

PSHE Leads' Bulletin

Welcome Everyone to the final Bulletin of 2022. It has been a very busy term for all schools and colleges in the county and you will be looking forward to the Christmas holidays. We had a record number of schools achieving Healthy Schools Award and the Mental Health Champions Accreditation and recipients should be very proud of their achievements. Particular congratulations go to our **new** Mental Health Champions – Deerhurst & Apperley CofE Primary School, Gloucestershire Hospital Education Services, and St. Roses; fantastic work by you all.

Christmas can be a wonderful time of the year however, the festive period can be hard for our children and young people (not to mention our staff). We have some great resources from Young Minds Matter, Charlie Waller, and our [local support agency Tic+](#). Do take a minute to [watch their video](#) and share with your teams. Remember, their services include counselling, Tic+chat, [InTER-ACT](#), parent support and advice.

The GHLL team have a variety of training in December and the new year including the popular MHFA England Youth 2-day and Lite training, Primary and Secondary RSHE, plus the return of full day Self-Harm Awareness training (dates TBC). Early booking advised.

Finally, the GHLL team wish you a very Merry Christmas and a Happy New Year. We look forward to working with you in 2023.

Regards, Fiona and the GHLL Lead Teachers.

Free Bear Us in Mind Toolkit for Ukrainian Pupils

Schools with Ukrainian refugee children can request a free Bear in a Box toolkit.

[Request a box by contacting GHLL](#)



Provision for Transgender Pupils: Guidance for Maintained Schools and Academies in England

This new guidance addresses schools' duties towards pupils and is applicable to Key Stage One through to Key Stage Five. It has been produced to aid maintained schools, academy trusts and academies in England prior to the anticipated publication of guidance by the Department for Education (DfE).

[Access it here](#)



Host a Christmas Jumper Day in Aid of TIC+



Could your setting host a Christmas jumper day to raise funds for TIC+ this December?

The charity provides mental health support to hundreds of children and young people in Gloucestershire every year. It also offers support and advice to parents/carers and professionals.

Raising awareness of TIC+ services links to [5 Ways to Wellbeing](#), and contributes to your school's health and wellbeing provision for [GHLL awards](#).

Please email fundraising@ticplus.org.uk for information on how to send in any money raised.

[Download a poster](#) to promote Christmas jumper day.

[Find out more about TIC+ here](#)

Last Chance to Feed Back on the Running of the Pupil Wellbeing Survey and GHLL



GCC's Public Health team, who commission the Pupil Wellbeing Survey and GHLL, are keen to hear the views of Secondary, FE and Special School staff about what is working well and how these services could be improved. Feedback was initially requested at the end of the Summer Term, but more views would be appreciated; further feedback requests were delayed until now to avoid the busy start of the academic year.

The online Pupil Wellbeing Survey runs every two years in Gloucestershire Schools and obtains approximately 25,000 student views on school life, diet, exercise, mental health and other topics.

The aim of GHLL is to help children and young people achieve their full potential and lead long, healthy, happy lives. GHLL work with schools and colleges to support children and young people to make positive choices to improve their physical, emotional and mental wellbeing through training and advice from Lead Teachers.

[Please provide feedback on PWS and GHLL here, by Friday 2nd December](#)

GHLL Awards Spotlight



This new page of the bulletin has been introduced to showcase examples of the brilliant work conducted throughout our schools and colleges. To feature in the 'Spotlight', please contact your [GHLL Lead Teacher](#)

In the Spotlight: St White's Primary School

Our first feature school is St White's, which has just been re-accredited for their Mental Health Champions award and really demonstrated the Whole School Approach. Many congratulations to Clare Tilling and her team of dedicated staff. Their GHLL lead teacher Lucy Stevens said *"I have worked closely with St White's in all aspects of PSHE, whether that be related to the curriculum or specific intervention areas. They have a robust curriculum and the emotional health, and wellbeing of their children is at the heart of their school."*

Lucy especially wanted to draw attention to St White's Aspirations Day which was a great success: *Every year, the Science lead organises science week so that the children can be immersed in science both in school and out. As part of this week, an 'Aspirations Day' is held; professionals with interesting jobs are invited to the school to talk to the children about their work. Some are parents, some friends-of-friends, and some are from the local community. Visiting speakers have ranged greatly from vets to funeral directors, from charity workers to tea-bag makers. At the end there is a big finale - this year was a visit by the police horses who met the whole school in the playground! The police officers talked about a career in their service and possible entry routes into the job.*

During the day, the whole school splits into groups and moves around to visit as many adults as possible. There is always a real buzz on this day and the children talk enthusiastically about what they could be when they grow up. The staff at St White's feel that it is very good for the children to see what 'school' can lead to, and to make them appreciate the value in what they are doing now as a step on the path to their future career.



