

Best wishes Fiona and the GHLL Team
ghll@gloucestershire.gov.uk



GHLL Awards Spotlight



In the Spotlight: Sir Thomas Rich's School

Sir Thomas Rich's School have shared a recent, ongoing project, very much focusing on views and attitudes towards relationships.

As part of our ongoing commitment to providing a high quality and relevant PSHE curriculum, we have been focusing on developing our healthy relationships offer over the last year.

We felt it was incredibly important address the growing concern in all schools in the UK regarding online influencers such as Andrew Tate who promotes a very narrow and harmful view of masculinity alongside misogynistic attitudes. In addition, as a school where individuality and diversity are celebrated, we wanted to ensure that we continued to embed positive attitudes across all key stages.

Our first step was to re-visit the PSHE and enrichment curriculum with a focus on providing our students in all key stages with an opportunity to share ideas and unpick social influences on their values and beliefs and educate them on how these influences can sometimes manifest in a range of problematic behaviours.

We value student voice highly at Sir Thomas Rich's and a range of focus groups and surveys were undertaken to ensure that we were responding to the specific needs of our students. Balanced external speakers, workshops, PSHE lessons and assemblies led by members of The Female Lead Society all formed part of our approach. Staff Inset was also provided to share the different ways in which media messages and stereotyping are explored in PSHE lessons and cross-curricular links with other subjects reinforced this, such as the introduction of the themes of gender, Media bias, and diversity in new Key Stage 3 English schemes of work. As a result of the intervention, a significant number of students felt far more confident in recognising harmful messages and behaviours surrounding gender stereotypes.

As a society-wide issue we understand that this cannot simply be tackled by one intervention; the importance of 'healthy relationships' and providing students with the skills to challenge media messages will continue to form an important part of our offering so that we empower our students to understand the nuances and complexities of this subject.

Di Harrill – Lead Teacher

Calling it Out - Theatre Performance for Professionals working with Young People

The Office for the Police and Crime Commissioner, Gloucestershire Healthy Living and Learning, and Gloucestershire Safeguarding Children Partnership would very much like to invite you to watch an interactive drama presentation that will be delivered within Gloucestershire schools aimed at Year 9 pupils and funded by the Home Office Safer Streets fund and by the OPPC Gloucestershire.

The Calling It Out programme supports the ongoing work in schools and colleges to create a culture where sexual harassment and sexual abuse are not tolerated. The programme raises the groups' awareness of the huge impacts these everyday incidences of sexual harassment and assault can have on girls and young women and how we all have a role in safely challenging and reporting these behaviours.

The sessions will consist of the performance, workshop and teaching session and will last approximately 1 hour and 45 minutes – If you would like to book a space please contact ghll@gloucestershire.gov.uk or book through the GHLL [website](#).



[Click here for more information on Loudmouth Productions](#)

[Click here to access the 'Calling it Out' Booklet for Parents and Guardians](#)



To feature in the 'Spotlight', please contact your [GHLL Lead Teacher](#)

Learning and Teaching

Guidance & Resources

Parents' Relationships Matter Conference

Parents' Relationships Matter Gloucestershire would like to take this opportunity to thank everyone that took part in the recent Parents' Relationships Matter Conference 2023, this was a ground-breaking event over 4 days which included 12 sessions that saw 1,393 orders by 442 different professionals and 800 attendees.

If you were unable to attend any of the sessions in person, the entire catalogue of webinars has been sent out globally and will soon be uploaded to the Parent's Relationships Matter pages on Glos Families Directory. All the information about the current training offer and further resources can be found [here](#).

Parents' Relationships Matter Gloucestershire Virtual Conference 2023

Resources for lessons

[KS1-2 Changing and growing up](#)

[KS3-4 Not just flirting lesson packs](#)

[KS5 Drug and alcohol education pack](#)

[Browse all PSHE Education teaching resources here](#)



PSHE Association

Working Lives of Teachers and Leaders – Wave 1

The inaugural Working Lives of Teachers and Leaders survey was carried out in Spring 2022 with teachers and leaders in state schools in England. Conducted by IFF Research and the Institute of Education (IoE) on behalf of the Department for Education (DfE), the survey is longitudinal by design and will run annually for at least five years, up to 2026.

Download the full report [here](#)

Department for Education

Review of Relationships, Sex and Health Education to protect children

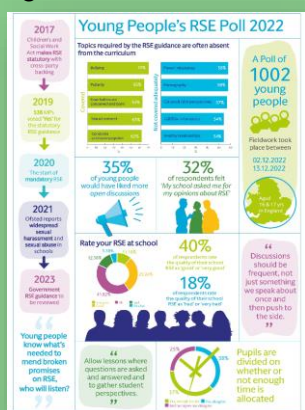
New Relationships, Sex, Health and Education (RSHE) statutory guidance will be completed by the end of the year, in response to disturbing reports that inappropriate material is being taught in some schools.

