

PSHE Leads' Bulletin

Message from GHLL

Welcome back to the new academic year. It has been a rather turbulent start, with the death of our Queen. After her long life of unwavering duty, the collective sorrow felt by the nation has been a challenging time for many people. Whilst we give thanks for her reign and extend sympathies to her family, may we remind you of the support available to young people around death and bereavement that can be found on the [Winston's Wish website](#).

The many links in this month's bulletin will enable you to continue to build on existing work around wellbeing, alongside the support provided by your setting's GHLL Lead Teacher. If you are unsure who yours is, please don't hesitate to contact us at ghll@gloucestershire.gov.uk

Finally, may we remind you that the submission date for your Healthy School Accreditation or Re-Accreditation is **1st December 2022**.

We look forward to working together with you again this year, to support the health and wellbeing of your whole school community.

Kind regards,

Fiona and the Team

World Mental Health Day 2022

YoungMinds are encouraging schools to acknowledge World Mental Health Day to show young people that how they feel matters, signpost them to support, and to raise funds for crucial services.

#HelloYellow symbolises a brighter future for young people's mental health, so dig out your best neon, mustard, or custard clothes and share your pictures to raise awareness for children and young people's mental health.

Fundraising packs for primary and secondary schools are available via the YoungMinds website. The charity has also produced a suite of #HelloYellow wellbeing resources for staff and students.

[Find out more about #HelloYellow](#)

[Download #HelloYellow resources](#)



Breast Cancer Awareness Month: October 2022



Coppafeel have posters and lesson plans for "guys, gals, and non-binary pals" to help educators sensitively address the topic of breast awareness in line with the RSE curriculum. The resources are PSHE Association Quality Assured.

[View and download the resources here](#)

Anti-Bullying Week: 14th – 18th November 2022



The theme for Anti-Bullying Week 2022 is Reach Out. It intends to empower teachers and pupils to respond in positive ways to tackle bullying and counteract its affects. The Anti-Bullying Alliance (ABA) provide resources and information to support education staff hosting Anti-Bullying Week events. They are also accepting nominations for a School Staff Award until 21st October to celebrate staff who have gone above and beyond to tackle bullying.

Anti-Bullying week will kick off with Odd Socks Day on 14th November which exists to highlight individuality. ABA provide assemblies and lesson plans for use on Odd Socks Day, and will also host a competition for schools.

[Find out more about Anti-Bullying Week here](#)

[Nominate a colleague for the School Staff Award](#)

[View Odd Socks Day announcements and resources](#)



Young LGBT+ Ambassadors Required

Just Like Us are seeking new LGBT+ volunteers aged 18-25 to join their Ambassador Programme. Volunteers will have the opportunity to speak in schools to help stop anti-LGBT+ bullying, take part in skills workshops with foci such as leadership and wellbeing, write for media outlets like GAY TIMES, get an LGBT+ career mentor, and meet LGBT+ friends.

[Find out more here](#)



Learning and Teaching

Guidance & Resources

Editable School Term Dates Calendars

[Academic year 2022-23](#)

[Academic year 2023-24](#)

[Academic year 2024-25](#)



GHLL's Intergenerational Project: Dementia Awareness

The Intergenerational Project is a great way to help children and young people develop skills of empathy, tolerance, respect and understanding, whilst also enabling them to **better understand, and be aware of, dementia** and what life can be like for those living with the condition.



The Primary Project we have developed at GHLL is based around three PowerPoints which sit within our R(S)HE resources, under the 'Respectful Relationships' strand. The sessions will help develop pupils' awareness and understanding of dementia, and will help to break down stigma and fear. In delivering these lessons, many of the end of primary statements of the new statutory requirements will be covered.

If you require a GHLL login to access this resource, please email GHLL@gloucestershire.gov.uk
For any further support with this project, please contact nicky.witcomb@ghll.org.uk

[Access the PowerPoints here](#)

[Visit the Dementia Awareness page of the GHLL website here](#)



Bear in a Box

Bear Us in Mind have created psychological toolkits for refugee children who have been displaced by the war in Ukraine. GHLL now stocks these wonderful boxes so please [get in touch](#) if you would like one to support a Ukrainian child in your school.



[Learn more and view guidance on how to use the toolkit here](#)

ASH Guidance on Developing School Policies on Vaping

Action on Smoking and Health (ASH) is a public health charity set up by the Royal College of Physicians to end the harm caused by tobacco. Their 2022 guidance on developing school vaping policies is intended for Designated Safeguarding Leads, PSHE leads and others developing school policies on vaping, in the context of the far greater risk from smoking.

