kind of sexual violence at any time in their life, both recently and/or in the past.



Child Sexual Abuse Spotlight Week 2-6 February 2026



County Lines – new free resource for Year 6 students

As part of the Traded Service offer for Safeguarding in Education, the Safeguarding in Education Partnership (GSEP) have partnered with Narrative Alchemy and 2Pears Films to bring you a brand-new streamed film resource at no extra cost to you.

'County Lines' provides a compelling film and a complete pack of seven 30-minute step-by-step lessons, empowering staff to lead confident, impactful discussions around this complex and sensitive issue.

Even in rural or seemingly 'safe' areas, County Lines exploitation can reach young people as they prepare to move up to secondary school. Recent reports from The Children's Society and The Guardian highlight that primary-age children – some as young as seven – are already being targeted by gangs. This makes Key Stage 2 a crucial moment for prevention and awareness.

Understanding County Lines is a professionally produced streamed film resource created specifically for Year 6 pupils. It helps children understand how grooming and criminal exploitation work – and, most importantly, who they can turn to for help and advice.

Initially we have purchased a license for every traded service Primary for 12 months and if funds allow this will be extended but our current subscription will end on 7th January 2027.

If you have not already received your link to access the materials, please contact gsep@gloucestershire.gov.uk

If you have any questions or require support with registration, please contact admin@narrativealchemy.co.uk

Please note that this resource is only available to Traded Service Schools.





Child Sexual Abuse Spotlight Week 2-6 February 2026



Gloucestershire

All Pharmacies in Gloucestershire are signed up to the Pharmacy First provision, which includes the Pharmacy Contraception Service. The aim of the Pharmacy Contraception Service, is to offer people greater choice and access when considering their contraception needs.

The service supports the important role community pharmacy teams can play by providing wider healthcare access for high-risk communities and vulnerable patients in their communities and signposting service users to local sexual health services.

The Pharmacy Contraception Service now includes:

- ongoing monitoring and supply of oral contraception prescriptions
- the initiation of oral contraception. This allows people to request a supply of the contraceptive pill for the first time directly from their pharmacy, rather than from their GP or sexual health clinic
- supply of oral emergency contraception (EHC)

As an NHS Service, **the supply of contraception including oral emergency contraception (EHC) is free of charge and open to women of all ages ***

📌 To find your nearest community pharmacy, [click here](#)

📌 You can also search for your nearest Emergency Contraception provider by [clicking here](#)

** Confidential safeguarding procedures will apply for anyone under the age of 16 - for more info please visit: [Gillick competence and Fraser guidelines](#)*



Child Sexual Abuse Spotlight Week 2-6 February 2026



Free access for Gloucestershire Schools to the 7 Sexual Health Essentials Lessons



In partnership with GHLL, a series of video lessons from the fpa are now available FREE to all educational settings in Gloucestershire. Log in details have been sent via email to all settings already, however if you need reminding of these or have any questions related to this please email Rio West at riow@fpa.org.uk

Sexual Health Essentials has two courses:

“Core Sexual Health Facts”: 5 lessons aimed at students in Year 9 upwards – [read more](#)

“Contraception Choices”: 2 lessons aimed at students in Year 11 upwards (age +15) – [read more](#)

Every lesson comes with a very frank video presented by Dr Becky Foljambe and Dr Naomi Sutton as they cover those tricky topics

Suitable for:
secondary,
independent, special
(where appropriate),
Alternative Provision
and Colleges.





Child Sexual Abuse Spotlight Week 2-6 February 2026



STREET provides specialist support to young people affected by domestic abuse and teen relationship abuse. This free, confidential & independent service is open to young people aged 13- 19 living or being educated in Gloucestershire.

[Click here to find out more.](#)

talkwell

Let's Talk Well provide a range of support to young people, aged 9-25, and their families including counselling, Talk well chat and support for parents and carers.

Visit the website to find out more or call or call **01594 372777**

Talkwell chat is a anonymous, safe, confidential 1-2-1 live message chat support service for young people aged 9-25 living in the county. Sunday - Thursday 5pm - 9pm access via www.letstalkwell.org.uk/talkwellchat or by calling 0300 303 8080.