[Read more here](#)

Department for Education

Young People's RSE Poll 2022

A survey of 1,002 young people aged 16-17 in England carried out by Census wide between 2nd-13th of December 2022, commissioned by the Sex Education Forum, reveals broken promises in relationships and sex education, which leave young people unprepared for modern challenges.



View the Young People's RSE Poll 2022 [here](#)

Read the statement from the SEF welcoming the RSHE Review [here](#)



Summer Term Mental Health and Wellbeing Calendar

A calendar of curriculum themes and occasions linked to mental health for the 2023 Summer Term, activity suggestions, and free resources for each theme which include:

- Mental Health Awareness Week
- Pride Month
- Stress Awareness Month

Download it [here](#)

MENTALLY HEALTHY SCHOOLS Anna Freud National Centre for Children and Families

The calendar also highlights points in the summer term where levels of anxiety may be higher, including exam and assessment time transitions between school, college, or university.

[Click here](#) to access free resources from Brook to support relationships and sex education teaching and learning.

brook

Wellbeing Ideas

'Meaningful May' Calendar (Action for Happiness) - [Download it here](#)



Wellbeing Tips

Young Minds have provided some useful tips on how staff can be supported:

- Read advice on working with young people in our new ['Spotlight stories'](#) written by professionals
- Listen to Young Minds' feel-good [Spotify Playlist](#)
- Read the [Wellbeing at work tips](#) from this years' Teacher Insight Group



Free online Hope Programme for young people living with Long COVID

[Click here](#) to find out more about the Hope Programme to support **16-18 year olds** with their wellbeing from COVID-19.



Positive News and Self-Help Magazine

Put your wellbeing first with the latest issue of Happiful's magazine. This edition covers a range of features including:

- How to be positively productive with ADHD
- 20 signs of passive-aggressive behaviour
- Tips for harnessing your anger for good
- Why dancing in the rain should be your new hobby
- How you can use sounds to support your wellbeing
- What is second-hand stress, and can you catch it?



[Read online for free here](#)

Wellbeing Report

View the tes School Wellbeing Report 2023 [here](#)



FREE Health and Wellbeing Lesson Pack and Period Products for Primary Pupils to KS3

[About You](#), is a free health and wellbeing education programme suitable for primary school pupils through to Year 9. The programme links Relationships and Sex Education, follows the PSHE curriculum closely, and empowers pupils to grow in confidence during the physical and emotional changes that come with puberty. Once a school registers for the education programme, they can be eligible to receive FREE period product packs for all KS3 girls in the school which are offered on a first come, first served basis.

[Register for the About You programme here](#)



Supporting Young People with Exams

With exams coming up, we thought it would be useful to highlight the resources that we have on the [GHLL website](#), as well as other support available that will help Young People with exam stress and pressure.



Using the concept of designing an "exam buddy" app, students develop helpful strategies for managing their own exam stress and learn how to be supportive of friends who may also be experiencing stress.

Lesson plan includes:

- Accompanying PowerPoint for use in class
- Starter activities – carry out a baseline assessment of students' prior knowledge, skills and understanding
- Peer-to-peer activity, plenaries and exciting extension ideas
- 3 films to support the activities, including "Dealing with exam stress"

[Get lesson plan for KS3 and KS4](#)



For Parents and Carers – help your child beat exam stress

Tests and exams can be a challenging part of school life for children and young people and their parents or carers.

[Click here](#) to access the NHS advice and support.



Exam stress and Pressure

On this [page](#) you will find support on how to:

- Deal with exam stress
- Deal with worrying about exams
- Cope with pressure
- Cope with other problems



Gloucestershire - Grammar Test Information for September 2024 Intake

The Gloucestershire Grammar schools have advised that the registration window for the 2024 Admissions Entrance Test will be open from noon, 22 May 2023 to noon, 30 June 2023. The schools are planning for the Entrance Test to take place on Saturday 16 September 2023.

Support & Services



Mental Health Services for Children and Young People in Gloucestershire

[Click here to see more](#)

Universal 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.

Teens in Crisis (TIC+)

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

» www.ticplus.org.uk
» Call 01594 372777
» Text 07520 634063

TIC+ Chat - anonymous one to one support via calling 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



ChildLine

for under 19 years.

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

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



Shout

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



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



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 Constabulary Open Day September 2023 – Save the date!

Gloucestershire Constabulary have announced their next open day! The flagship public engagement event showcases a wide range of policing activities, the work of the Office of the Police and Crime Commissioner and highlights a multi-agency approach to improving safety in Gloucestershire. The free event at Police Headquarters in Quedgeley, Gloucester will pull together police teams, partner agencies and community groups.