[View the guidance here](#)

[View vaping resources on the GHLL website](#)



MENTALLY
HEALTHY
SCHOOLS



Anna Freud
National Centre for
Children and Families

Autumn Term Mental Health and Wellbeing Calendar

A calendar of curriculum themes and occasions linked to mental health for the 2022 autumn term, with activity ideas, suggestions and free resources for each theme which include:

- The return to school
- Transition to secondary school
- Black History Month
- World Mental Health Day
- International Stress Awareness Week
- Anti-bullying Week

[Download it here](#)

Wellbeing Ideas

Music Sessions for Young People

"It doesn't matter what skills you have or what you're passionate about; if you want to make music, we can help make that happen."



The Drop

Make music, get advice & meet others.

Every Wednesday (term-time)

Gloucester, Stroud & FOD

£3 entry. For ages 10-18. Find out more [here](#)

Music Social

Take your music to the next level.

Every Monday

The Hub, Gloucester

£3 entry. For ages 16-25 Find out more [here](#)

INCDrop

Inclusive after school club for young people with additional needs.

Every Monday (term-time)

The Hub, Gloucester

£5 per session or £50 per term

Find out more [here](#)

Mix & Mash Week: October Half-Term

A week of music making aimed at those with additional needs but open to all, especially those who may not have previously considered themselves musical. Its emphasis is on providing adaptive musical equipment and inclusive activities so that anyone of any ability can participate in music making.

The programme is open to disabled young people aged 10 – 25 and non-disabled young people aged 10 – 18.

10AM – 3PM daily, 24/10/22 – 28/10/22

The Hub, Gloucester

£75 for the 5 days

Find out more and book to attend [here](#)



Babies cry... you can cope!

If you've done all the normal checks, baby is not ill and you feel you're reaching the point of exasperation, take a break! It's **OK** to walk away if the baby is safe.

Try some of these:

- Deep breathing
- Listening to relaxing music
- Talk to family or friends

[Find out more about ICON Week here](#)

Positive News, Self-Help Magazine and Podcasts

[Read the magazine online for free](#)

[Listen to wellbeing podcasts here](#)



Awareness and Information Sessions for Carers

Gloucestershire Carers Hub are running a series of free awareness and information sessions for carers at their hub in Stonehouse. Individuals can attend as many of the sessions as they wish to, but booking is required.

[Learn more here](#)



New Healthy Living Programmes from BeeZee Bodies



Families in Gloucester and Forest of Dean are invited to join BeeZee Bodies free healthy living programmes. Get the kids excited about healthy eating, have fun getting active as a family, and join online or in-person sessions to suit your schedule.

[Sign up via the BeeZee Bodies website](#)

[Sign up via Facebook](#)

'Optimistic October' Calendar (Action for Happiness) - [Download it here](#)



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.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
» Call 01594 372777
» Text 07520 634063
TIC+ Chat - anonymous one to one support via calling 0800 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)

YOUNGminds

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



Gloucestershire Young Carers (GYC)

There are an estimated 7000 young carers across Gloucestershire. Gloucestershire Young Carers provide a range of services for young carers, their families, and the professionals who work with them.

The charity can help professionals to identify, understand and support young carers. They also provide e-learning and Young Carers Accreditation to schools.

Young carers referred to GYC can access specialist targeted support, one-to-one support, and group support. The latter connects individuals with other young carers, enabling them to share experiences, find ways of coping, and nurture their own wellbeing.

Helping a young carer can significantly improve their attainment and attendance at school, build relationships and improve their physical and mental wellbeing.

[Visit the GYC website](#)



[Click here to see more](#)

GLOUCESTERSHIRE MENTORING PROGRAMME



Making a Referral

GMP is a free early intervention support service for vulnerable girls and young women in Gloucestershire and South Gloucestershire. It's distinctive because it's for 11-25 year-olds considered at risk of being linked to criminal activity.

We are offering trauma-informed, person-centered mentoring opportunities. Specifically, the chance to form a trusted adult relationship with a trained volunteer mentor – one that's long-lasting and helps them build resilience and grow in confidence, and empowers them to have a more positive future.

[Visit the GMP website](#)



CALL: 01594 372777 TEXT: 07520 634063



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

SEPTEMBER 2022

Thurs 29th September
9AM – 12 noon

[Book here](#)

Peer Mediation

*'CPR' for your playtimes:
Circle Time, Peer Mediation and Restorative Practice.*

This new course will provide you with a four-week training programme to use with Key Stage 1 and Key Stage 2 pupils who you want to train up as peer mediators. Drawing on Circle Time techniques, Restorative Practice and Whole School Approach principles, the training programme is designed to give peer mediators the necessary 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 hardcopy of GHLL's new 'Peer Mediation Training' booklet.



