

Welcome to our Summer term Bulletin. I do hope you all had a relaxing half term and enjoyed our fantastic weather, (very strange not to have a rainy Bank Holiday!). The summer term is always a busy one for schools and colleges with GCSE's, BTEC and A Level finals as well as transition days for primary, residentials and sports days. Not forgetting Proms and leaving Assemblies. It's also a good time to look at CPD for staff and book onto some of the fantastic training opportunities through GHLL and our Partners. Do check out all our training [here](#). We have something for everyone including Equalities and Transgender Awareness, R(S)HE training – both primary and secondary, Trusted Emotionally Available Adult (TEAA) Universal Training, Self-Harm Awareness training and a 'hot topic' at the moment, Vaping – a whole school approach. Just a reminder that GHLL provides a range of resources, including lesson plans and activity ideas which have been developed to enable you to deliver a robust spiral curriculum across the key stages in schools and colleges. We also signpost to Partner organisations such as access to the [NSPCC Talk Relationships](#) helpline to support teachers delivering RSHE in secondary schools.

I do hope you enjoy this Bulletin and please do get in touch if we can support or help in any way by emailing ghll@gloucestershire.gov.uk.

Best wishes Fiona and the GHLL Lead Teachers.



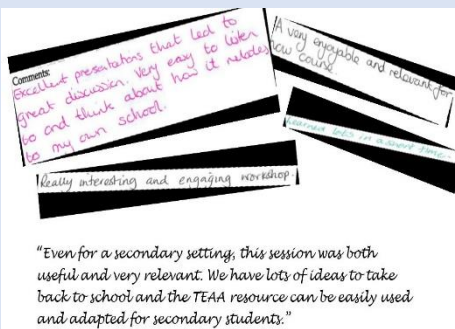
Children & Young People's Mental Health Update – NHS

The focus this month is on the Trusted Emotionally Available Adult (TEAA) Programme in Schools & Peer Mentoring from Gloucestershire Healthy Living and Learning (GHLL).

What is a Trusted Emotionally Available Adult (TEAA)?

A TEAA is someone who is stable and supportive in a child or young person's life; someone who provides a secure base, listens non-judgementally, is empathetic and who understands that behaviour is a means of communicating. The TEAA in a school can provide children with the opportunity to be heard, enabling them to relax and thrive in a learning environment.

This academic year, GHLL have delivered this training to over 100 teaching assistants in the county, with a further training day being held in June 2023. There is a keen interest from schools to enable their teaching assistants and pastoral team to undertake this training. The hard copy of the 'toolkit' will be ready to share with schools by the end of this academic year.



Next training session

29th June 2023 at Hatherley and Reddings Cricket Club, Cheltenham.

[Click here to book](#) or please email

ghll@gloucestershire.gov.uk



Take part in a new study on improving national school food policy and provision.

[Click here to find out more](#)

[EPIC recruitment video - YouTube](#)



AN EXCITING NEW STUDY ON SCHOOL FOOD POLICY- RECRUITING NOW

Workshops with those working in education and/or on school food, to explore their thoughts on school food and ideas to improve school food policy

- Date & time: **Thurs 12th July 2023, 10:00-11:30**
- Participants receive a **£25 voucher** for taking part
- **1.5 hour** workshop over Zoom
- **Findings and reports** of study shared with participants

<https://twitter.com/EPICstudy>
<https://www.youtube.com/watch?v=epicstudy>
<https://www.youtube.com/watch?v=epicstudy>

UNIVERSITY OF BRISTOL | NIHR | National Institute for Health and Care Research

On the Level – Year 6 & 7 Transition Show

On The Level is a FREE online TV show, led by youth presenters, that explores stress and anxiety, and gives students the tools to build resilience, notice the signs of stress and anxiety, and understand change.

This year GHLL and NHS have fully funded this special 30-minute Year 6-7 Transition show that can be accessed in both Primary and Secondary schools either in July or September.

Content and delivery can be found in the [promo here](#).

To book, please click [here](#)

Any questions, please do email

schoolsupport@represent.org.uk /

GHLL@gloucestershire.gov.uk or call Jim on **07979 600 769**.



