

## PSHE Leads' Bulletin

### Message from GHLL

Welcome to our March Bulletin – let's hope the Spring weather (daffodils/snow drops blooming) will give us all the lift we need following the recent storms.

We hope you find this compilation of resources useful. I highly recommend the FREE e-Bug training for EYFS/KS1 and KS2 teachers. Delegates will receive terrific resources and a handy 'goody bag' to use in their setting.

Thank you to the schools and colleges who have completed the 2022 Pupil Wellbeing Survey. This is for Years 4-6 in primary, 8 & 10 in secondary, years 12/FE, and our Special Schools. The closing date for the survey is 8<sup>th</sup> April 2022. Please direct all questions about it to [Sam Howe](#) or [GHLL](#).

We welcome all feedback on the Bulletins to ensure they reflect your needs, and please contact us with any feature requests. The [GHLL team](#) is always available to support you - do not hesitate to contact us.

Take care,  
Fiona and the  
GHLL Team.

### BETTER WORKPLACES FOR EVERYBODY.

Coppafeel offer support and education for employers who are committed to promoting equality, diversity and the rights of all workers to be treated fairly. Certification is a simple, four-step programme. Coppafeel will provide you with the tools, resources and information you need to progress successfully and become a Bloody Good Employer.

[Find out more here](#)



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[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

### Free e-Bug Training for EYFS, KS1 and KS2



GHLL are offering free training to introduce the DfE approved e-Bug resources to primary schools which can be used to support students to learn about microbes, infection prevention and control, antibiotics, and vaccination. e-Bug is a progressive resource which you can use from EYFS through to Key Stage One and Two. During the training, delegates will practically explore e-Bug activities and consider how they can deliver the learning programme within their curriculum. Places are limited and restricted to 2 delegates per setting.

View the e-Bug promotional flyer [here](#).

Book your place [here](#), or by emailing [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

### Childhood Vaccination (MMR) Campaign

The Office of Health Improvement and Disparities (OHID) and the UK Health Security Agency (UKHSA) have launched a [campaign encouraging parents to get their children vaccinated against measles, mumps and rubella \(MMR\)](#). It aims to assure parents' that getting their children vaccinated is the right thing to do. Information on making decisions about vaccines can be found on the [NHS website](#).

### NHS Glos GGC



Gloucestershire CAMHS would like to remind all schools of the Practitioner AdviceLine (01452 894272) which operates from 09:00 – 17:00 Monday – Friday (exc. Bank holidays). This line can be used by any professional to discuss concerns they have about the mental health of children or young people with whom they work, or to discuss potential referrals to the service.

The service would like to extend thanks to education staff for the excellent standard of referrals made. Gloucestershire CAMHS encourages education staff to continue making referrals, as they recognise that those working in education often know the children and young people best. Referrals do not need to come from a GP or healthcare professional. An online referral form can be found at [www.cayp.ghc.nhs.uk/professionals](http://www.cayp.ghc.nhs.uk/professionals)

### Pupil Wellbeing Survey Report



The summary Pupil Wellbeing Survey (formerly the Online Pupil Survey) County Report for 2020 has now been published, following a delay due to Covid-19. You can access the report on the Inform Gloucestershire website [here](#).

Over 20,000 pupils contributed to the survey findings in 2020 making it a robust dataset for Gloucestershire. The report covers all manner of topics relating to the lives of children and young people including physical activity, eating and drinking habits, smoking and the consumption of alcohol, sleep, bullying and for the first time ACEs, to name but a few.

If you would like to 'delve deeper' into the data, make comparisons or look back at previous years – please contact [Sam Howe](#) to arrange access to Pupilinform.

# 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](mailto:matt.baker@gloucestershire.gov.uk) or [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

### Free KS2 Wellbeing Toolkit

The City of Wolverhampton Council has achieved the PSHE Association's Quality Mark for their Key Stage 2 Wellbeing Toolkit. The Toolkit includes six upper KS2 lesson plans with PowerPoint slides as well as teacher guidance and accompanying resources.

Activities support pupils to understand the importance of taking care of their mental health, offering them key knowledge alongside practical skills and strategies. Opportunities are available within the lessons for pupils to apply their learning and to identify different strategies they can use, including problem solving skills and handling emotions, to help develop their resilience.

[Download the toolkit here](#)

PSHE  
Association

PSHE Association  
Quality Assured  
Resource

HeadStart  
Wolverhampton

CITY OF  
WOLVERHAMPTON  
COUNCIL

### Free CPD - Music in Schools Conference

*Make Music Gloucestershire's* Music in Schools Conference is taking place between 10AM & 1PM on 30th March 2022. Entry is free but spaces are limited.