Full schedule to be announced on the [OPCC website](#).



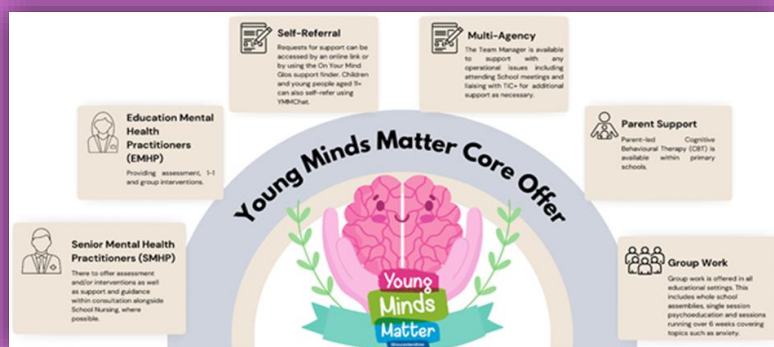
Live Talks about Grief

Winston's Wish are delivering live information sessions led by a Winston's Wish bereavement support worker. They cover the impact of grief, common feelings, and ways to cope. These sessions are for grieving young people aged 16-25 years old and for parents, professionals and any other adults supporting grieving children and young people.

The talks are free to join and are held online via Zoom. Click below to find out more about the talks for adults and young people.

[Talks for Young People](#)

[Talks for Adults](#)










YMM is currently a pilot scheme and can only accept referrals for pupils from participating schools. If your school is not on this [list](#), please contact [TIC+](#) or seek support at onyourmindglos.nhs.uk













Free CPD

MAY 2023

May – August 2023 For more information and how to book click here	Free dementia awareness sessions in libraries These sessions are being held in libraries around Gloucestershire and include information on what is dementia, common types of dementia, preventing and reducing the risk of dementia, how to get a diagnosis, who to contact for support and how you can help.	
May - October 2023 Book here	GDASS Domestic Abuse Awareness Green Square Accord are being supported by GDASS to offer FREE full day training events on Domestic Abuse: Awareness and Assessing Risk	
Thurs 4 th May 3:30PM-5:30PM Book here	GHLL Whole School Approach to Reducing Vaping (Online Training) This introductory session will explore how you can build vaping into the drugs and alcohol curriculum within your setting. In addition, there will be an opportunity to explore strategies to manage a range of influences on drug, alcohol and tobacco use, including peers. There will also be a discussion on how a holistic approach can be used to address incidents of vaping within your setting.	
Tues 16 th May 4:00PM-5:00PM Book here	Bear Us in Mind 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 come along to this session to help you understand how to use the contents of the box to support a Ukrainian child in your school.	 
Wed 17 th May 9:00AM-12:00 Book here	GHLL Mental Health First Aid Lite Training A three-hour course which will enable participants to gain a wider understanding, for themselves and others, of some issues surrounding mental health and how they might support the young people they work with.	
Wed 17 th May 9:30AM-4:30PM Book here	GHLL Self-Harm Awareness Training This course is open to all professionals who work with secondary age young people in Gloucestershire, including teachers, senior leaders, pastoral managers, tutors, learning support workers and parent support advisors. These courses are facilitated by Satveer Nijjar BSc (Hons) Psychology, a motivated and inspirational speaker.	

Thurs 18 th May 9:30-12:00 Book here	GHLL Primary Relationships (Sex) and Health Education - Curriculum Training Led by GHLL primary teachers, this curriculum training session will cover the statutory requirements for all primary schools under the new guidance. Delegates will explore ways in which schools can ensure their R(S)HE curriculum meets the DfE requirements, whilst also being tailored to their setting and meeting the needs of their pupils.	
Thurs 18 th May 1:15PM-3:15PM Book here	GHLL Primary Resources Overview During this workshop, GHLL lead teachers will be available to talk you through the various GHLL primary resources, all of which have been developed by practising teachers to support your pupils in their physical and emotional development.	
Thurs 18 th May 3:30PM-4:30PM Book here	Alcohol Education Trust: Talk About Alcohol (Secondary-Online Training) This training opportunity is offered by Karen Perryman, the Alcohol Education Trust's Coordinator for the South, West and Midlands. The session explores the AET's Talk About Alcohol resource pack which is suitable for use with secondary school pupils. The resources are intended to bust perceptions, provide helpful information and introduce life skills to help keep young people safe around alcohol.	 
Mon 22 nd May 1:00PM-3:00PM Book here	GHLL Equality & Transgender Awareness: Supporting Transgender Children and Young People (Online Training) This workshop is delivered online via zoom and designed to be an information-gathering session with time to explore particular steps that could be considered as a recommended pathway to supporting a young person who is questioning or looking for support with thoughts around their gender.	
Tues 23 rd May 1:30PM-3:00PM Book here	GHLL Beyond Fed Up 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.	
June 2023		

