

THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning

Issue: April 2026



Welcome to the April Edition of The PSHE Pulse

Our spring bulletin is packed with updates, resources, and opportunities to support the health, wellbeing and personal development of our children and young people across Gloucestershire.

As we move through a busy and important term, this edition celebrates the fantastic work happening in schools and colleges across the county. We are delighted to recognise our latest Healthy Schools and Mental Health Champion Award achievers – your commitment to wellbeing, inclusion and positive school/college culture continues to make a real difference

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www.ghll.org.uk

ghll@gloucestershire.gov.uk

Welcome message continued from front page...

This bulletin also brings together a wide range of timely news, learning and teaching resources, and staff wellbeing support, including practical guidance for transition planning, mental health and wellbeing tools, curriculum-linked opportunities, and free training and events for the months ahead. With transition season fast approaching, you'll also find dedicated support and ideas to help children and young people navigate change with confidence. Just a reminder about the Dementia Coaster Competition, which is open to all schools and colleges. Please submit your entries as soon as possible. For full details, see the poster on page 19.

We're pleased to share highlights from recent webinars, including Lumi Nova, alongside new national guidance, local programmes, and upcoming campaigns that may support your planning for the summer term and beyond. Whether you're looking for classroom-ready resources, professional development, or wellbeing support for staff and families, we hope there is something here for everyone.

As always, thank you for the vital work you do every day to support children, young people and each other. We hope you enjoy this edition and find it both useful and inspiring.

Any advice or guidance please contact us at ghll@gloucestershire.gov.uk

Fiona and the GHLL Team

Congratulations

To our latest Healthy School Award Achievers



Bourton-on-the-Water
Primary School

March 2026

Charlton Kings Junior School



Hesters Way Primary School



Rowanfield Infant School



December 2025

Avening Primary School



Barnwood CofE Primary School

Benhall Infant School



Bledington Primary School



Brimscombe CofE Primary School

Christ Church CofE Primary School



Eastington Primary School

Elmbridge Primary School



Hatherop Castle School

Congratulations

To our latest Healthy School Award Achievers

December 2025 Continued



Heron Primary School



Innsworth Junior School



Rodborough Community Primary School

Slimbridge Primary School



Southrop CofE Primary School

St Mary's Catholic Primary School



Tewkesbury C of E Primary & Pre-School
Tewkesbury CofE Primary School

The Catholic School of St Gregory the Great



The Richard Pate School

Tirlebrook Primary School



The Dean Academy

THE DEAN
ACADEMY

Westbury-on-Severn CofE
Primary School



Congratulations

To our latest Mental Health Champions
Award Achievers in February 2026



Elmbridge Primary School

**Newnham St Peter's
CofE Primary School**



**STOW-on-the-WOLD
PRIMARY SCHOOL**
heart hand mind

**Stow-on-the-Wold
Primary School**

Cleeve School



If you would like to find out more about working towards your Healthy Schools/Colleges and/or Mental Health Champion Award please [see our website for further information](#) or [email us](#) to be put in touch with your setting's GHLL Lead Teacher who can support you along every step.

Final submission dates for this year

Healthy Schools: Wednesday 17th June

Mental Health Champions: 10th June

2026-2027 Submission Dates

Healthy Schools: Wednesday 25th November 2026

Wednesday 10th March 2027

Wednesday 16th June 2027

Mental Health Champions: Wednesday 13th January 2027

Wednesday 9th June 2027

Beyond Boundaries: Respect, Safety & Digital Wellbeing

(Secondary/FE) One Day Course - 23rd April 2026

at Highnam Community Centre, Newent Road, Highnam, Glos

From September 2026, the updated RSHE statutory guidance comes into force. Are your staff confident and ready to deliver it?

We're offering a FREE, one-day training course designed to upskill your team and boost confidence in tackling some of the most pressing issues facing young people today.

The course is built around three powerful modules:

IT'S MORE THAN JUST BANTER! SEXUAL HARASSMENT 09:15-10:45

BACK BY POPULAR DEMAND AFTER LAST YEAR'S SUCCESS. THIS SESSION EXPLORES SEXUAL HARASSMENT, MISOGYNY, INCEL MOVEMENT AND NAVIGATING THE TOXIC DIGITAL SUBCULTURE, WITH PRACTICAL STRATEGIES FOR ADDRESSING THESE ISSUES IN EDUCATIONAL SETTINGS

IT'S MORE THAN JUST BANTER!



