



PSHE Leads' Bulletin

Message from GHLL

Happy New Year to all our schools and colleges. It's certainly got off to a busy start! We have a wide range of training available including the Statutory RSHE for primary and secondary schools as well training on Gender and Equalities. There is a mixture of virtual and face-2-face dependent on the ever-changing rules and regulations. Please be reassured we are following guidance from the SHE unit. We hope you enjoy the new style Bulletin for the New Year. Stay safe and as always, the GHLL team is available to support you - do not hesitate to contact us: ghll@gloucestershire.gov.uk

Fiona and the team.



New Year, New You

Many of us set New Year's resolutions, but they can be fuelled by unhelpful self-criticism - 'A festival of finding ways in which we are not enough'. Self-improvement can be a positive thing with benefits for your mental and physical health. The Mental Health Organisation suggest using a theme to help focus your goals. They have produced a free printable resource, 'Setting a theme for yourself in 2022', suitable for adults and teens. Further guidance for mental wellbeing is available on their website.

[Download the resource](#)



How schools and parents can spot and tackle online abuse of teachers.

There has been coverage in the media of teachers and other school and college staff receiving abuse on social media platforms including TikTok and Instagram.

Here we set out the facts about what online abuse is, what schools can do to report and tackle it, and what we are doing to support them.

[The Education Hub](#)



Free Healthy Living Courses

A healthy life is a happy life, so Beezee Bodies want to help you make small changes that have a big difference. They run free courses for families, young people and adults to kickstart a healthier lifestyle.

[Explore the courses here](#)



Free Condoms for Young People

The Eddystone Trust's C-Card scheme for 13-24 year olds offers a range of registration and condom distribution points, where young people can confidentially discuss sexual health and relationships with a trained professional. Once a young person is registered onto the scheme, their card allows them to collect free condoms from participating organizations across Gloucestershire.

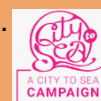
[Find out more](#)



Rethink Periods – Free Training and Products for Schools

Offered on a first-come, first-served basis, Southern Water are offering free training to schools around plastic-free periods to protect our environment.

[Learn more here](#)



HOW STUDENTS CAN ACCESS FREE PERIOD PRODUCTS IN SCHOOL OR COLLEGE



Periods should not prevent learning. In January 2020, The Education Hub launched the Period Products Scheme to provide learners with hygiene items when they need them.

Read their new post:

[Accessing free period products in school or college](#)

Learning and Teaching

Guidance & Resources

Designated Mental Health Lead Training

Funded by the Department for Education (DfE)



Click [here](#) to register for the courses and learn more about how to apply for the £1200 DfE grant.

Have a question? Email Senior Educational Psychologist, Matt Baker matt.baker@gloucestershire.gov.uk or ghll@gloucestershire.gov.uk

Tackling Knife Crime - New lesson plan for KS4

We have worked with PSHE experts and the National Centre for Diversity to create this new lesson for KS4 students. It uses our award-winning, BAFTA nominated film, Life Sentence

[Download the lesson](#) | [View the film](#)



**NATIONAL
CENTRE FOR
DI>ERSITY**



Teaching resources

We know we can't tackle knife crime on our own. Watch our short new video to see how our free teaching resources can help you to tackle knife crime in your area: [Take a look](#)



New financial guidance for primary and secondary schools

The Money and Pensions Service (MaPS) has launched major guides for primary & secondary schools on financial education with the support of the Department for Education (DfE).

We're delighted to have been involved, especially since the guidance places a strong emphasis on PSHE education, with practical guidance from key stage 1 on how the PSHE curriculum can foster economic wellbeing alongside what's covered in Citizenship and Maths.

[Download the guidance](#)

Free financial education resources

Young Money provide a broad range of free, high quality financial education resources including lesson plans, e-books, printables, games, and teacher training materials. Their latest Money Heroes resource for KS2 covers saving money, being an eco-hero, and helping others.

[Download the resource](#)



Healthy Lifestyle Resources

Videos, recipes and more to help keep Gloucestershire healthy.

[Find them here](#)



Free KS4 PSHE Resources

Mental health sports charity, *Sport in Mind* offer a set of 12 lesson plans, and a guide for PSHE teachers and leads.

[Explore them here](#)



Veganuary Activities

Resources for KS3-4 about vegan lifestyle, diet, and nutritional needs, by Twinkl and The Vegan Society

[Download the activities](#)



Mental Health Week: 7th – 13th February

Place2Be's free activities for Children's Mental Health week:

[Available here](#)

Wellbeing Ideas



30th January – 6th February

[Click here](#) to read the BBC's article, *Why is reading good for me?*

Free reads

WellRead offer a number of PSHE and wellbeing themed eBooks intended to help young people "explore new ways of solving problems, coping with stress and ultimately boost their resilience, self-esteem and emotional wellbeing". Each short story features a number of therapy-based questions to engender thoughts and spark conversation. [Available here](#)

Oxford Owl offer a range of eBooks for children aged 3-11, including several with PSHE theme. [Available here](#)

BBC Teach provide a wealth of stories, videos, and supporting resources including cultural fables for primary pupils, and cross-curricular resources featuring best-selling authors and celebrities for secondary pupils. [Explore them here](#)

The Skill of Happiness

Western neuroscience has now confirmed what Eastern wisdom has known for a long time:



happiness is a skill we can learn.