Congratulations: GHLL Awards and Accreditations

The GHLL team send congratulations to the following settings for honourably achieving awards status or re-accreditation. New awards are shown in blue.



Mental Health Champions Award

Abbeymead Primary School
Berkhamsptead School
Berry Hill Primary School

Deerhurst & Apperley CofE Primary School
Gloucestershire Hospital Education Service

Kingsholm CofE Primary School
St Rose's

St White's Primary School



Healthy Schools Award

Archway School

Avening Primary School
Barnwood CofE Primary School
Blue Coat CofE Primary School
Callowell Primary School

Cam Woodfield Junior School
Christ Church CofE Primary School
Coalway Community Infant School
Dean Close Preparatory School

Dinglewell Infant School



Heron Primary School
Hillview Primary School

Holy Apostles' CofE Primary School
King's Stanley CofE Primary School
Lakeside Primary School

Leckhampton CofE Primary School
Lydbrook Primary School
Norton CofE Primary School
Oakwood Primary School

Prestbury St Mary's CofE Junior School
Rodborough Community Primary School

Severn Vale School

St Mark's CofE Junior School
St Mary's CofE Infant School

Stone with Woodford CofE Primary School

Temple Guiting CofE School
Tirlebrook Primary School

Warden Hill Primary School

Westbury-on-Severn CofE Primary School
Whitminster Endowed CofE Primary School
Widden Primary School
Yorkley Primary School

[Find out more about GHLL Awards here](#)

Learning and Teaching

Guidance & Resources

Free Angling Enrichment Activity for Primary Schools



Reel Education is a whole school enrichment activity based on the national curriculum that aims to encourage children to value Britain's rivers, lakes, and seas.

The project involves a cross-curricular classroom-based element consisting of lessons, worksheets and videos developed by Oak Academy for KS1, and upper and lower KS2.

The second element is PE focussed; a qualified and DBS checked Angling Trust coach will visit your school to deliver games and activities themed around the sport of angling.

The programme can be delivered over two days for larger schools and can accommodate up to 150 students per day.

For further information please contact Neil Wylie:

Telephone: 07949 529817

Email: neil.wylie@anglingtrust.net

[Visit Reel Education's website](#)

[View the promotional leaflet here](#)

Free Disability Awareness Session for Schools



Cain is 21 years old and is affected by cerebral palsy, which was caused by complications at birth. He cannot walk or talk, is confined to a wheelchair, and communicates using an electronic device which he controls with his eyes. He needs support for all his daily needs. Cain is funny, lively, intelligent, plays x-box with his feet, loves fast cars, chocolate, and meeting people. Cain and his PA, Helen, offer a free disability awareness session to schools to teach the importance of inclusion, equality, and engaging meaningfully with people with disabilities. The session includes practical activities and gives pupils an insight into the daily challenges that Cain faces, how he communicates, and shows how much he can offer society. Feedback on Cain and Helen's session has been very positive:

'A number of the children mentioned that they now felt they had a better understanding of disability and the challenges that those with disabilities face.'

'Cain and his whole team were wonderful and really informative, we learned so much and laughed a lot!'

Email helenandcain@outlook.com to book a session.

Assess and Improve Young People's Health and Wellbeing in School

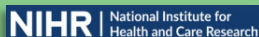
Researchers from the National Institute for Health Research School for Public Health Research are creating a new South West - School Health Research Network (SW-SHRN) and would like to invite Gloucestershire schools to participate in the pilot study.

The research will assess young people's health and wellbeing in the school environment. Schools who choose to participate in the pilot study will receive university-led scientifically robust data for Year 8 to 10 students, and health and wellbeing intervention suggestions and provisions.

[View the school information brochure](#)



[View the promotional flyer](#)



Classroom Wellbeing Toolkit for Secondary Schools

This new evidence-based toolkit, created in partnership with the Early Intervention Foundation (EIF), will help secondary school staff take steps to improve students' mental health and wellbeing through everyday practices. The resource covers five strategy areas:

- Building supportive relationships
- Creating a classroom environment where all students feel they belong
- Promoting good mental health
- Responding to stress, low mood and anxiety
- Preventing bullying, cyberbullying and sexual harassment.

It is designed for secondary school subject teachers, but will also be useful for teaching assistants, librarians, and other support staff.