Lets Talk Well Parent and Carer support including support groups, family counselling information and online chat service is available www.letstalkwell.org.uk or by calling 0800 6525675



Child Sexual Abuse Spotlight Week 2-6 February 2026



Local Support Services

On Your Mind Glos is a support finder for Children and Young People when they need help and support with their mental health

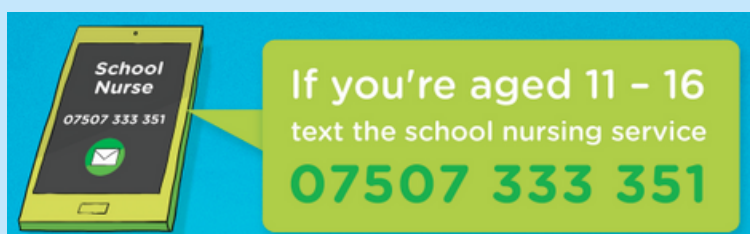
[On Your Mind Glos Webpage](#)



Young Minds Matter (YMM) is a safe and confidential mental health support service for children and young people up to 18 years of age in participating schools in Gloucestershire.

[Young Minds Matter Webpage](#)

Chat Health - Send a text message to 07507 333351 for advice and support from a school nurse.



Young Gloucestershire supports young people aged 11-25. Services include youth work, counselling, mentoring, and employability training. For more details, visit: [Young Gloucestershire](#)



Safer Internet Day 10th February

To help plan for Safer Internet Day why not have a look at Childnet's [Resources for teachers and professionals](#).

This is an extensive collection of lesson plans, videos, toolkits, family activities and much more, focused on helping make the internet a safer place for children and young people.

The search is on for our next youth partner!



The Sex Education Forum are inviting youth-led groups to join a 12–18 month funded partnership to improve RSE.

Groups will receive mentoring, action-planning support, and access to funding to turn their ideas into impact.

If you work with young people (aged 16-25) who are passionate about making RSE more inclusive and effective, please share this opportunity with them!

[Applications close 31st January- To find out more click here](#)

Families in Partnership Newsletters

Families in Partnership (FiP) is a monthly newsletter, co-produced with colleagues across education, health and social care, as well as third-sector partners, for families and professionals around special education needs and disabilities in Gloucestershire.

January's edition includes information on awareness days and events this year such as braille literacy month, parent mental health day and children's mental health week.

[click to see this month's edition here](#)



Without support for teachers, digital risks could undermine RSE - Young people's RSE Poll 2025

The Sex Education Forum have shared results from their Young people's RSE Poll 2025 and warn that without support for teachers, digital risks could undermine RSE.

[Read the full article and find out more about the findings here](#)

Make RSE mandatory in further education

In December, the government committed to making Relationships and Sex Education (RSE) mandatory for 16-18 year-olds in their new Violence Against Women and Girls strategy. We know this will transform young people's ability to develop healthy relationships as well as manage their sexual health, and we want to see it introduced at the earliest possible opportunity.

This month, along with Make It Mandatory, End Violence Against Women Coalition, Sex Education Forum, and Baroness Morgan, Brook presented a letter to the Department for Education calling for this to be included in the Children's Wellbeing and Schools Bill. They also briefed peers in the House of Lords on how extending mandatory RSE will help young people safely navigate the many challenges they are currently facing. Now is the time to act to make sure young people can have healthy, happy relationships free from coercion and abuse.

Mobile phones in schools

Revised guidance on mobile phones in schools was published on 19 January 2026. This provides guidance to individual schools and trusts on how to implement a policy that prohibits the use of mobile phones throughout the school day, including during lessons, the time between lessons, breaktimes and lunchtime. The guidance includes:

- Mobile phones in schools - explains how to develop, implement and maintain a policy that prohibits the use of mobile phones in school.
- Communicating your policy for prohibiting the use of mobile phones in schools to parents - has guidance on how to communicate with parents about your policy and facts and figures to support discussions.
- Creating a mobile phone-free environment: school case studies - gives examples of how primary and secondary schools have successfully implemented a mobile phone free-school environment.

Schools are advised to start using this guidance from April 2026.

