

PSHE Leads' Bulletin

Message from GHLL

We hope this bulletin finds you in good spirits following the half term break and platinum jubilee celebrations. The break was surely welcomed by all education staff as we approach the end of the academic year, but perhaps more needed by those of you involved in SATs, GCSE, and A-level examinations.

Although the exam period continues for some Key Stages, the final term also marks numerous celebrations and awareness days within education and is a period when many primary schools will emphasise focus on their PSHE and R(S)HE curriculums. This edition of the GHLL bulletin serves to provide you with the tools and resources needed to support children and young people in their learning, across topics popularly covered at this stage of the year.

The GHLL team wishes you all the best for the final term, and good luck to staff and students who will be eagerly awaiting news of exam results!

As always, please feel welcome to [contact the GHLL team](#) should you require any support.

Best regards,

Fiona and the team.

School Diversity Week will be celebrated between 20th and 24th June 2022.

Free Diversity and Inclusion Resources

Just Like Us, the LGBT+ young people's charity, provide an extensive range of free resources to support inclusive learning and promote diversity in primary and secondary schools. Subject specific resources are available for all areas of the curriculum and have been endorsed by GHLL Lead Teachers.

[Create a log in to access the resources](#)



Free Intersectionality Webinar



Gloucestershire County Council, Gloucestershire Fire and Rescue Service and partners are holding a free training event on Wednesday 22nd June 2022 between 1.30 and 3pm to promote a greater understanding of intersectionality and identity in workforces and communities.

[Book your place to attend](#)

New DfE funded Diversity Role Models Project



Diversity Role Models (DRM) is a UK LGBT+ education charity. DRM has been selected to deliver a DfE funded programme which empowers schools to take a stand against all forms of bullying.

[Learn more here](#)

Free Consent and Healthy Relationships Training and Resource Package Launch



GHLL and KT Consent have partnered to produce a substantial resource bundle called *Keep Breathing* to support teaching and learning on the topics of consent and intimate relationships. The resources have been co-funded by GHLL and Gloucestershire Safeguarding Children Executive (GSCE). They have launched in time for RSE day on 30th June 2022 and are suitable for secondary, FE, and APS settings.

Training on the *Keep Breathing* package will be delivered on 16th June 2022 (9.15am - 12.00) face-to-face. Delegates will learn how the package links to the DfE's statutory RSHE curriculum requirements, explore and participate in activities from the resources, receive guidance for delivering the topics of consent and intimate relationships in a safe learning environment, and consider how to address the nuances around sexual consent. This training is appropriate for all PSHE teachers but may be of particular interest to DSLs and Senior Leaders.

[Book your place to attend here](#)

[View the resources here](#)

Learning and Teaching

Guidance & Resources

R(S)HE and PSHE Resources

RSE DAY 30 June 2022
#RSEday

New Wellbeing Website for Young Adults

Alcohol Education Trust have launched a new website for young adults which offers advice on a wide range of topics from gaming, mental health, alcohol, and drugs.

[Visit the Life-stuff website](#)



New CEOP Website and Toolkit

CEOP's new website is specifically for 11-18 year olds. [The Internet, Relationships & You](#) site has webpages dedicated to popular topics including online identity, nudes, sexual consent, relationships, and support. An updated 11-18s RSE toolkit is also available for educators.

[Download it here](#)



Online Wellbeing Resources for Young People with SEN

Free, adaptable resources exploring topics including healthy relationships, digital wellbeing and online pornography. Suitable for use by educators, parents and carers with young people aged 11+ with SEN.

[View the resources](#)



HIV Resources

CHIVA provides a toolkit containing information and guidance for teachers on HIV, and learning activities for pupils. The charity has also produced *Life Growing Up*, a short film created from the real life stories of young people who have grown up with HIV.

[Download the toolkit](#)

[Download HIV in Schools - Good Practice Guidance \(pdf\)](#)

[View the Life Growing Up film \(BSL and subtitled version also available\)](#)



FGM Booklet for Primary Schools

FPA have created an information booklet about female genital mutilation (FGM) for primary schools.

[Free PDF available here](#)



Free RSE Card Deck Sample

This [Free RSE card deck sample](#) covers the content, narratives and approaches necessary for implementing inclusive RSE. The full resource can be purchased [here](#)



New 'How Are Babies Made?' Video

BBC Teach have produced a new Operation Ouch programme called "How are babies made?". The film resource is suitable for use in PSHE and Social Studies lessons with pupils in Key Stage 2.

