

GHLL Bulletin

ghll@gloucestershire.gov.uk

Dear Everyone,

Is it too late to say Happy New Year? 2024 has arrived with rain, winds, and freezing temperatures but GHLL is set on bringing sunshine to all our schools and colleges. I know schools and colleges have been really busy with the new term and I hope that you find our latest Bulletin useful - in the words of Jono Baggaley **PSHE Association CEO** "time is precious, and — although technology will continue to pull us in new and unexpected directions — there's no replacement on the horizon for all the time and hard work that you and your colleagues put in to teaching safe and effective PSHE education. But it's important to remember that you're not alone." In Gloucestershire, each school or college has a named GHLL lead teacher, access to the GHLL website with information, resources, and lesson activities as well as partner organisations (national and local) such as the PSHE Association and the Sex Ed Forum. As national bodies they are working hard to also bring you support, resources and CPD. So do take some time to see what they can offer e.g. '**Ground rules, rule**' **KS1 lesson pack**' coming next week. Look out for their new guidance and lesson on the importance of ground rules in creating a safe and supportive climate for learning. The lesson plan includes adaptations for key stage 2 pupils who are unfamiliar with ground rules or have yet to be taught the lesson at key stage 1. Also '**Belonging and community: addressing discrimination and extremism**', **KS1-4** coming later this half-term. As well as helping pupils to develop their understanding of discrimination and extremism, these lessons will explore belonging, the impacts of stereotypes, and the features and value of respectful and inclusive communities. Finally, please don't forget in conjunction with GSCP we have **Breaking the Chain – knife crime theatre production** for year 7 upwards and **Calling it Out** – misogyny, banter, not being a bystander again for year 7 upwards. Please contact Gloucestershire Safeguarding Education Partnership GloucestershireSafeg@gloucestershire.gov.uk to book in fully funded shows for your students.

Best Wishes - Fiona and the GHLL team.

The 2024 Pupil Wellbeing Survey is now open and will run until 28th March!

Over 80% of schools and colleges across Gloucestershire have already signed up for the 2024 survey. If your setting has not signed up it is not too late; you can still join the survey by contacting Liam Williams liam.williams@gloucestershire.gov.uk or Alison Comley alison.comley@gloucestershire.gov.uk

For more information please visit the [GHLL Survey page](#).



Lumi Nova

Lumi Nova: Tales of courage is an intergalactic adventure game that helps to support young people (7-12- year olds) to fight fears & manage worries. Whilst exploring planets, customising characters, and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience. This is a **FULLY FUNDED/FREE** app for all Gloucestershire schools.

[Click here](#) to attend an information session for professionals.

Please contact GHLL via email ghll@gloucestershire.gov.uk if you would like any Lumi Nova resources such as posters, handouts, etc.



Issue #29

January 2024



Gloucestershire
Healthy
Living and Learning

Getting Court! Adult/teachers session.

Friday 8th March 2024

An opportunity to visit Gloucester Crown Court and witness justice in action. This session mirrors the sessions offered to schools.

You will watch a variety of cases up close on sentencing day, have a chance to question the Judge, and listen to a very inspiring talk from an ex-offender.

This is open to anyone who is interested.

Meet outside Gloucester Crown Court at 9.30am

Session will finish about 12.30pm.

If interested please email Di Harrill

di.harrill@ghll.org.uk

THE BIG PERIOD LESSON 2

Thursday 7 March 2024 9:30-10:30am

Free | 60-minute lesson | Year 6 & 7

The broadcast is free to access and is aimed at all young people in year 6 and 7 in England and Wales. Click [here](#) to register and view previous live lessons.

What's New

Look at our website

[Home : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)

See our training

[Training : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)

Catch up

[GHLL Bulletins : Gloucestershire Healthy Living and Learning](#)

PSHE and RSHE



PANTS Lesson

The NSPCC have created new PANTS lessons for EYFS, KS1, Lower and Upper KS2. Download their free Talk PANTS resources, teaching children the Underwear Rule to help keep them safe from abuse. They've developed lesson plans, slide presentations, and classroom activities with the PSHE Association to help schools and nurseries talk PANTS with children, without ever using scary words or even mentioning sex. You can find the free resources [here](#).