Health Protection Team News

As winter sets in, our Health Protection Team is sharing essential guidance to help schools prevent and manage common childhood illnesses and outbreaks during the colder months

Preventing outbreaks:

- We recommend displaying this poster in your school office area which summarises the guidance on when to keep children off school [Should I keep my child off school checklist poster \(publishing.service.gov.uk\)](#)
- The Government guidance for settings to help prevent the spread of infection is here [Preventing and controlling infections - GOV.UK \(www.gov.uk\)](#)
- E-bug produce fantastic resources and lesson plans to teach children how to protect themselves from infection, aligned to the national curriculum, GHLL can help direct you to the resources you need [E-Bug: Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](#)
- And this Winter readiness toolkit from our regional UK Health Security Agency team has all the information you need to help prevent and manage infections in early years and education settings [UKHSA Infection Protection and Winter Readiness and Control Toolkit for Early Years and Education Settings - South West Councils \(swcouncils.gov.uk\)](#)

Responding to outbreaks:

- If you believe your school has an outbreak the Government guidance on how to respond is here [Managing outbreaks and incidents - GOV.UK \(www.gov.uk\)](#)
- If you need advice or need to report an outbreak our South West UKHSA Health Protection Team contact details are: 0300 303 8162 or swhpt@ukhsa.gov.uk
- A reminder that school closures or limiting people who are well from attending a school setting for public health reasons, is only recommended in exceptional circumstances and as a last resort. When this decision is taken it should be discussed within a multi-agency meeting (commonly called an Incident Team Meeting (IMT)) before being implemented. Please contact the South West UKHSA Health Protection Team in the first instance.

Continued on next page.... 13

Health Protection Team News



Health protection updates:

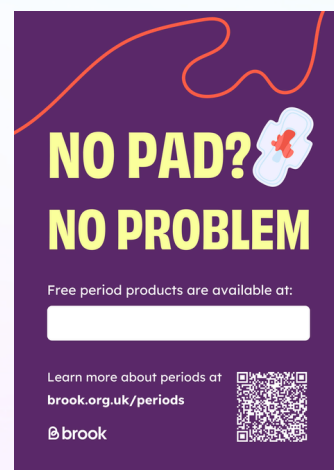
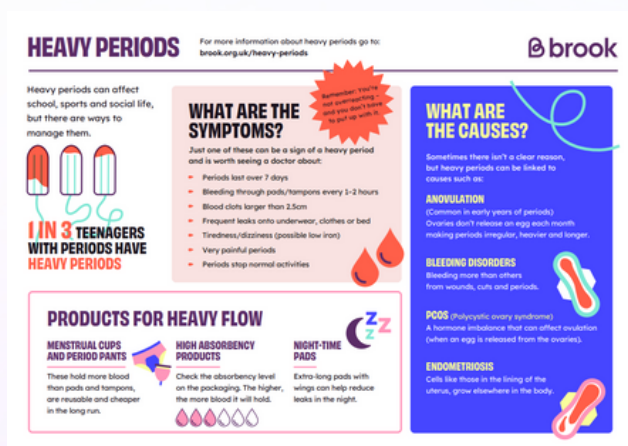
- With high cases of flu and other common childhood illnesses circulating currently please remind parents that it is never too late to catch up on routine child vaccinations to prevent illness and outbreaks. More information can be found here [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](https://www.nhs.uk). Contact your GP or, if applicable, the school immunisation team at GHC.Immunisation@ghc.nhs.uk or 0300 421 8140 to book.
- Human papillomavirus, or HPV, is a group of common viruses. HPV lives in the skin and cells lining the inside of our body, this includes the genital area, mouth, and throat and anyone can be affected. HPV can also increase the risk of developing some cancers in later life. Getting the HPV vaccine is the best way to protect yourself – find out more here [About HPV - HPV Inform](#) and check in with the school age immunisation team for any further discussions - [School-aged Immunisation Team > CYPS Glos Health & Care NHS](#)
- Please also be mindful of the winter vomiting bug, practising good hand hygiene goes a long way to preventing the spread.
This poster may help - [Stop norovirus spreading poster](#).
- Please encourage any pregnant staff to get up to date with vaccinations to protect themselves and their baby from common winter bugs such as flu, RSV and whooping cough, there is more information in this leaflet [Pregnant? Immunisation helps to protect you and your baby from infectious diseases](#).



Raising awareness on Heavy Periods

Brook have launched the #KnowYourFlow campaign to raise awareness of what heavy periods look like and encouraging young people with symptoms to speak to a doctor.