[Watch it here](#)



Free Temporary Access to Sex Education Resources

Life Support Productions would like to offer all Sex Education Forum members free access to online resources for two weeks. For more details email wilf@lifesupportproductions.co.uk



Resource for Use with Ukrainian Refugees

Beyond Words have developed a new short resource to help those fleeing Ukraine to begin to tell their own stories and talk about their feelings. The resource illustrations may also build understanding and empathy amongst children and adults living in countries that are welcoming refugees.

[Download it here](#)

The charity wishes to make the supporting guidance notes for their Ukraine resource available in other European languages. They are particularly keen to hear from speakers of Ukrainian, Slovak and Hungarian. If you would like to assist with translations, please email:

hpimble@booksbeyondwords.co.uk



Exams Resources

Staying Mentally Healthy During Exams

Staff activity can help you reflect on the areas you cannot control and instead focus on what you can do for yourself, your staff and your pupils. We also have an entire resource page dedicated to everything you need to stay mentally healthy during exams.

[View and download it here](#)

[See more exam resources](#)

Resisting Perfectionism

Getting ready for exams can be overwhelming, and pupils will always be their worst critics. Our resist perfectionism worksheet helps pupils to check in on how things are going. You can also use our body template in the classroom to identify the areas that feel different when we are anxious.

[Resist perfectionism worksheet](#)

[See the anxious body map](#)



New Sepsis Resources

Lesson plans, teacher notes, videos and case studies available for each of the five Key Stages.

[Access them here](#)



Introduction to RSE Course

A new, free to access, self-directed e-learning course for teachers and educators offered by Brook.

[Access it here](#)



Free Glass Recycling Resources

Teaching resources for primary schools produced by British Gas and the National Schools Partnership.

[View them here](#)

Wellbeing Ideas

Shelf-Help: Reading Well for Mental Health



One in six children will be affected by mental health issues, including anxiety, depression and conduct disorder, and many children remain undiagnosed. Good mental health is as important as good physical health – they work symbiotically.

Gloucestershire Libraries hold books that can help to raise awareness; two collections to support children and young people are [Shelf Help](#) (aimed at young people and their parents) and [Reading Well for Children](#) (aimed at parents but suitable for reluctant readers or anyone who is struggling with anxiety). Selected titles are available as e-books and audiobooks. Many local secondary schools also have their own sets of Shelf Help for students. A sample from the collections is provided below.

For more information about the public library offer for Shelf Help and other relevant topics please contact [Elaine Roberts](#), Librarian for Health and Wellbeing (Tel: 01452 426449).

For more information about books for schools, please contact [Pat Lipinski](#), Librarian for Schools and Education Services (Tel: 01452 427241).

Big Health 2022



A health and wellbeing event with fun and inclusive activities for people with autism, disabilities, and mental health conditions. NHS staff will be present to promote accessible services and support groups.

17th June - 9.30AM to 3.00PM
Oxstalls Sports Centre, Gloucester

[Find out more here](#)

Positive News and Self-Help Magazine

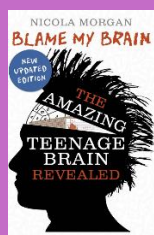
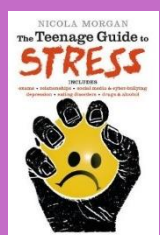
Free to read online [here](#)



Joyful June Calendar - [Download it here](#)

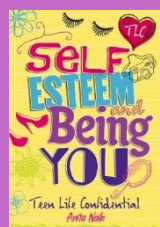
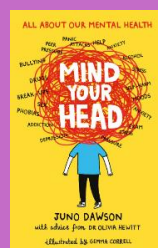


Shelf Help – Reading Well for Young People



Author Nicola Morgan is an expert in stress and anxiety. [The Teenage Guide to Stress](#) and [Blame My Brain](#) are both brilliantly rated and extremely accessible. Highly recommended for young people, and every parent!

In [Mind Your Head](#), Juno Dawson tells us how to look after our mental health, with bite-sized chunks of information, and a very digestible style. An easy-to-read book, with humorous illustrations, but factual content.



Anita Naik adopts a similar style to Dawson in her book [Self-Esteem and Being You](#). A highly accessible book which covers many of the issues which fuel low self-esteem. Its chatty, friendly style means it does not need to be read from cover to cover; a 'dip in' book that's power packed with useful life skills.

Reading Well for Children

This collection provides quality-assured stories, selected by leading health professionals, and co-produced with children and families to support children's mental health and wellbeing. The booklist is targeted at children in Key Stage 2, but includes titles aimed at a range of reading levels to support all abilities and encourage children to read with their siblings and carers.



[Me and My Fear](#) and [Ruby's Worries](#) are relevant to anybody who has a fear or is worried. Emotions escalate in both books until the characters learn to share their concerns to stop them from becoming overwhelming. The protagonist in *Me and My Fear* is a young refugee girl.

