

Dear All,

Welcome to our final Bulletin for this academic year! It's been a very busy year for GHLL, and I am proud to say we have trained over **1622** educational staff and partners as well as supporting schools and colleges around PSHE/R(S)HE and their Awards. 😊 On another positive note 17 schools went through to our Quality Assurance Group for the [Healthy Schools Award](#). Interventions were of a high standard, and you should all be very proud of your achievements. Three schools were also successful in the prestigious [Mental Health Champions Award](#) with one new school and two re-accreditations showing their ongoing commitment to a 'Whole School Approach'.

The summer holidays are a time to relax and enjoy time with family and friends, and although schools and colleges are closed our children and young people still might need signposting and support. Just a reminder that we have great local support services e.g. [On Your Mind Glos](#) (OYMG) is a Gloucestershire mental health support finder for young people up to the age of 25. It can be accessed [via the website](#) or by texting 07984 404388. We also have [ChatHealth](#) a text messaging service **07507 333351** offering the county's 11-19 year olds confidential advice about their health and wellbeing. Chat Health is a service offered by Gloucestershire Health and School Nursing Team.

[Tic+](#) is available for [Tic+chat](#) which is an anonymous, safe, confidential, 1-2-1, support service for young people aged 9-25 living in Gloucestershire – It can be accessed by calling **03003038080** or [Live Message Chat](#).

[Young Minds Matter](#) also have YMMChat: TEXT 07480 635723. YMM professionals are available to chat on text message during the school day (between 9am until 4:30pm) Monday- Friday.

[Young Gloucestershire](#) can be accessed via 01452 501008 including the [Holiday Activity and Food Programme](#)

Wishing you all a wonderful summer break – we look forward to seeing you in the Autumn term.

Best wishes Fiona and the GHLL Lead Teachers



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

[Mitcheldean Endowed Primary School](#)

Sir Thomas Rich's School

St Thomas Moore Catholic Primary School



Healthy Schools Award

Dinglewell Junior School

Finlay Community School

Mitton Manor Primary School

Shurdington C of E Primary School

[The Rissington School](#)

[The Shrubberies School](#)

[St James' C of E Primary School \(Cheltenham\)](#)

[Bettridge School](#)

[Hunts Grove Primary Academy](#)

St John's C of E Academy

The British School

Berkhamstead School

[Coney Hill Community Primary School](#)

[Isbourne Valley School](#)

The Croft Primary School

[The Willow Primary Academy](#)

Tredworth Junior School



GHLL Awards Spotlight

The Shrubberies School

The Shrubberies Special School puts Personal Development at the heart of their curriculum, and to support pupils learning in this area they have recently introduced visual literacy strategies through use of the Books Beyond Words resources. Staff described the impact of this work as 'huge' and feel they now have a tool that can really support them with the delivery of PSHE, particularly in challenging areas such as bereavement, abuse, and mental health. Alongside these difficult areas, Shrubberies have successfully used the books to support teaching about personal hygiene, the importance of exercise and loneliness.

I have been fortunate to be involved in this project from the start and have seen the great progress made by pupils as well as the increased confidence of staff in using these resources to support learning. Through sharing images and using open questions, pupils are encouraged to take ownership of the stories and use them to explore their own experiences and emotions.

Observing a session on domestic abuse in one of the senior classes, I was amazed by the pupils' responses to the story. Their comments about one of the characters showed their ability to read body language and facial expressions: 'sly', 'sketchy', 'out of order'. Some were able to relate emotions to actions 'He wants her to put him before her family'; 'they're sitting close to each other – in love'. Others related the experiences of characters to their own feelings: 'We looked at a book – it reminded me of myself when I get angry' and 'I've learned ways to manage rather than just getting cross'.

Pupils clearly enjoy these sessions – they were interested, excited and very keen to share their ideas with each other and with me. Shrubberies are planning to build on this positive start and involve more classes in this way of working as well as setting up a book club.

Books Beyond Words are a GHLL partner organisation. More details about the organisation and their resources can be found [here](#)

Val Kennedy – GHLL Lead Teacher



Learning and Teaching

Guidance & Resources

Water Safety

As we head into summer, it's especially important that children are prepared on how to keep safe in and around water. To access everything you need to know about what is taught in schools [click here](#).

Schools can access [free resources](#) from the PSHE Association, which have been produced in partnership with the Environment Agency.



Children & Young People's Mental Health Newsletter

[Click here](#) to view June's CYPMH newsletter which sees a focus turn to 'On The Level' created by Repräsent.



Alcohol and Drugs during the festival season

Festival season is upon us once more. Festivals are places where inhibitions and 'safer' choices can go out the window. [Click here](#) to view resources and support.



How your schools' anti-bullying policy should provide details of protected characteristics

[Click here](#) for guidelines to support your existing anti-bullying policy.



RSHE Review- Concerns regarding advisory panel remit

The Department for Education has announced the membership and terms of reference for an independent expert advisory panel formed to advise on the review of Relationships, Sex and Health Education (RSHE).