Dementia Awareness Badge Design Competition

It's not too late to take part in GHLL's latest competition in support of Dementia.

The winner of the competition will see their design created into enamel badges, which have been funded by Gloucestershire's NHS Dementia team.

Download the competition poster [here](#)

Download the badge template [here](#)

Entries can be sent to:

ghll@gloucestershire.gov.uk or be given to your Lead Teacher.

Closing date: Monday 12th June



GHLL Awards Spotlight

King's Stanley C of E Primary School

The Year 5 pupils at King's Stanley C of E Primary School have recently learnt about dementia using the free GHLL Dementia Awareness lessons. The year 5 teacher reported:

The GHLL Dementia Awareness lessons are a fantastic resource. I am no expert in dementia, but I didn't feel I needed to be in order to deliver these lessons as they are very much 'pick up and go' resources. By using the baseline and end of unit assessment provided, I have clear evidence of the significant learning that took place in terms of the children's understanding and awareness of dementia, as well as the shift in their attitudes and values regarding empathy and respect for people living with dementia and the families of those people.

The children engaged well in the lessons and particularly enjoyed the games and activities suggested. This resource also helped to meet the statutory RHE outcomes. Our class has also entered the GHLL Dementia Competition and have all designed a badge to help raise dementia awareness.

Quotes from the year 5 pupils:

"The lessons have helped me to learn all about dementia and how to be caring and understanding towards people with dementia. I now know what it is and how it affects people. The games were fun but also made me feel sad for the people that have dementia. Learning about dementia has made me want to help to find a cure for it and care for people with dementia."

"I never knew it was like that for people with dementia."

If you would like to use the free Primary GHLL Dementia resources, you can access them [here](#).

You can find details of the dementia badge competition [here](#).

Mel Turner – GHLL Lead Teacher



Thomas Keble - Year 8 Dementia Project



I was so lucky to be invited, as a VIP guest to Thomas Keble School to celebrate their community café, showcasing all the fantastic work they do around dementia. The event was held in the school hall, hosted by the year 8 students, there was a real buzz as I entered the hall. I had a fantastic morning, talking to the students. They shared with me all they had learned in both lessons and connecting with outside agencies. They were also asked to develop an awareness resource as part of their project.

The community cafe invites go to all sorts of individuals who work with people in the community who live with the condition - this means MPs, Councillors, Charities, WI members, care home business owners, some parents, nurses, police, fire services etc. There were about 20 VIP guests this year.

The pupils set up the tables, served the drinks, supplied table clothes, cakes and flower decorations for the cafe. Then the pupils sat at the tables with their books and showed the visitors what they have been working on and about their personal experiences of dementia. Thomas Keble have been running this for about 7 years now.

They use the free GHLL Secondary resources that can be found [here](#). These resources look at all areas of dementia and are suitable for those with or without prior knowledge. Having run the dementia project for many years when teaching at Newent, I can honestly say, it was one of the most worthwhile projects we ran. The project helped the students with empathy, acceptance, understanding difference, they always showed such compassion. I would wholly recommend this project, dementia may be the umbrella term, but it also covers some many other areas. Click [here](#) to watch the GHLL Dementia Film Awareness – I'm Still Here.

Many thanks to Jane Hayes and Michelle Demsey

Please contact your lead teacher if you would like some support with this project.

Di Harrill – GHLL Lead Teacher



Learning and Teaching

Guidance & Resources

Updates from Brook

This month, Brook featured on BBC's [File on Four: 'Sex education: too much too young?'](#). The episode investigated claims that children are being taught graphic and age-inappropriate material as part of RSE.

[Click here](#) to access Brook's new position statement on age appropriate RSHE.

[Click here](#) to access Brook's free Big RSE Lessons.



FREE Webinars/Lectures

[CAMH Journal 2023 Lecture](#)

[Interrelationships between parental mental health, intimate partner violence and child mental health webinar](#)

Open Access papers

[Trajectories of cortical structures associated with stress across adolescence](#)

[Adolescent sleep, distress, and technology use](#)

[Changes in UK parental mental health symptoms](#)



Anxiety Resources & Animation

For young people, some level of anxiety is normal as they grow up and learn to navigate the world.