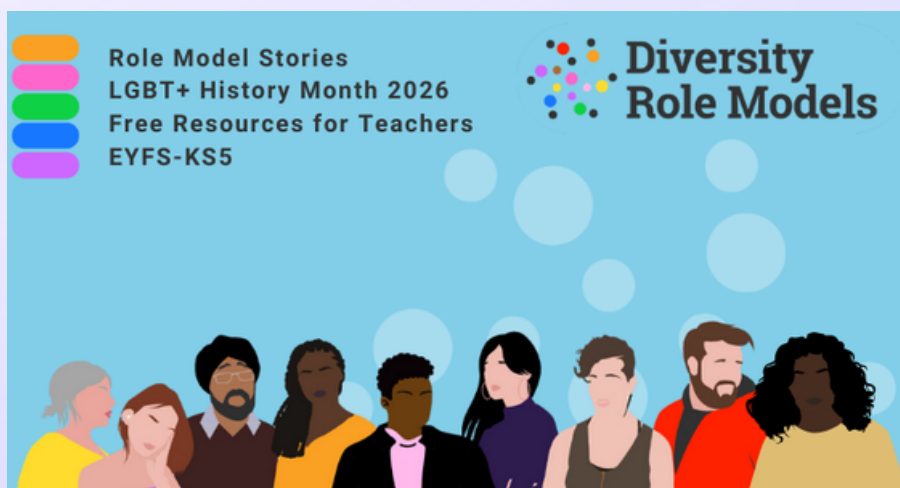
The following poster pack, handout and period products poster are available to download from here.



Also check out Rethink Periods, who provide KS2 & 3 teachers and school nurses with everything they need to teach about periods including a free demo box for your school.

LGBT+ History Month

February is LGBT+ History Month. You can access the resources and personal stories that Diversity Role Models have created to help educate for equality and prevent bullying. Last year 100% of primary



teachers who evaluated their workshops said the role model story helped pupils celebrate difference and build empathy.

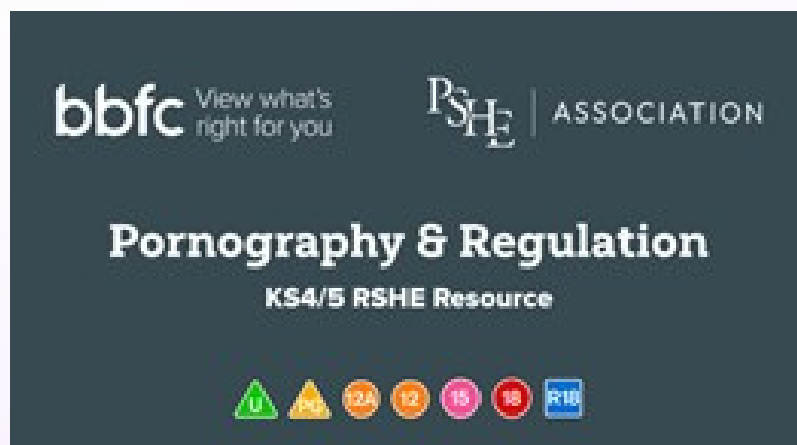
See the full information here

Learning and Teaching

Sexual Wellbeing Image Resource Library (SWIRL)



SWIRL.scot is the new tool for professionals to support the development of accessible sexual health and wellbeing information. The images are free to use for educational purposes
Pornography & Regulation KS4/5 Resource.



The BBFC has published a new KS4/5 resource exploring the potential harms of pornography and how online content can shape young people's attitudes towards relationships and sex.

Developed in partnership with the PSHE Association and aligned with the DfE's statutory RSHE guidance, the free resource provides guidance alongside two complete lesson packs.

[Download the resource here](#)

Life Support Productions - Updated SEND resources

Life Support Productions have added easy read subtitles to their online resources for SEND students- 'You, Your Body, Growing Up, Relationships and Sex', 'Jason's Private World' and 'Kylie's Private World' are now ready to use with clearer pictures, audio and easy read subtitles.



[View the updated resources](#)

Children's Mental Health Week

9-15 February 2026



This year's Children's Mental Health Week takes place from the 9-15th of February and the theme is "This Is My Place." Focusing on belonging, how children feel safe, valued, accepted and connected in the places where they learn, live and grow.



Place2Be have a variety of resources, activities and assemblies to help you explore the theme of belonging. Watch their video to find out more about this awareness week!