The Sex Education Forum is very concerned about the remit that the panel is tasked with, which is focused on recommending 'which age restriction to apply to which topics'. The remit presupposes that age restrictions are needed to govern the provision of an area of school curriculum.

[Click here](#) to read the full article.



By the end of primary...

Senior RSE Specialist Rachael Baker explores how teachers in Key Stage One can deliver a meaningful and age-appropriate foundation curriculum for Relationships Education and broader RSHE.

Read the full article [here](#)



Breast Cancer Awareness - Resources for Trans and Non-Binary People

[This page](#) is for people who are trans or non-binary, and anyone else who wants to know about checking and changes during transition.



Vaping & Cannabis Edibles

[Click here](#) to view the latest information and access resources.



Oral Health for Secondary Schools

A new initiative aiming to combat tooth decay in secondary school pupils is being rolled out in schools across the UK.

The resources have been awarded a Quality Mark from the PSHE Association and are available for teachers to access and download to share with Key Stage 3 students.

[Click here](#) to read the full article

[Click here](#) to download the resources



Sexual Health Week 2023

Sexual Health Week will run from 11-17 September and the theme is Playing it Safe! Brooks Big RSE Lesson will empower young people to understand and challenge gender stereotypes. This free 60-minute live broadcast is aimed at students in year 9 and above.

[Click here](#) to register

Last month, Brook featured on Davina McCall's Pill Revolution on Channel 4. The documentary investigated hormonal contraception options, the possible side effects, and the barriers to access.

[Click here](#) to watch on demand



CPR/Bleed Control Training – Midlands Air Ambulance Charity

[MAAC](#) are committed to supporting young people's educational development.

Please [click here](#) to find out more about what MAAC can offer your school.



GHLL Resources

We have lots of useful resources on our website for you to use in preparation for the next academic year. [Click here](#) to access them.



Summer Activities &

Wellbeing Ideas

'Jump Back Up July' Calendar – Action for Happiness

[Download it here](#)



Positive News and Self-Help Magazine

[Read online for free here](#)



Competition for Young People (13-17)

The Trading Standards Institute are inviting all young people to use their creative skills and help them raise awareness in three areas – illegal money lending and loan sharks, product safety issues and underage sales of firework.

The winner will be invited to perform their submission at the CTSI Hero Awards at the Houses of Parliament in November. Closing date is 30th September 2023

[Click here](#) for more information



Mental health meets physical health Webinar

In the aftermath of Men's Mental Health Week and always, we must continue encouraging men to speak openly about their mental health. A student ambassador, Patrick Regan, talked to runner and Charlie Waller supporter Connor Kelly about their experiences with mental health.

Be inspired and discover...

- How you can improve your mental wellbeing through exercise and training
- How to break down mental health stigma with friends

[Click here](#) to watch the webinar.



Family help with healthy eating and activities in the summer holidays

We know that school holidays can be difficult for some families, with children at risk of missing out on healthy meals, activities, and learning opportunities.

That's why the [Holiday Activity and Food Programme \(HAF\)](#) has been supporting children and families in the school holidays since 2018.

[Click here](#) to find out everything you need to know about the programme.

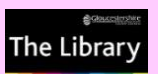


Free summer 2023 challenge for children with Gloucestershire Libraries

[The Library Challenge](#) aims to encourage children aged three to 12 years old, and their families, to discover everything their library service has to offer. Children can find out what their library means to them by completing a range of tasks, including reading any books they choose, taking part in events and getting into nature.

Participants will receive incentives and prizes along the way, with a firm focus on discovering new interests and having fun.

Running from 15 July to 16 September 2023, The Library Challenge aims to encourage children and families to access their local library services and celebrate their own journey.



FREE School Holiday Music Making Programme

During the programme, young people will spend time learning how to set up/use equipment as well as creating new music/songs, working as a team, and collaborating with other young people.

Please note: Have a Go is primarily for young people, aged 11-16, who are in receipt of free school meals.

[Click here](#) to find out more information and book.



Support & Services

Could you be a Homes for Ukraine champion?

Join the many generous Gloucestershire people who have opened their homes to those fleeing the war in Ukraine.

We need people who have a spare room or two, an annexe, or even another property, to house a Ukrainian family and help them rebuild their lives.

Hundreds of Ukrainian guests have so far regained their independence and settled in Gloucestershire with the help of our champion hosts, and here's how you can help:

Sign up to express an interest in hosting. Find out more online or book an informal chat with the Gloucestershire Homes for Ukraine team.

The Homes for Ukraine team would then let you know about guests who match your household.

Meet the guests and get to know them before deciding whether to go ahead with hosting.

Hosting agreements are very flexible, and the Homes for Ukraine team are available to assist and advise you every step of the way.

All hosts receive payments of £600 per month to thank you for your help and to cover any additional household expenses. These payments are tax free, and hosting will not impact your council tax.