GHLL have also referenced these lessons to the Statutory RSHE outcomes on their GHLL RSHE resource [here](#).

NSPCC

Updates to GHLL Primary RSHE Resource

We are pleased to announce that we have continued to add to our GHLL Primary resource, and it now contains extra links to:

- New NSPCC Pantosaurus lessons for all Primary ages
- Learning for Living lesson plans (now hyperlinked in orange text)
- new PSHE Association lessons on family life and friendships

So, if you use our RSHE resources, please log in to check for any updates of resources and planning. If you require any support with your PSHE/RSHE curriculum or would like more information on how to use the GHLL Primary RSHE Resource, please contact your GHLL Lead Teacher or email ghll@gloucestershire.gov.uk



Restorative Conversation Lesson

Restorative practice is a set of principles and practice that encourages children to take responsibility for their behaviour by thinking through the causes and consequences. In partnership with Aardman, this short, fun animation and lesson teaches children how to take a restorative approach to equip them with the skills, values, and attitudes to develop, maintain and strengthen relationships, within both their immediate environment and the wider community. Understanding how to have restorative conversations will enable them to communicate positively and effectively when managing conflict.

The resources can be found on the Gloucestershire Healthy Living & Learning website [here](#).

If you require a log in, please contact ghll@gloucestershire.gov.uk



GHLL Awards



Congratulations to the following schools for honourably achieving awards status or re-accreditation. New awards are shown in blue.

Healthy Schools Award:

Abbeymead Primary School

Barnwood Park Arts College

Berry Hill Primary School

Bromesberrow St Mary's CofE Primary School

[Chesterton Primary School](#)

Cotswold Chine School

[Dean Close School](#)

Huntley CofE Primary School

Linden Primary School

Powell's CofE Primary School

Springbank Primary Academy

St Mary's CofE Primary School

St White's Primary School

[Tibberton Community Primary School](#)

Mental Health Champions:

Forest View Primary School

Read school examples of successful interventions [here](#).

If you would like support earning your Healthy Schools or Mental Health Champion Award, please visit guidance on our website [here](#). Alternatively contact ghll@gloucestershire.gov.uk or get in touch with your Lead Teacher.

Whole School & Family

Climate change and sustainability in education: 5 Steps we're taking

Education is a key tool in the fight against climate change.

The [Sustainability and Climate Change Strategy](#) was launched in 2022 and its aim is for the UK to be the world-leading education sector in sustainability and climate change by 2030 – our annual progress update is available [here](#).

[Click here](#) for five steps being taking to make the education sector more sustainable and prepare all young people for a world impacted by climate change.



Bear Us In Mind Announcement

With the astounding generosity of donors and business partners, Bear Us In Mind raised a total of £157,571.90. Thanks to this amazing support, as well as advice, time and resources offered, the team were able to create 600 physical toolkits made up of eight therapeutic tools to help children manage their grief and trauma, hold on to memories and rebuild strength and trust.

GHLL are kindly asking if schools who have received these resources could complete a feedback evaluation. As a thank you for completing the feedback, we can now offer your school a free copy of the You Will Be Okay book in Ukrainian.

For more information, please contact ghll@gloucestershire.gov.uk or get in touch with your Lead Teacher.

Mental health and wellbeing school calendar - Spring term 2024

This [Wellbeing Calendar](#) produced by Anna Freud is free to download, and contains links to resources/information for all Key Stages & staff.