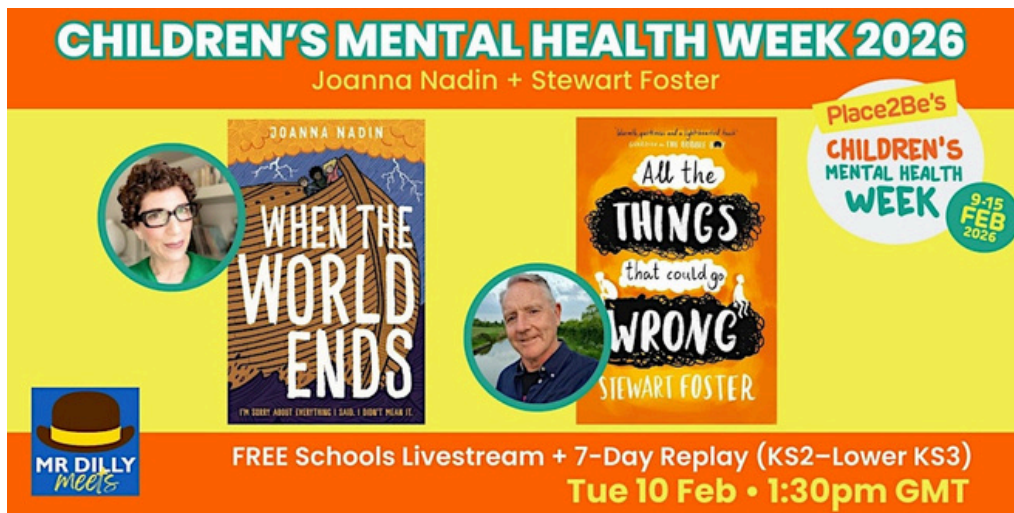
[Click here to see Place2Be's full selection of resources for primary and secondary](#)

[Download their guide for primary families including activities to try at home](#)

THIS IS MY PLACE

See the following pages for more ideas and resources to support Children's Mental Health Week ➡

Free Livestream for KS2-Lower KS3



Exploring themes of belonging, connection and inclusion in their books this session is suitable for pupils aged 9-13.

[Click here to reserve your spot.](#)

The National Literacy Trust have created assemblies and lesson plans based on Charlie Mackesy's book 'The Boy, the Mole, the Fox and the Horse'.

Designed to encourage students to explore what mental wellbeing means and reflect on how the characters look after their own wellbeing.



[Click here](#) to access the resources available with the NLT's free membership.



Take part in 'Wear Your True Colours Day'

The theme of Children's Mental Health Week this year is 'This is my place', aiming to help children and young people feel they belong.

Now and Beyond >>>

Now and Beyond are encouraging students and staff to take part in a 'Wear Your True Colours Day' during the week.



Students and Staff may wear colours that reflect their personality, identity and true selves. By taking part you'll help raise awareness and vital funds to support young people's mental health.

[To find out more and sign up click here.](#)

Secondary Schools Pack



Anna Freud
Mentally Healthy Schools

The pack provides schools with group activities, top tips and an assembly guide to support discussions about belonging, alongside other ideas to help mark the week and get the wider school community involved.

[Secondary School Pack](#)

BBC Teach have rounded up a selection of programmes and animations for Primary and Secondary that can be used to support children's mental health week.

[Click here to see the full catalogue](#) or [click the images below](#)



When I Worry About Things

A collection of short animated films that use powerful personal testimony to explore mental health issues from the perspective of young people.



Supporting care-experienced children

This CPD resource is designed to help primary and secondary teachers support care-experienced young people.



Feeling Better

A collection of short films for EYFS and KS1 children with Dr Radha Modgil, exploring a range of feelings and emotions as well as providing talking points and tools for feeling better.



My Troubled Mind - Stories about teenage mental health

A powerful series of animations using personal testimony to explore mental health issues experienced by teenagers.

See links below for further information
and resources for children's mental
health week.

Primary Resources

[Check out GHLL's own recommended reading for children and young people](#)



Change your story

[The Happy News Project which focuses on positive and uplifting stories in the news](#)

[Mental Wellbeing Toolkit from Coram for Primary schools based around the Five Ways to Wellbeing framework](#)



['Building Self-Esteem' resources from the Premier League Primary Stars \(age 7-11\)](#)

[Lesson plans featuring your favourite Beano characters on understanding their emotions and mental health](#)



See links below for further information
and resources for children's mental
health week.