**What to expect:** networking; expert speakers; guidance on becoming a subject champion; Ofsted deep-dive survivors; launch of the MMG music mentoring programme; performances from young people; Q&A session.

[Click here](#) to learn more.

Reserve a place by emailing: [bookings@themusicworks.org.uk](mailto:bookings@themusicworks.org.uk)



### Brake's Kids Walk

[Free road safety resources](#) for primary schools when you register to participate in Brake's Kids Walk.

Optimale

### Male Body Image Resources for KS5

Information on 'Understanding the Relationship Between Male Body Image and Mental Health', resources, and links to support services for KS5.

[Visit the website](#)



### PowerPoint and Self-Help Booklet on Managing Exam Stress

Resources to help young people identify, reduce, and manage stress leading up to and during exams.

[Download the self-help booklet](#)

[Get the PowerPoint for staff](#)

YOUNG MINDS  
fighting for young people's mental health

### Staying Mentally Healthy During Exams

Activities, resources, and lesson plans to support staff and students in the lead up to exams.

[View the resources](#)



### Free Revision App for KS4 and KS5

Gojimo offer a free app to support GCSE and A-Level revision. Content can be optimised according to exam board specifications.

[Learn more here](#)



# Wellbeing Ideas

## Poster Competition: Reflect the Theme of 'Growth'



British Science week will be celebrated between 11<sup>th</sup> – 20<sup>th</sup> March. Support wellbeing through personal reflection; encourage learners to identify how their personal soft skills have grown, or about people who have helped them to grow by entering the British Science Association's poster competition. Competition details are available on p.12 of the secondary education resource pack.

The deadline for entering the competition is 5pm on the 15 April 2022.

[View the resource pack](#)

## Help your School to Stay Active



The Daily Mile is a fully inclusive, simple initiative which improves the physical and mental wellbeing of children. As a result of regular participation children are physically fitter, more focused in the classroom, more confident and more resilient. Children should be active for 30 minutes in school every day, by participating in the Daily Mile they easily achieve 15 minutes.

[Learn more here.](#)

## Teacher Hug Radio

An online talk radio station for the education community. Available live and on catch up, the radio strives to support, nurture and evolve teaching practice to enhance teaching careers. Driven by inclusive values, Teacher Hug connects and represents all demographics of the education community, through a range of show topics including wellbeing, early years, inclusion, and leadership.

[Listen here](#)



## Positive News and Self- Help Magazine

Free to  
read  
online  
[here](#)

## 'Mindful March' Calendar (Action for Happiness) - [Download it here](#)

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today dayofhappiness.net
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

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

# Heathy Living Ideas for Schools and Families

## Make Healthier Choices



[Click here](#) to see simple **food swap ideas** to help cut down on sugar, salt and fat in your and your family's diet.

[Download the assembly](#) to help **primary school pupils** discover what's in their food and drink.



## Scan, swipe, swap!

Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!

## Connect with the Value of Food

Food Waste Action Week starts on 7th March. Love Food Hate Waste provide a [bank of learning resources](#) covering a range of curriculum areas including PSHE, for primary and secondary schools, to help pupils connect with the value of food, understand where it comes from, and how to use food effectively to save money and the planet.



## Sugar Calculator

It's so easy for sugar to add up throughout the day. [This sugar calculator](#) is a simple way to check how much there may be in your kids' favourite treats.

## Healthy Living in Gloucestershire Made Easy

Whether you're a professional in need of [resources](#), or a family looking for healthy living inspiration or support, the Beezee Bodies website is sure to have something to help! Their most recent website content includes 'A parent's guide to mindful eating', and 'How exercise can preserve memory in older age'. [Visit the website here.](#)



## Mental Wellbeing Tips for Parents

[Every Mind Matters](#) has tips and practical advice to help parents look after their children's and their own mental health.



## Fruit and Veg Boosts & Lunchbox Inspiration!

Choose a [Fruit and Veg Boost Plan](#) to help your family reach the recommended 5 A Day. Enjoy 4 weekly emails packed full of useful hints, meal ideas, tips, and practical shopping advice.

Find easy, varied recipes to make up a delicious lunchbox [here](#), plus loads of great tips and ideas to help keep things simple and stress-free.

## Jungle Jig with Nala and Simba

[Get moving](#) with this 10-minute burst of fun! Can you move to your own jungle beat?