BEYOND THE SCROLL: PROTECTING AGAINST DIGITAL HARM 11:15-12:45

DELIVERED IN COLLABORATION WITH GLOUCESTERSHIRE POLICE AND GHLL, THIS MODULE COVERS SAFEGUARDING RISKS IN GAMING AND APPS, SPOTTING AI DEEPFAKES AND FINANCIAL EXPLOITATION— WITH CLEARWAYS TO BRING THESE TOPICS INTO YOUR CURRICULUM.



Gloucestershire
Constabulary

SHAPING RESPECT: RESPONDING TO VIOLENCE & HARMFUL INFLUENCES 13:30-15:00

EXPLORE GENDER-BASED VIOLENCE, TOXIC ONLINE INFLUENCERS, DOMESTIC ABUSE, COERCIVE CONTROL, AND THE IMPACT OF PORNOGRAPHY, WITH GUIDANCE ON HOW TO RESPOND EFFECTIVELY IN YOUR SETTING.



To book a place please [click here](#) on [email us](#) confirming whether you would like to attend full day or which individual modules

Join GHLL for our upcoming courses and meetings

Click the posters on the next two pages for further information and to book onto these FREE sessions

**NEXT
WEEK!**



GHLL PSHE Network Meetings Thursday 11th June 2026

FREE EVENT FOR ALL
SCHOOLS, COLLEGES &
EDUCATION SETTINGS
IN GLOUCESTERSHIRE

Join us for our next PSHE Network Meetings. This includes a dedicated morning session for Primary settings, held in person at Dowty Sports & Social Club, followed by an after-school session for Secondary schools, Colleges and FE providers, held virtually.

Special and Alternative Provision settings are welcome to join whichever session suits best or both. Further information and agendas will be shared soon. See below for more details and to sign up.

Following the success of our previous PSHE Network Meetings, which received extremely positive feedback from attendees, these sessions continue to offer a valuable opportunity for PSHE leads to stay up to date with the latest guidance, resources and support for delivering a high-quality PSHE curriculum. Join us to:

- Stay informed about changes to the RSHE guidance coming into effect from September 2026
- Hear from guest speakers and partner organisations
- Network with colleagues from a wide range of education settings across Gloucestershire

Primary Meeting

09:30-12:30
Dowty Sports & Social Club
Down Hatherley Lane,
Down Hatherley,
Gloucester,
GL2 9QH.

[Book your space now](#)

Feedback Highlights:

One of the best CPD sessions I've attended in a long time – relevant and current.

Having experts talk us through the guidance was incredibly helpful.

Clear, practical and reassuring guidance on the changes.

Secondary/College/FE Meeting

15:30-17:00
Virtual via TEAMS

[Book your space now](#)

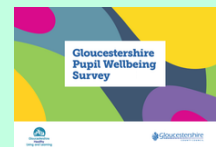
“Getting the most out of your PWS” Webinar

If your school or college has completed the 2026 Pupil Wellbeing Survey, you will receive your results report in the summer term. To help you understand your report, we will be running a series of twilight webinars- you only need to attend one. [Click here to book.](#)

This is aimed at any school or college staff (SLT, Personal Development/PSHE leads, Pastoral & Mental Health leads) involved in delivering the PWS or setting school/college wellbeing agendas. It is an opportunity to familiarise yourself with your PWS report, understand how to interpret your results and how they can be used in your setting.



Tuesday 9th June 3:30-4:15pm
Monday 15th June 3:45-4:30pm
Thursday 25th June 3:30-4:15pm



FREE gaming and gambling harm prevention workshop

Ygam in collaboration with Gloucestershire Healthy Living and Learning are offering a free gaming and gambling harm prevention workshop for youth-facing professionals such as teachers and youth workers.

On completing the training, attendees receive a certificate and access to a comprehensive bank of digital resources and further learning sessions on related topics such as cryptocurrency, neurodiversity and Esports.



Thurs 30th
April 3.30pm-
5.30pm

Scan the QR
code to
register for
the workshop.

What are the
similarities
between
gaming and
gambling?

What is
a Loot
Box?

Could you
spot the signs
of harm?

Topics covered:

- Gaming and gambling harm
- Advertising
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support



[View our full
training
calendar here](#)



Gloucestershire Schools Spotlight Webinar Recap

We recently held a webinar for schools and professionals interested in finding out more about Lumi Nova and how you can use it in your setting. Featuring feedback from a Gloucestershire school on their experience and the benefits of using Lumi Nova. See below for link to the recording and slides.