Secondary and FE

[Children's mental health week 2026
videos for secondary schools and FE
colleges](#)



['What's Up with Everyone' is a campaign to
increase mental health literacy in teenagers
and young adults covering topics such as
Perfectionism, Loneliness & Social Media](#)

[Lesson plans for teenagers \(11-18\)
developed using the latest evidence
from brain science and pedagogy.](#)



Whole School



[Mentally Healthy Schools brings
together hundreds of mental health
resources for school staff to help
understand, talk about and support
good mental health.](#)



The Library

Gloucestershire Library Service

Did you know you can use Gloucestershire Library Service to search and borrow books related to mental health and wellbeing including those listed in this bulletin?

Visit the [website](#) or contact your local library to find out more

Children who are the most engaged with literacy are three times more likely to have higher levels of mental wellbeing than children who are the least engaged, according to a 2018 report from the National Literacy Trust. Read the full report [here](#).

Check out some more book recommendations for children:

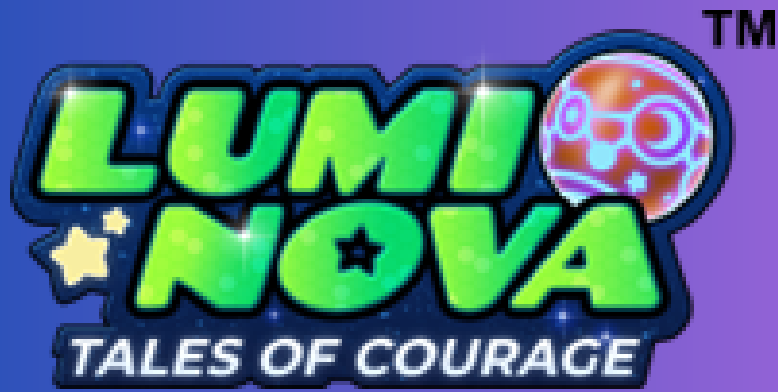
[Books Beyond Words:](#)

[Booktrust's Mental Health and Wellbeing Book List](#)

Books for Topics [Mental Health & Emotional Literacy](#) Lists

[Reading Well Programme](#)

[Love Reading 4 Kids' list of books to help understand emotions & coping with feelings of anxiety](#)



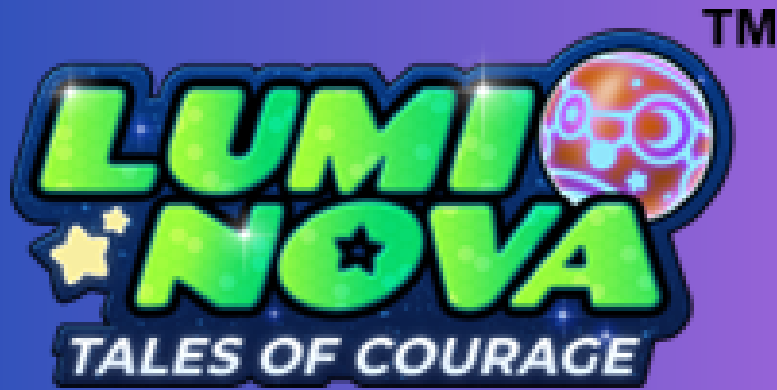
Gloucestershire: one family's story (BBC Sounds)

BBC RADIO
GLOUCESTERSHIRE

[Click here to listen
to Imogen's story.](#)



Read the full BBC News article here
['NHS prescribes phone game to
reduce anxiety in children'](#)



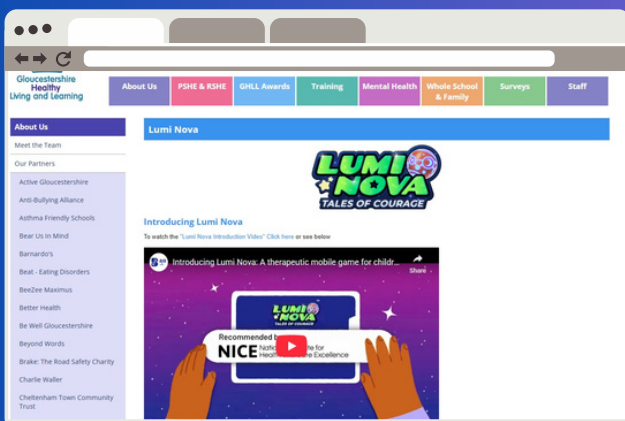
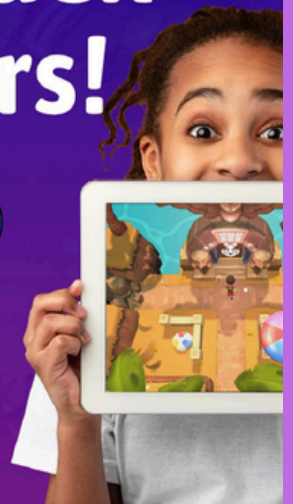
There is still time for schools to provide feedback on Lumi Nova to be in with the chance of winning £100 vouchers for your school. Scan the QR code below.