OCTOBER 2022

Thurs 6th October
9.30AM – 12 noon

[Book here](#)

Primary Relationships (Sex) and Health Education - Curriculum Training

This session covers the statutory DfE requirements for all primary schools under the new guidance and allows delegates to explore ways to ensure their R(S)HE curriculum meets them, whilst also being tailored to their setting and meeting the needs of their pupils. Whether a commercial package is used to deliver the R(S)HE curriculum, or freely available resources are used, this session will help to support schools in providing a spiral, responsive, progressive curriculum, bespoke to their setting.



Thurs 6th October
1.15PM – 3.15PM






[Book here](#)

GHLL Primary Resources Overview

This workshop enables you to talk you through the various GHLL primary resources with one of GHLL's Lead Teachers. All resources have been developed by practising teachers to support pupils in their physical and emotional development. The Lead Teachers can advise on how to build the resources into your school's current PSHE curriculum, and share ways in which they have been implemented in other schools along with the outcomes they have provided. You will have the opportunity to discuss methods to measure the impact of your PSHE teaching, and ways in which the children's learning and understanding can be recorded and assessed.

Some of the resources explored in this session will include: Counting Sleep; Make Me a Superhero; Peer Mediation; Understanding Dementia; Keeping Myself Safe; Focused for Learning.



<p>Mon 17th October 9AM - 12.30 noon Book here</p>	<p>Transgender Awareness: Supporting Transgender Children and Young People (face-to-face training)</p> <p>This face-to-face workshop is designed to be an information-gathering session with time to explore steps that could be considered as a commended pathway to supporting a young person who is questioning or looking for support with thoughts around their gender.</p> <p>The content covers practical and emotional challenges, and how these may influence a young person and their surroundings whilst going through this experience. The trainer will discuss affirming support is and its benefits, and how organisational processes can support to alleviate any additional stress for the person/s involved.</p> <p>Topics also include gender-variant individuals, terminology and language, pronouns, the equalities act, and issues that may arise through this experience.</p>	
<p>Thurs 20th October 9:30AM - 12:30noon Book here</p>	<p>Consent and Healthy Relationships – Secondary, FE and APS Settings</p> <p>This training covers how the Keep Breathing resource package links with the Department for Education's statutory RSHE curriculum requirements and will allow delegates to explore and participate in activities from the resources.</p> <p>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.</p> <p>Find out more about Keep Breathing resources here.</p>	 
<p>NOVEMBER 2022</p>		
<p>Thurs 3rd November 1PM – 3.30PM Book here</p>	<p>GHLL Awards Workshop</p> <p>An introduction to GHLL's accreditation process for the Mental Health Champion award and Healthy Schools award.</p>	
<p>Tues 15th November 1PM – 4PM Book here</p>	<p>Mental Health First Aid Lite</p> <p>A three-hour face-to-face course which enables participants to gain a wider understanding, for themselves and others, of some issues surrounding mental health and how they might support the young people with whom they work. This is an opportunity for colleagues working with young people to improve their knowledge, understanding and skills at identifying and supporting young people with mental health problems.</p>	

DECEMBER 2022

Thurs 1st & Fri 2nd
December
9AM – 5PM

[Book here](#)

Mental Health First Aid 2-Day Training

This MHFA course will teach you how to:

- Spot early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems



JANUARY 2023

Thurs 5th January
3.30PM – 4.30PM

[Book here](#)

Alcohol Education Trust: Talk About Alcohol (Secondary)

This online session explores the AET's Talk About Alcohol resource pack which is suitable for use with secondary school pupils, includes films and SEND resources. The resources are intended to bust perceptions, provide helpful information and introduce life skills to help keep young people safe around alcohol. The resources are proven to work, fully evaluated activities that have been mapped to the Department for Education Statutory Guidelines for PSHE and RSE. They are also valuable for anyone working in Safeguarding and Family Support.



Thurs 12th January
3.30PM – 4.30PM

[Book here](#)

Alcohol Education Trust: Young People's Choices Around Cannabis

This online training is provided by the Alcohol Education Trust. The session is designed for anyone who supports a young person or a young adult in a professional capacity. It explores 16 to 24 year-olds choices around cannabis, myth-busting, the types of cannabis available, how cannabis can affect a young person, and the law.