Both books are beautifully depicted, exceptionally illustrated, and relevant for anyone who is struggling with anxiety.



[All Birds Have Anxiety](#) is a beautiful book which explores all aspects of anxiety, using comical images of birds to illustrate our behaviours. A great book to read aloud in a group setting or in a one-to-one situation.

Support & Services

Support for Staff

Education Support



UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.

- **Helpline:** 08000 562 561
- [Visit the website](#)
- [Download a poster](#) to direct staff to wellbeing support services.

Employee Assistance Programme (EAP)



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 extended access to the EAP until 31st August 2022. The EAP is free of charge to all schools as part of the LA's response to the challenges faced post pandemic.

- **Helpline:** 0800 030 5182

Occupational Health



The Occupational Health team are here to help support the health and wellbeing needs of staff. Whether it is a sudden death of a member of staff or the death of a pupil there is support available.

Occupational Health have an in-house counselling team and can offer on-site support in certain circumstances where a group of staff have been affected by a life changing or serious event.

- **Contact:** 01452 425073 (option 1)
- **Email:** OHU@gloucestershire.gov.uk
- [Read more here](#)

ON YOUR MIND GLOS
Mental Health Support

WHAT'S ON YOUR MIND?

Find the help that's right for you

Anonymous mental health support finder for young people in Gloucestershire

Visit onyourmindglos.nhs.uk or text 07984 404388

[Learn more](#)

[View the promotional video](#)



Mental Health Services for Children and Young People in Gloucestershire

Universal services		Targeted 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.gloseshout.org • Text SHOUT 85258 to text a trained Crisis volunteer.	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: 0808 020 021 (Mon-Fri 9am - 5pm)
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 333 8050 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	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/ • Email: getinvolved@youngglos.org.uk
keeth 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.keeth.org.uk/ Available 24/7 • Confidential counselling available Mon-Fri 12pm to 10pm, and 6-10pm at weekends	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)	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
Young Minds for all ages. Provide information and advice to help with children and young people's mental health. www.youngminds.org.uk	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	Gloucestershire Self-Harm Helpline for all ages. Provide 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

[Click here to see more](#)

Support for Families

Sex Education Resource for Foster Carers

The Sex Education Forum have produced a free digital resource for foster carers to support discussions about relationships and sex education with young people.

[Available to download here](#)



Book for Expectant Parents with Learning Disabilities

Beyond Words have launched a new picture book called *Having a Baby* to improve the experience of maternity care for expectant parents with learning disabilities.

[Find out more here](#)



Parent Guidance for Managing Exam Stress

YoungMinds provide advice and information to help parents support their child to cope with exams at school.

[Exam blog for parents](#)

[Parents' A-Z Exam Guide](#)



Online Pornography and Age-Verification Factsheet for Parents

Information and research-based advice produced by the British Board of Film Classification (BBFC).

[View the factsheet here.](#)



Free CPD

ANY TIME

Any time

Online, self-directed

[View all available Anti-Bullying Alliance courses here](#)

Anti-Bullying Week & Free CPD

Anti-Bullying Week is scheduled to take place from Monday 14th - Friday 18th November with the theme Reach Out.

The Anti-Bullying Alliance offer a comprehensive suite of free CPD courses across a range of topics including cyberbullying, mental health and bullying, sexual bullying, and more.

ANTI-BULLYING ALLIANCE



JUNE

Thursday 16th June 2022
9.15AM - 12.00

The Pavilion, Cheltenham

[Book here](#)

GHLL Consent and Healthy Relationships - Secondary, FE and APS

This face-to-face training covers how the GHLL *Keep Breathing* resource package, designed to support teaching and learning around the topic of consent, links with the Department for Education's statutory RSHE curriculum requirements. The session will allow delegates to explore and participate in activities from the resources. Content will also cover how to deliver the topic of consent and intimate relationships in a safe learning environment, including how to address the nuances around sexual consent.

The training is appropriate for all PSHE teachers but may be of particular interest to DSLs and Senior Leaders.

The resources have been co-funded by GHLL and Gloucestershire Safeguarding Children Executive (GSCE).



Thursday 16th June 2022
1:00PM - 3:30PM

Elmbridge Primary School



[Book here](#)





Protective Behaviours - Keeping Myself Safe

'Keeping Myself Safe' is based on the Protective Behaviours programme and is a school-based resource designed to teach KS1 and Upper KS2 children their rights around their personal safety rights, how to recognise situations which may compromise safety, how to manage unsafe situations, and how to access support when needed.

The resource can be used alongside other GHLL resources to help schools deliver elements of the PinK Curriculum, and the 'Developing Risk Management' theme at both KS1 and KS2.