We want to hear from you!

Share your Lumi Nova experience using the QR Code below and help us continue to improve our service.



Your feedback matters!



To find out more about Lumi Nova visit our page here





Children's Mental Health Week 2026



During Children's Mental Health Awareness Week, why not use the opportunity to talk about fears, how to manage their worries and remind your families of the Lumi Nova offer. You could do this by:

- ★ Running a Lumi Nova assembly:
- 🪐 Y2-Y4 Interactive worries assembly
- 🪐 Y5-Y6 Interactive worries assembly

Guidance for the assemblies can be found on [our website here](#)

- ★ Teaching the 'Talking about Worries' lesson in years 2-6, which can be found [here](#).
- ★ Check out the [Children's Mental Health Week Pack](#) which contains:
 - 🪐 5 minutes: Newsletter
 - 🪐 10 minutes: Wellbeing Display Board
 - 🪐 15 minutes: Interactive Assembly
 - 🪐 30 minutes: Lumi Nova themed Wellbeing Activities
 - 🪐 45 minutes: Fears and Worries Workshop
- ★ Sending a letter/email home to all parents, reminding them of the Lumi Nova offer for all children in Gloucestershire.
You can find a [template letter here](#)



Further resources including explainer videos, a lumi nova club and display pack and much more, can be found [here](#)

GHLL Training Calendar



All of our courses (except MHFA) are **Free**. Please click the title for more details and the book button to book. Please get in contact with any queries or if we can help you access the courses at ghll@gloucestershire.gov.uk

Courses	Dates & Location	Book
<u>British Values and Protected Characteristics in Primary Education</u> 09:00-15:30	Thurs 5 th February Painswick RFC, Broadham Fields Painswick, Stroud, GL6 6UZ	Book
<u>Mental Health First Aid Youth 2 Day</u> 09:00-17:00	Mon 2nd and Tues 3rd March The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN Please note: there is now a £31 fee for this course to cover the cost of the MHFA Manual delegates receive	Book
<u>PSHE Network Meeting- Primary</u> 09:30-11:30	Thurs 5 th March Virtual via TEAMS	Book
<u>PSHE Network Meeting- Secondary/FE</u> 09:30-11:30	Thurs 5th March Virtual via TEAMS	Book
<u>Getting Court Teacher/Lecturer Session</u> 09:30-12:30	Friday 13th March Gloucester Crown Court, Longsmith Street, Gloucester, GL1 2TS	Book

GHLL Training Calendar

Courses	Dates & Location	Book
<u>Staff Wellbeing Training</u> 09:30-12:30	Thurs 26th March Colwell Arts Centre, Derby Road, Glos, GL1 4AD	Book
<u>Mental Health First Aid Youth 2 Day</u> 09:00-17:00	Tues 14th & Weds 15th April Painswick RFC, Broadham Fields, Painswick, Stroud, GL6 6UZ Please note: there is now a £31 fee for this course to cover the cost of the MHFA Manual delegates receive	Book
<u>British Values and Protected Characteristics in Primary Education</u> 09:00-15:30	Thur 16 th April Colwell Arts Centre, Derby Road, Glos, GL1 4AD	Book
<u>Beyond Boundaries: Respect, Safety & Digital Wellbeing (Secondary)</u> 09:15-15:45	Thurs 23 rd April Highnam Community Centre Newent Road Highnam GL2 8DG	Book
<u>Self Harm Awareness</u> 09:30-16:00	Mon 27 th April The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN	Book

See our full [training calendar](#) here

THE PSHE PULSE


A GHLL BULLETIN



J A N U A R Y

We would love to hear from you
Contact us by...

 ghll@gloucestershire.gov.uk

 01452 426322

 www.ghll.org.uk