Research shows that happiness, compassion, and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

[Watch the report](#)



Positive News and Self-Help Magazine

Free to read online [here](#)

January Calendar (Action for Happiness) – [Download a copy here](#)

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Support & Services



Mental Health Services for Children and Young People
in Gloucestershire

Universal services

These services are all free, confidential and do not require a referral/appointment.

On Your Mind Glos

for all ages. An NHS website to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support. Available 24/7.
» www.onyourmindglos.nhs.uk



Shout

for all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere
» www.giveusashout.org
» Text SHOUT 85258 to text a trained Crisis volunteer.



Teens in Crisis (TIC+)

for 9 – 21 years living in Gloucestershire. Free, confidential counselling by phone, online text chat or video chat.

» www.ticplus.org.uk
» Call 01594 372777
» Text 07520 634063
TIC+ Chat - anonymous one to one support via calling 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



ChildLine

for under 19 years. Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone.

» www.childline.org.uk
» Speak to a counsellor online via a one to one chat (9am to 12am)
» Freephone 0800 1111
» Download the ChildLine App



The Mix

for under 25 years olds. Support with mental health, money, homelessness, finding a job, relationships and drugs.

» www.themix.org.uk
» Online support chats available Sunday to Thursday 8pm-9:30pm
» Call 0808 808 4994, available every day from 4pm-11pm



Samaritans

for all ages. If you need someone to talk to, we listen. We won't judge or tell you what to do.

» www.samaritans.org
» Call 116 123 (Available 24/7)
» Email: jo@samaritans.org
» Download the Samaritans Self - Help app



kooth

for 11 to 18 year olds.

An online platform to help with anyone experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress. Access counselling, articles and peer support forums.

» <https://www.kooth.com/> Available 24/7
» Confidential counselling available Mon-Fri 12pm to 10pm, and 6-10pm at weekends.
Check website for availability.

Chat Health

for 11 to 19 year olds.

A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team.

» <http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>
» Text 07507 333351 (available Monday to Friday from 9am-4.30pm)

YOUNG MINDS

for all ages.

Provide information and advice to help with children and young people's mental health.

» www.youngminds.org.uk



Gloucestershire Self-Harm Helpline

for all ages. Provides confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers

Support available between 5pm - 10pm either by:
» online chat at www.gloucestershireselfharm.org
» Freephone 0808 801 0606
» Text 07537 410 022

Targeted services

Specific types of support for specific issues. Some of the services may require a referral.

Bereavement

for all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling.

» <https://www.winstonswish.org/>
» Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)



Trained Mental Health Youth Workers

Young Gloucestershire Link Chat for 16 to 25 years olds. Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week. Young people can be referred to or can refer themselves.

» www.youngglos.org.uk/young-people/mental-health
» Email: getinvolved@youngglos.org.uk



Eating Disorders

Eating Disorders Service for all ages.

Supporting people with an eating disorder. Offering CBT, drug and group therapy as part of community care and day treatment. Young people can be referred to or can refer themselves online.

» <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>
» Call 01242 634242



For Teachers & Education Staff:

In uncertain times,
you're not alone.



Call us.
We'll listen.
08000 562561

“ Ask for help. See it as a strength. The Education Support counsellors are not judgemental and you can tell them anything. It really helped me. ”
Elizabeth, teaching assistant

educationsupport.org.uk/helpline

Free and confidential emotional support
for teachers and education staff.



Senior leaders – [Use this poster template](#)
to direct staff to wellbeing support services.

School staff and their dependent family members can access free personal, financial and legal support from a 24 hour [Employee Assistance Programme \(EAP\)](#). Gloucestershire County Council has given access to the EAP until end of April 2022.

[Click here to see more](#)

we can move

ACTIVITY on referral

WHAT

- We link young people to local activities that support their mental health
- Activities run by trusted providers
- Activities are inclusive and FUN!

WHO

- Please refer students experiencing mild to moderate mental health issues in school

GET STARTED

Visit wecanmove.net/join-in/activity-on-referral or contact
NICKY 01452 393607 nickyhaverson@activegloucestershire.org
LISA 01452 393617 lisa.kankowski@activegloucestershire.org

Active Gloucestershire

[Find out more](#)