<p>Thursday 23rd June 2022 9.15AM - 12.00 Hatherley & Reddings Cricket Club</p> <p>Thursday 30th June 2022 1.00PM - 3.30PM Dowty Sports & Social Club Book here</p>	<p>e-Bug Training</p> <p>e-Bug resources support students to learn about microbes, infection prevention and control, antibiotics and vaccination. Each lesson plan customizable, mapped to the National Curriculum, includes activities, handouts, and worksheets.</p> <p>This guidance covers key infection, prevention and control topics to supplement your Health Curriculum and is also DfE approved. E-Bug is a progressive resource which you can use from EYFS through to Key Stage One and Two.</p>	 Gloucestershire Healthy Living and Learning
<p>Thursday 23rd June 2022 3.30PM - 5.00PM</p> <p>Online via Zoom Book here</p>	<p>Staff Wellbeing Training</p> <p>This Staff Wellbeing Training session will allow staff chance to focus upon themselves and will include the following:</p> <ul style="list-style-type: none"> - An opportunity to share concerns and best practice - An exploration of what helps during Covid and beyond - Signposting to resources. 	 Gloucestershire Healthy Living and Learning
<p>Friday 24th June 2022 9.30AM - 12</p> <p>Wall's Social Club Book here</p>	<p>Primary R(S)HE Curriculum Training</p> <p>This training session will cover:</p> <ul style="list-style-type: none"> - Current statutory requirements for R(S)HE, including policies and curriculum content - Guidance for auditing and reviewing provision in your school - Suggestions for parent and pupil consultation - Understanding of the principles of good R(S)HE teaching - Suggestions for dealing with awkward questions, setting ground rules and managing parental concerns - Signposting to quality-marked free resources to support your curriculum. <p>The end of the session allows time to explore the FREE GHLL resources, developed to support the delivery of the statutory R(S)HE curriculum.</p>	 Gloucestershire Healthy Living and Learning
<p>Friday 24th June 2022 1.15PM - 3.15PM</p> <p>Wall's Social Club Book here</p>	<p>Primary R(S)HE Workshop</p> <p>During this workshop, delegates will explore various GHLL primary resources, all of which have been developed by practising teachers to support pupils in their physical and emotional development. The Lead Teachers can advise on how to integrate the resources into a school's current PSHE curriculum, and share ways in which they have been implemented in other schools with the outcomes they have provided. Delegates will have the opportunity to discuss methods to measure the impact of their PSHE teaching, and ways in which the children's learning and understanding can be recorded and assessed.</p>	 Gloucestershire Healthy Living and Learning

<p>Monday 27th June 2022 12 – 1PM</p> <p>Online via Teams Host: Catherine Randall Book here</p>	<p>An overview of the threat from online Child Sexual Abuse and the NCA's response to degrading that threat.</p> <p>Speaker: Sean Sutton - National Crime Agency.</p>	
<p>Tuesday 28th June 2022 9.00AM – 12.00</p> <p>Elmbridge Primary School Book here</p>	<p>Peer Mediation Training</p> <p>'CPR' for your playtimes: Circle Time, Peer Mediation and Restorative Practice.</p> <p>This new course (postponed from March 2020) will provide you with a four-week training programme to use with KS1-2 pupils who you want to train as peer mediators. Drawing on Circle Time techniques and Restorative Practice principles, the training programme is designed to give peer mediators the skills and language to help other pupils resolve conflicts and issues that may arise in school, particularly at playtimes. All course attendees will receive a free hard copy of GHLL's new 'Peer Mediation Training' booklet.</p>	
<p>Wednesday 29th June 2022 12 – 1PM</p> <p>Online via Teams Host: Cathy Sheehan Book here</p>	<p>Supporting practice in tackling child sexual abuse</p> <p>Speaker: Lisa McCrindle - The Centre of Expertise on Child Sexual Abuse.</p>	
<p>Thursday 30th June 2022 12 – 1PM</p> <p>Online via Teams Host: Kenny Gibson Book here</p>	<p>Telford and Wrekin Health Child Programme 0-19 service model</p> <p>Speakers: Sharon Clark, Karen Kerr, and Julie Fozzard - School Health in Telford and Wrekin.</p>	
<p>JULY</p>		
<p>Friday 1st July 2022 12 – 1PM</p> <p>Online via Teams Host: Becs Reynolds Book here</p>	<p>The Knock – the impact on partners, children, and extended family when a family member is investigated for downloading abusive images of children</p> <p>Speakers: Professor Tink Palmer - Marie Collins Foundation; Lucy Roberts - Lived experience, Anglia Ruskin University.</p>	