[Download it here](#)



Wellbeing Ideas

Gloucestershire Library Warm and Welcome Scheme

The Library

Libraries across the county offer a free, safe, warm, and welcome space for you to enjoy during the colder months. In addition to book loaning, the county's libraries offer numerous free events designed to interest different age groups. These include:

- Baby Bounce and Rhyme
- Toddler Time
- LEGO Club
- Storytime and Crafts
- Code Club
- Podcasting Taster Sessions
- Scrabble Club
- Stay and Play Children's Club
- Inventor's Club
- Games Corner
- Craft and Chat
- Knit and Natter

[See the events schedule here](#)

Positive News, Self-Help Magazine and Podcasts

Celebrate the season of self-care and spread a little kindness with the latest issue of Happiful's magazine. This edition covers a range of features, including:



- 44 good news stories to make you smile
- The wellbeing power of some community spirit (and how to harness it)
- Tackling the five 'fs' of stress
- What to do if you feel financially trapped
- The art of letting go: how to find freedom with forgiveness
- What is Peter Pan syndrome?

The Happiful podcast bank contains over 100 episodes. The latest ones include:

- "Saying no to alcohol has allowed me to be present in my life"
- Low self-esteem: "Treat yourself like someone who matters"

[Read the magazine online for free](#)

[Listen to wellbeing podcasts here](#)

Free Winter Holiday Music Programme

11AM – 3PM, Monday 19th - Thursday 22nd December

'Have a Go' is an inclusive school holiday programme for 10–18-year-olds in association with Gloucestershire County Council HAF (Holiday Activities and Food programme). Attendees can participate in singing, song-writing, rapping, DJ'ing, music production, and playing instruments.

[Find out more here](#)



Winter and Festive Wellbeing Resources

The Christmas period can be a time of celebration for some, but it can trigger difficult feelings for others.

The Charlie Waller Trust has produced a Wellbeing in Winter article which suggests easy and attainable ways to take care of your wellbeing this winter. The charity has also created calendars to help adults and children exercise kindness for themselves and others in the run up to Christmas.

YoungMinds has shared separate calendars for primary schools, secondary schools, and staff to encourage individuals to invest in their personal wellbeing this winter break.

[See Charlie Waller Trust's top tips for winter wellbeing](#)

[View Charlie Waller Trust's Festive Kindness Calendar for adults](#)

[View Charlie Waller Trust's Festive Kindness Calendar for students](#)

[View YoungMinds Advent Calendars for primary schools, secondary schools, and staff](#)



'Do Good December' Calendar (Action for Happiness) - [Download it here](#)



Support & Services

Free Healthy Living Programme for Families



BeeZee Bodies have released their Families Programme schedule which begins on 16th January 2023 and finishes in March. The free sessions will take place at their two existing delivery sites in Gloucester and Coleford, with a new site in Gloucester to be announced in due course.

Referrals for the new year are now being accepted for families where at least one child is between the ages of 5 and 15 and over the 91st Centile. BeeZee Bodies work involves the whole family in changing habits and behaviours through carefully structured programmes.

Referrals can be made via the NHS referral route, G-Care or via the BeeZee Bodies website.

[Refer a client here](#)

[Download the promotional flyer here](#)

Lifestyle Advice for 16-25s

The Alcohol Education Trust (AET) is a youth charity which exists to provide young people the information and tools they need to make safe choices.

The AET have recently launched the Life-Stuff website for 16 to 25-year-olds which offers helpful advice and information on a wide range of topics including alcohol, drugs, mental health, vaping, gaming, gambling, managing money, consent and travelling.

[Visit the Life-Stuff website](#)



Holiday Activities and Food Programme (HAF)

Bookings for the winter HAF programme open on 1st December. HAF is available to those in reception to year 11 who receive benefits-related free school meals and is funded by the Department for Education. Gloucestershire County Council will use grant funding to extend the winter offer to all families across the county through the Holiday Activities Programme (HAF).

[Find out more here](#)



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 under 25s. Find the help that's right for you. Use our anonymous mental health support finder to find advice & support in Gloucestershire. Visit onyourmindglos.nhs.uk or text 07984 404388. | Shout For all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Visit www.shoutuk.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. Call 01594 372777 Text 07520 634063 TIC+ Chat - anonymous one to one support via calling 0300 333 0303 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 | WINSTON'S WISH 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) |
| 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 07607 333351 (available Monday to Friday from 9am-4.30pm) | 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 | 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 |
| YoungMinds 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 | 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 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 | 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 | Gloucestershire County Council |

[Click here to see more](#)

Environmentally Friendly Period Products for Schools



The Government's period product scheme is available to all state-maintained schools and 16-19 education organisations in England. As part of the scheme to end period poverty, schools can opt to order reusable products to support environmental sustainability and provide young people with long-term access to sanitary products.