However, it's important that they have the tools to manage feelings of anxiety and can tell the difference between normal emotions and more severe anxiety which is interfering with their everyday life.

The ['Let's talk about anxiety' animation](#), and [accompanying resources](#) for school staff, will help students aged 11 to 13 to normalise, understand and manage anxious feelings.



Freedom of Speech Act

[Click here](#) to find out what this means for universities, colleges, and students' unions.



Free Resources – [Alcohol Education Trust](#)

The AET's vision is for young people to enter adulthood having a responsible understanding of alcohol and its short- and long-term effects.

Evidence-based resources are available now to download [here](#), or as hard copies free of charge. To order your resources, please email kate@alcoholeducationtrust.org



Please [click here](#) to view/book any of our GHLL training courses for the rest of the academic year. Alternatively, please email ghll@gloucestershire.gov.uk



Senior Mental Health Lead Training

The DfE are keen to encourage further take up of the grant across the country, as having a trained senior mental health lead in a setting would support the whole school/college approach and therefore the mental health and wellbeing support the children and young people can benefit from. This is a great opportunity for schools and colleges to access funded training which offers full flexibility to meet the needs of the individual setting.

Further information about the training offer and application process can be found at [here](#).



Gloucestershire Pupil Wellbeing Survey – Full Report

The Pupil Wellbeing Survey Report 2022 has now been published and can be accessed by clicking [here](#).

You can also access your own school/college data on CYP Voice and how your setting compares to the Gloucestershire average by clicking [here](#)

**Gloucestershire
Pupil Wellbeing
Survey 2022**

Wellbeing

'Joyful June' Calendar – Action for Happiness

[Download it here](#)



Positive News and Self-Help Magazine

[Read online for free here](#)



A Student Informed Illustration

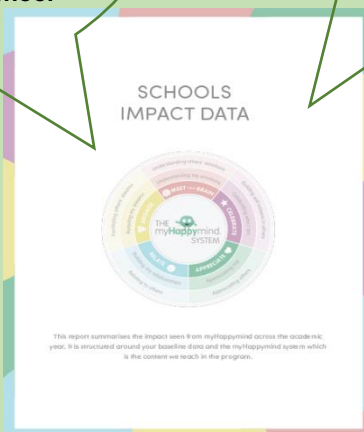
Groups of Year 8 and Year 10 (ages 12-15) students were asked to talk about the SW-SHRN survey findings and what they thought were the good and bad parts of school life in relation to their mental health and well-being. Their opinions are translated into the illustration and found that other secondary students also identified with many things in the picture.

NHS Gloucestershire Schools and Early Years Settings Start of Year Report 2023

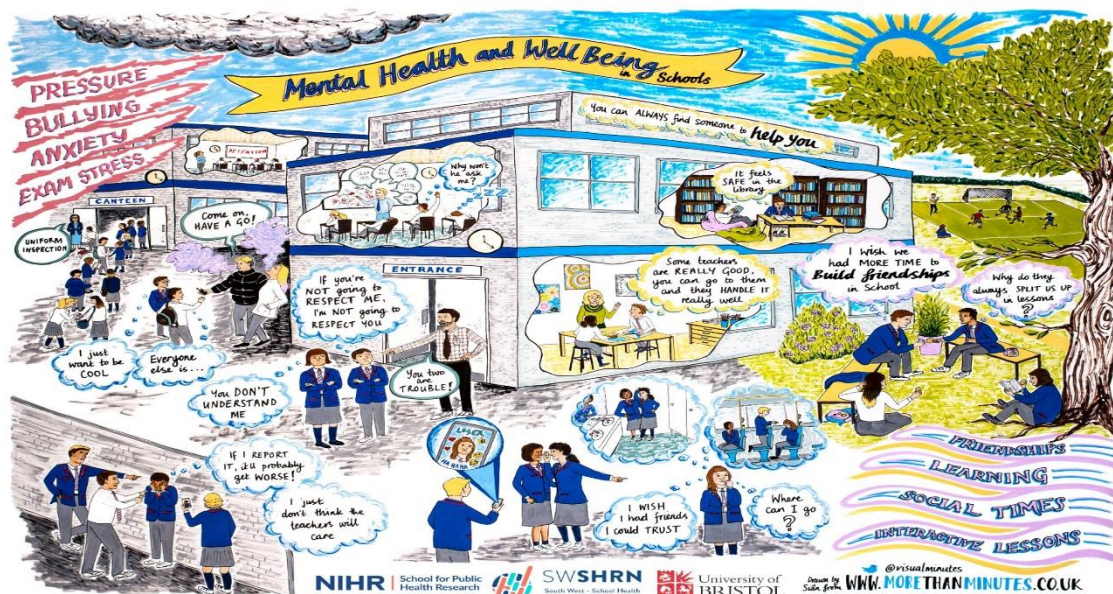
This report provides a summary of the baseline data and feedback from schools and early years settings for 'myHappymind' which is an award winning, whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience, and self-esteem.