For more information or if you have any questions, please contact us via HFUTeam@gloucestershire.gov.uk



Register your interest today:

Visit <https://apply-to-offer-homes-for-ukraine.service.gov.uk> or scan the QR code to express your interest in becoming a Homes for Ukraine champion!

HFUTeam@gloucestershire.gov.uk
www.gloucestershire.gov.uk/ukrainian-support



Webinars to support young people to be body positive

Be Body Positive fills a sizable gap for young people and families who need up-to-date, honest, and engaging material to help them support young people's eating and body image.

The webinars cover the importance of early intervention and ways you can use a new online resource to learn about disordered eating and body eating

Youth workers – Wednesday 19 July 1-2pm – [Sign up here](#)

Parents and carers – Thursday 20 July 5-6pm – [Sign up here](#)

Health professionals – Thursday 10 Aug 1-1.45pm – [Sign up here](#)



Mental Health Services for Children and Young People in Gloucestershire

[Click here to see more](#)

Universal services		Targeted services	
<p>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 www.onyourmindglos.org.uk or text 07984 404388.</p> <p>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 online live chat. (Available Sun - Thurs 5pm - 9pm)</p>	<p>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 (8am to 12am) • Freephone 0800 1111 • Download the ChildLine App</p> <p>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. • https://www.glos.nhs.uk/our-teams-and-services/school-nursing/ • Text 07507 333351 (Available Monday to Friday from 9am-4.30pm)</p>	<p>Shout for all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. • www.shoutout.org.uk • Text SHOUT 80058 to text a trained Crisis volunteer.</p> <p>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 0800 806 4994, available every day from 4pm-11pm</p> <p>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: john@samaritans.org • Download the Samaritans Self - Help app</p>	<p>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: 08008 020 021 (Mon-Fri 9am - 5pm)</p> <p>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. • https://www.youngglos.org.uk/young-people/mental-health/ • Email: getinvolved@youngglos.org.uk</p> <p>Eating Disorders Eating Disorders Service for all ages. Supporting people with an eating disorder. Offering CBT, group and individual therapy as part of community care and day treatment. Young people can be referred or can refer themselves online. • https://www.glos.nhs.uk/our-teams-and-services/eating-disorders-glos/ • Call 01242 634242</p>

Free Parent & Carer Support Groups

Developed by TIC+, the group is designed to inform and support parents and carers, helping them to understand their child's distress and discover effective strategies to improve their resilience.

BOOKING FOR SEPTEMBER/OCTOBER 2023 COURSES NOW OPEN – [Click here to book](#)



Picnic on the Green

JOIN US for a fun day outdoors. Get to know more about what's on in the community. Join us for a picnic on the green!

WEDNESDAY, 26TH JULY
12 to 3 pm
by the Matson Oak Tree (outside Matson Shops)

FOOD WILL BE PROVIDED BY THE VENTURE'S EAT WELL WAGON

Get in touch with Penny
penny.liddicot@glcommunities.org.uk

Talk About Alcohol

Talk About Alcohol is written and managed by a charity called **The Alcohol Education Trust (AET)**. This site is designed to be used by young people in a classroom setting as part of PSHE lessons on alcohol. It is designed mainly for Key stage 3 and complements the Talk About Alcohol teacher workbook, which is full of lesson plans, games and worksheets - It can be downloaded [here](#)



Matson Music & Food FEST

Host: Bob Allen

SATURDAY
12th August 2023
12-5 pm

By The Matson Oak Tree (outside Matson Shops) GL4 6LL

FEATURING PERFORMANCES BY
PAUL STEPNEY • MIRRORED FACES • TIA • ZARIQ SHARNA • CHANTELE • QUESTLE • LAURENCE AND MORE

Contact: Viva O'Flynn, LOOP Neighbourhood Connector, +44 7857 084221
Email: viva.offlynn@loop-project.org.uk



D E M E N T I A

Dementia Badge Competition

A huge well done to all 13 schools who entered our county's Dementia Badge Competition:

Al Ashraf Primary

Bibury C of E Primary

Glenfall Community Primary

Berry Hill Primary

Denmark Road

Gloucestershire Hospital Education Service

Springbank Academy

St Thomas More Primary

Shurdington Primary

Forest High

Christchurch C of E Primary

Berkeley Primary School

King Stanley C of E Primary School

Overall winner – Freddie Morgan



The standard was so high, with an incredible range of unique designs and messages that our young people wanted to convey. The competition was judged by Steve Shelley-King, ICB Dementia Clinical Lead and Mel Meller, Clinical Commissioning Manager, who both remarked on how impressed they were by the standard of the entrants.

We are delighted to announce the winning entry was designed by Freddie Morgan, in Yr 5 at King's Stanley Primary School. Enamel badges will be created from Freddie's winning design and will be awarded to pupils across our county who complete the learning around Understanding Dementia.

Primary Dementia Awareness and Understanding lessons and resources can be found [here](#)

Secondary Awareness and Understanding lessons and resources can be found [here](#)

Well done to all the pupils who completed the Dementia project and who took part in the competition 😊

Runners up: Matilda Pitt and Samantha Price