Mental health and wellbeing school calendar Spring term 2024

Event	Time of year	Themes (linked to the relevant health and wellbeing curriculum across the UK)	What could you do?	Example activities
New year, new term	January 2024	Return to school – new year resolutions and targets Pupils and staff reflecting on being back at school Preparing for the new term	Whole school return to school assembly and targets Activities to help pupils settle back into the classroom Check in with staff returning after the winter break Measure pupil and staff wellbeing at the start of the new year	Primary • Anti-bullying (gloucestershire.gov.uk) Secondary • Wellbeing measurement (gloucestershire.gov.uk) • Wellbeing measurement for schools staff survey

Anna Freud

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 Glcs
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 gloucestershire.gov.uk or text 07954 404365

Shout
For all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere
• www.shoutuk.org
• Support with mental health, homelessness, finding a job, relationships and drugs
• www.shoutuk.org
• Online support chats available Sunday to Thursday 9pm-6:30pm
• Call 0800 588 4864, available every day from 4pm-11pm

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)

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)
• Phone 0800 1111
• Download the Childline App

The Mix
For under 25 years olds. Support with mental health, homelessness, finding a job, relationships and drugs.
• www.themix.org.uk
• Online support chats available Sunday to Thursday 9pm-6:30pm
• Call 0800 588 4864, 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 john@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.
• www.glschoolnursing.org.uk
• Text 07527 333551 (available Monday to Friday from 9am-4:30pm)

YOUNG MINDS
For all ages. Provide information and advice to help with children and young people's mental health.
• www.youngminds.org.uk
• Text 07527 333551 (available Monday to Friday from 9am-4:30pm)

Gloucestershire Self-Harm Helpline
For all ages. Provides confidential safe, supportive, non-judgemental and information space for people who self-harm, their friends, families and carers.
• www.glschoolnursing.org.uk
• Support available between 9pm-10pm either by online chat at gloucestershireselfharm.org.uk
• Phone 0800 801 0606
• Text 07527 410 022

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.
• www.glschoolnursing.org.uk
• Text 07527 333551
• Call 01242 634242

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.
• www.bereavement.org.uk
• Freephone: 0800 020 021 (Mon-Fri 9am-5pm)

Winston's Wish
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.glschoolnursing.org.uk
• Email gloucestershire@winstonswish.org.uk

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.glschoolnursing.org.uk
• Email gloucestershire@winstonswish.org.uk

What's on Your Mind?
Find the help that's right for you. Anonymous mental health support finder for young people in Gloucestershire. Visit gloucestershire.gov.uk or text 07954 404365

NHS
Consulting, Support and Care for Young People and Families

tic+
Consulting, Support and Care for Young People and Families

CALL: 01594 372777 TEXT: 07520 634063

Bf BeeZee Families

Ready for your family to have healthier habits?

Join BeeZee Families Live. A free, 12 week online healthy lifestyle course for you and your family.

Check out our timetable

5-8 year-olds	Monday 5:30pm, Tuesday 4:30pm
9-12 year-olds	Monday 6:30pm, Tuesday 6:30pm

Have fun, play games and build healthy habits

For alternative formats, email marketing@maximusuk.co.uk quoting X22-1894

Visit our [website](#) for more information about the BeeZee Bodies family programme.

'Wear it Red'

Wear it Red Day encourages local primary schools to wear something red to show their love for Midlands Air Ambulance Charity.

Taking place between 5th – 9th February, the day will help raise important funds for the charity's pre-hospital emergency service, while raising awareness of the vital impact the charity has in the local area.

[Register your school interest here](#)



Using drugs/alcohol? Under 18?

Call us Monday to Friday 9am-5pm or email us anytime & we will get back to you as soon as we can

01452 415707
sas.referrals@prospects.co.uk
Youth Support Team
The Vibe, Druid's Lane,
Coney Hill, Gloucester, GL4 4PR

For direct support out-of-hours contact:
FRANK on 0300 123 6600 available 24/7

Talk to us

YST provides free specialist support & treatment for young people under 18 who live in Gloucestershire.

We know it can be difficult to talk about drug & alcohol use but we are friendly & approachable & we won't judge you.

What's more, we are an outreach service, so we can come & see you at a time & place of your choice across Gloucestershire.

We're here to help you make the changes you want to make at your pace.

Please contact us for more information or a confidential chat.

Gloucestershire YST Youth Support Team