[Read the full article here](#)

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

Conciling, Support and Care for Young People and Families
 CALL: 01594 372777 TEXT: 07520 634063

Flu Virus and COVID-19 Vaccines for Children

The nasal spray flu vaccine is now available and free on the NHS for:

- Children aged 2 or 3 years on 31 August 2022
- All primary school children (Reception to Y6)
- Children aged 2 to 17 years with long-term health conditions

The COVID-19 autumn booster programme started is also available for children:



- Aged 5 and over and at high risk due to a health condition
- Aged 5 and over and at high risk because of a weakened immune system
- Aged 5 and over and live with someone who has a weakened immune system
- Aged 16 and over and a carer, either paid or unpaid.

Getting vaccinated against the flu virus and COVID-19 protects individuals and limits disruption to pupils' education.






[Find out more here](#)










DECEMBER 2022

| | | |
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| <p>Wed 7th December 9.00AM – 11.30AM Book here</p> | <p>Transgender Awareness: Supporting Transgender Children and Young People (Online Training)</p> <p>Training 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 8th December 3.30PM – 4.45PM Book here</p> | <p>How to Show Progress in Secondary RSHE</p> <p>Discover ways to develop baseline and summative assessment methods to measure progress quickly and easily in secondary RSHE.</p> |  |

JANUARY 2023

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| <p>Thurs 5th January 3.30PM – 4.30PM Book here</p> | <p>Alcohol Education Trust: Talk About Alcohol (Secondary)</p> <p>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.</p> |   |
| <p>Tues 10th January 9AM – 12 noon 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> |  |
| <p>Thurs 12th January 3.30PM – 4.30PM Book here</p> | <p>Alcohol Education Trust: Young People's Choices Around Cannabis</p> <p>This online training is designed for anyone who supports a young person or 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.</p> |   |

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| <p>Thurs 19th January 1.30PM – 3PM Book here</p> | <p>Promoting Positive Mental Health in Secondary and FE Settings</p> <p>Explore ways to develop PSHE Mental Health Curriculum content in line with Mental Health Policies to create a whole school approach to supporting students.</p> |  Gloucestershire Healthy Living and Learning |
| <p>Thurs 26th January 1.30PM - 3:30PM Book here</p> | <p>Ten Steps to a Successful RSHE/ PSHE Department (Secondary)</p> <p>Explore what needs to be covered in the curriculum, and how it can be delivered. The session includes information on:</p> <ul style="list-style-type: none"> • Planning • Measuring Progress • Raising the Profile of RSHE • Governor and SLT 'Buy In' • Engaging staff in the delivery of PSHE • Implementation |  Gloucestershire Healthy Living and Learning |
| FEBRUARY 2023 | | |
| <p>Wed 1st February 1.30PM – 3PM Book here</p> | <p>Exploring the Digital Lives of Children and Young People</p> <p>This interactive session is designed for professionals who work with children and young people, their parents and carers, and also those who work strategically. It will be delivered by a Prevention Officer from The Children's Society who will share their learning on the digital lives of young people, and how they may be exposed to new and emerging areas of online exploitation.</p> <p>Objectives for this training are:</p> <ul style="list-style-type: none"> • To increase the confidence of professionals, parents, carers, and families to engage in conversations with children and young people about their online lives; • To explore supporting conversations with parents and carers around 'digital lives' and 'online exploitation risks'; • The identify risks and vulnerabilities of children and young people online, including the dark web; • To increase awareness of new and emerging online exploitation concerns beyond child sexual abuse. | <p>The Children's Society</p>  Gloucestershire Healthy Living and Learning |
| <p>Thurs 2nd February 9.30AM – 12 noon Contact GHLL to book</p> | <p>Primary Relationships (Sex) and Health Education - Curriculum Training</p> <p>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.</p> |  Gloucestershire Healthy Living and Learning |

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| <p>Thurs 2nd February 1.15PM – 3.15PM Contact GHLL to book</p> | <p>GHLL Primary Resources Overview</p> <p>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> |  |
| <p>Thurs 2nd February 1.30PM – 3PM Book here</p> | <p>Beyond Fed Up</p> <p>Explore the Suicide Prevention resource 'Beyond Fed Up' has been written by teachers for teachers, with the intention of enabling classroom teachers to tackle this sensitive subject. It aims to help young people understand their own mental health, to build resilience, know ways in which they can support other young people who are having a difficult time and to recognise when they need to seek help.</p> |  |
| <p>Fri 3rd February Details TBC Contact GHLL to enquire</p> | <p>Transgender Awareness: Supporting Transgender Children and Young People (Online Training)</p> <p>Training 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> |  |