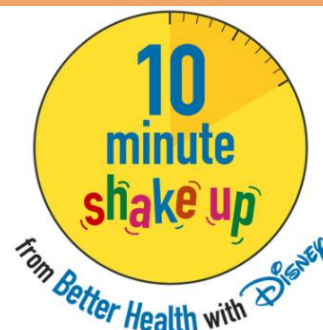
## Try a New Sport

Answer 3 quick questions to discover the [sports and activities perfect for you.](#)



## Play a 10 Minute Shake Up Game

As part of their Better Health campaign, the NHS has teamed up with Disney to produce play-along games inspired by Marvel, Pixar and Disney characters. The [10-minute games](#) can be used to help young people achieve the 60 minutes of physical activity that they need each day.





# What's New

## Free to download resources from Bold Voices



**Bold Voices** was founded on the belief that all young people have the right to receive an education free from gender inequality and gendered violence. For secondary colleagues, their **free resource page** is packed full of ideas and content, including conversations starters, thought-provoking posters and an excellent lesson plan which can be downloaded [here](#).

## How Black, Asian and Minority Ethnic History is Taught in our Schools



A new post, 'How Black, Asian and Minority Ethnic History is taught in our schools' has just been published on The Education Hub blog. Schools play a crucial role in helping young people understand the world around them and their place within it. [Read it here](#).

## Tackling Sexual Abuse and Harassment in Schools – FREE webinars from the DfE



Join the Department for Education and subject experts for a series of three 90-minute webinars on the topics of **domestic abuse**, **pornography**, and **sexual exploitation**. The webinars aim to ensure that teachers feel supported to tackle the serious issues raised by the Everyone's Invited website and Ofsted's review of Sexual Abuse in Schools and Colleges. [Learn more, and register here](#) to attend the free webinars taking place on:

Wednesday 2nd March – 4pm

Wednesday 9th March – 4pm

Wednesday 16th March – 4pm

## Support for Girls, Young Women and Non-Binary People



A new project called [Your Best Friend](#) seeks to empower all 13 to 24-year-old girls, young women, and non-binary people with the knowledge and confidence to help their friends over the next two years. Safe Lives, and 10 other organisations, will collaborate to give young people the language and information they need to:

- Know what's OK
- Know how to stay safe and find safety
- Know how to talk about it
- Protect themselves and their friends

The first stage of the project identified 11 emerging themes affecting a diverse range of girls, young women, and non-binary people; further detail on the themes is available [here](#). project website also has a great [Ideas page](#) which could easily be used to stimulate class discussions amongst Key Stage 4 and post-16 students.

## Boys Do Cry

The University of Melbourne's Centre for Mental Health have recently partnered with several other organisations to promote a campaign called [Boys do Cry](#). Their motto: **When the going gets tough, get talking...** One of the campaign resources is a beautiful and powerful re-imagining of the Cure's hit *Boys don't Cry* - called Boy's do Cry. Watch the video [here](#).



## Congratulations

The following schools and educational providers have honourably achieved their Healthy Schools/Colleges status:

- Bridge Training (*new submission*)
- Deerhurst and Apperley C of E Primary School (*new submission*)
- Fairford C of E Primary School (*re-accreditation*)
- Gotherington Primary School (*re-accreditation*)
- Mickleton Primary School (*new submission*)
- St Thomas Moore Catholic Primary School (*re-accreditation*)
- Stroud High School (*re-accreditation*)



# 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](http://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.giveushout.org](http://www.giveushout.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](http://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](http://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](http://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](http://www.samaritans.org)  
» Call 116 123 (Available 24/7)  
» Email: [jo@samaritans.org](mailto: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)

### YOUNGmINDS

for all ages.

Provide information and advice to help with children and young people's mental health.  
» [www.youngminds.org.uk](http://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](http://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 or can refer themselves.  
» [www.youngglos.org.uk/young-people/mental-health/](http://www.youngglos.org.uk/young-people/mental-health/)  
» Email: [getinvolved@youngglos.org.uk](mailto: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 or can refer themselves online.  
» <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>  
» Call 01242 634242



[Click here to see more](#)

## 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](http://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.

## Changes to Discussing Non-Urgent Concerns with the Community Social Work Team

To discuss a non-urgent concern, or levels of intervention required regarding concerns about a child or young person, contact [mashearlyhelp@gloucestershire.gov.uk](mailto:mashearlyhelp@gloucestershire.gov.uk)

## New FLARE App Launched by Safer Gloucestershire

The FLARE app allows women and girls to share their experiences of how and where they've felt unsafe. It's anonymous, quick, free to use and can connect you to local support services. Learn more and download it [here](#).

## 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](http://wecanmove.net/join-in/activity-on-referral) or contact  
NICKY 01452 393607 [nickyhaverson@activegloucestershire.org](mailto:nickyhaverson@activegloucestershire.org)  
LISA 01452 393617 [lisakankowski@activegloucestershire.org](mailto:lisakankowski@activegloucestershire.org)



[Find out more](#)