"I think the myHappymind program sounds great. It's so important that we don't just focus on reacting to situations, but actually help children learn strategies that will really help in those moments. I also like that the parents and staff are involved too." **Ella Curtis, Headteacher Huntley CofE Primary School**

"It's brilliant. I'm really really impressed. We will definitely be taking this on and using it. It's a fabulous holistic approach for our school." **Manda Holliday, Assistant Headteacher - Elmbridge Primary School**



[Click here](#) to find out more about myhappymind



Support & Services



SkillZONE Safety Education Centre

Why Visit SkillZONE?

SkillZONE offers more than just an interesting school trip; the lessons students learn in our interactive village could be lifesaving for your pupils, helping them to stay safe around water, roads and the home and introducing them to the consequences of offending and unsafe online activity.

Unintentional injuries are one of the leading causes of death and serious injury in children, accounting for more than 2 million attendances at A&E each year, leading to missed school days and potential long-term difficulties with concentration and cognitive function. Many of these injuries are foreseeable and therefore preventable especially if children are able to assess risk and think about the consequences of their choices.

SkillZONE helps your pupils recognise dangers and dilemmas in everyday situations and empowers them to make good choices about their own safety. There are 15 zones inside the life skills village allowing you to learn about making safer choices in different scenarios whether that is at home, while travelling or taking part in activities.

SkillZONE safety scenarios align with the PHSE curriculum and demonstrate to OFSTED the commitment you are making to your students' overall health and wellbeing. 100% of teachers who have brought groups to SkillZONE believe their students will make safer choices as a result of their visit. Our statistics show there is a significant increase in safer decision making with over 90% of participants making safer choices in our post visit quiz.

Youth Intervention Fired Up Course

Fired Up is a unique project which aims to offer young people an opportunity to recognize the consequences of risky behaviour by engaging in an extended interactive experience at SkillZONE followed by 2 days working with firefighters to develop team work, communication skills and self esteem. The aim is to reduce anti-social behaviour and firesetting, reduce unintentional injury, improve social inclusion and develop a positive, collaborative relationship with fire, police and youth services. The project aims to provide a learning experience for young people that will enable them to recognise the impact and consequences of risky behaviour on their future and on the community; make safer choices about their



Bookings:

To check dates or book your visit please use our

For volunteering enquiries please contact :01452 834 162

Email: Skillzone@glosfire.gov.uk

Visit our volunteering page here: <https://skillzone.glosfire.gov.uk/education-visits/>

<https://skillzone.glosfire.gov.uk/volunteer/>

Post :SkillZONE, Tuffley Lane, Gloucester, GL4 0AS



The Door, founded in 1991 by a local group of Christians has been at the heart of the Stroud district for over 30 years.

The Door's mission is to bring hope into the lives of young people and their families, through unlocking potential and opening opportunity so their past does not define their future.



CALL: 01594 372777 TEXT: 07520 634063



StayWise brings together the collective educational resources of the emergency services and key safety-focused organisations. This is to support teachers and community safety practitioners in delivering essential safety messages.



Mental Health Services for Children and Young People in Gloucestershire

[Click here to see more](#)

Universal services

These services are for all ages, 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

» www.shout247.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 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



ChildLine

for under 19 years.

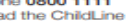
Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone

» 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



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



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

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