<p>Thurs 8th June 9:00AM-10:45AM Book here</p>	<p>GHLL Calling it Out - Theatre Performance for Professionals working with Young People</p> <p>The OPPC, GHLL and Gloucestershire Safeguarding Children Partnership would very much like to invite you to watch an interactive drama presentation that will be delivered within Gloucestershire schools aimed at Year 9 pupils and funded by the Home Office Safer Streets fund and by the OPPC Gloucestershire.</p>	
<p>Thurs 8th June 1:00PM-2:45PM Book here</p>	<p>GHLL Calling it Out - Theatre Performance for Professionals working with Young People</p> <p>The OPPC, GHLL and Gloucestershire Safeguarding Children Partnership would very much like to invite you to watch an interactive drama presentation that will be delivered within Gloucestershire schools aimed at Year 9 pupils and funded by the Home Office Safer Streets fund and by the OPPC Gloucestershire.</p>	
<p>Thurs 8th June 9:00AM-12:00 Book here</p>	<p>GHLL Peer Mediation Training</p> <p>This new course (postponed from March 2020) 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</p>	
<p>Thurs 8th June 9:30AM-4:00PM Book here</p>	<p>GHLL Self-Harm Awareness Training</p> <p>This course is open to all professionals who work with secondary age young people in Gloucestershire, including teachers, senior leaders, pastoral managers, tutors, learning support workers and parent support advisors. These courses are facilitated by Satveer Nijjar BSc (Hons) Psychology, a motivated and inspirational speaker.</p>	
<p>Thurs 22nd June 1:00PM-2:45PM Book here</p>	<p>GHLL Calling it Out - Theatre Performance for Professionals working with Young People</p> <p>The OPPC, GHLL and Gloucestershire Safeguarding Children Partnership would very much like to invite you to watch an interactive drama presentation that will be delivered within Gloucestershire schools aimed at Year 9 pupils and funded by the Home Office Safer Streets fund and by the OPPC Gloucestershire.</p>	
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<p>Thurs 22nd June 9:00AM – 12:00 Book here</p>	<p>GHLL Sometimes My Brain Hurts – Primary Mental Health KS1 & KS2</p> <p>A valuable training opportunity as part of our response to what CYP have said in the OPS about emotional health and wellbeing as well as something that will count towards schools accreditation for GHLL. This course will lift the lid on the mystery that surrounds mental health and shows teachers and support staff how to deliver sessions that encourage children to talk about mental health.</p>	
<p>Mon 26th June 1:00PM-4:00PM Book here</p>	<p>GHLL Equality & Transgender Awareness: Supporting Transgender Children and Young People (Online Training)</p> <p>This workshop is delivered online via zoom and designed to be an information-gathering session with time to explore particular steps that could be considered as a recommended pathway to supporting a young person who is questioning or looking for support with thoughts around their gender</p>	

The Youth Support Team is run by Prospects, part of Shaw Trust, which provides a wide range of education, employment, and skills services in the UK and internationally.

The YST are offering free training to professionals on the subjects of:

- Substance Misuse
- Teenage Pregnancy
- RSE Training
- Sexual Health & Learning Disabilities
- Sexuality

[Click here](#) to view and book the training.



Beezee Bodies Free Healthy Lifestyle Courses

[Click here](#) to sign up for free face to face targeted support for children aged 7-12 years starting the week of 8th May in three locations: Cinderford, Tuffley and GL1.

[Click here](#) to sign up for a free place on the Virtual Online Programme for children aged 5-12 years available across the county

To be eligible for a free place, your family must live in Gloucestershire and include one child aged 5-12 who is above their ideal healthy weight.

Helping You Make Healthy Habits As A Family

Come along to our fun & free healthy lifestyle courses!





Monday	Tuesday	Wednesday
BZ LIVE 5-8 YEARS ONLINE 5.30pm - 6.30pm	BZ LIVE 5-8 YEARS ONLINE 5.30pm - 6.30pm	
BZ LIVE 9-12 YEARS ONLINE 6.30pm - 7.30pm	BZ LIVE 9-12 YEARS ONLINE 6.30pm - 7.30pm	BZ LIVE 9-12 YEARS ONLINE 5.30pm - 6.30pm

12 week BeeZee LIVE courses starting week commencing 15th May
Places are limited so join online today
Sign up for your family's **FREE** place at
beezeebodies.com/programs/families-live/