[Gloucestershire School Spotlight Webinar Recording](#)
[Gloucestershire School Spotlight Webinar Slides](#)

Lumi Nova can be shared with all families and pupils seeking support- If you'd like to find out more about the offer, join a [Lumi Nova Discovery Session here](#)

Lumi Nova is instantly accessible to families in Gloucestershire by visiting luminova.app/glos.

All resources discussed can be found in the [Lumi Nova Resource Kit](#). Key resources include:

- [Newsletter](#) and [Information Sheet](#) to send to families
- Pre-recorded [Assemblies](#) Pack
- [Social Media](#) and [Website Assets](#)
- [Lumi Nova Club Pack](#)

For physical resources, test accounts or questions, contact luminova@bfb-labs.com.



Empowering children through transition season with Lumi Nova

The transition to a new school or year group can bring worries for children. Whether it's nerves about making new friends, fears about 'fitting in' or maybe a lack of confidence, it's important we understand and address the range of emotions children may experience and help them navigate this change smoothly.

Lumi Nova can be used flexibly at home or in school to support children to better understand and overcome their fears & worries.

Lumi Nova helps to tackle common worries associated with transition, such as:

- Being okay with making a mistake on school work or a test
- Managing worries about going to school
- Feeling comfortable speaking in front of a group
- Trying to make a new friend

What can you do in school?

These key steps provide a simple framework for embedding Lumi Nova into your existing transition activities:

- **Comms to 'New Starters' (Spring Term):** Share our newsletter & information sheet with all parents / carers of children changing year groups or schools.
- **Transition Day Activity (Summer Term):** Normalise feelings of worry and introduce Lumi Nova with our ready-to-use assembly or interactive workshop resources.
- **Pre-Summer Reminder (Late Summer Term):** The summer break is the perfect time to use Lumi Nova at home. Send out a final reminder & share a social media post.
- **September Welcome (Autumn Term):** Create a Lumi Nova display board to normalise feelings of worry and remind children Lumi Nova is available. Our assembly & workshop resources are also a fantastic way to kick off the new school year!

Gloucestershire Family Hubs

Gloucestershire Family Hubs will act as a one-stop shop for families, offering support, advice, and friendly faces.

Please see the latest Family Hubs leaflet below, which you can also download and share with your school or college community.

Family Hubs Gloucestershire

Gloucestershire Family Hubs

Your local one-stop shop for family support, advice, and friendly faces

Got a baby?
Pop in to get them weighed or chat about breastfeeding and feeding your baby.

Raising a child with SEND?
We're here to support you every step of the way.

Need help with childcare or thinking about going back to work?
Let's talk options.

Struggling with bedtime routines or other parenting challenges?
You're not alone — we can help.

Looking for support for children and young people age 11 to 25?
Find out what our Youth Hubs have to offer. Scan the QR code to visit the Virtual Family Hub website.

Worried about money?
Our partners can offer advice and support.

Just need a friendly chat?
Come in for a coffee and a safe space to talk.

And that's just a snapshot of the support we offer. There's so much more waiting for you at your local Family Hub.

Help us to shape support
What services would you like to see in your local Family Hub?
Visit www.familyhubs.gloucestershire.gov.uk to tell us.

Gloucestershire COUNTY COUNCIL

Family Hubs Gloucestershire

Best start in life support

Birth Registration Service

Parenting advice and support groups

Information, advice and guidance

Adult education and employment support

Specialist advice

Early years education

Community space

Support for families with SEND

SCAN ME

Scan the QR code to find your nearest Family Hub

Gloucestershire COUNTY COUNCIL

Tobacco rate highest for European teenage girls

A World Health Organization report has found that European girls aged 13–15 have the highest rates of tobacco and e-cigarette use in the world for this age group, with the trend expected to continue to rise until 2030.

You can read the full article in The Guardian [here](#).

“Schools left in the dark on RSHE training grants”

Check out this article, by Ruth Lucas for Schools Week, on Schools being left in the dark on the proposed RSHE training grants.

The Department for Education promised training grants ‘from early 2026’ to help implement the new RSHE guidance from September. However there has been no further clarification what and when support will be available for schools.

[To read the full article click here](#)



The
Children's
Society

Good Childhood Report 2025

The Children's Society's Good Childhood Report 2025 explores young people's views on different aspects of their lives. The report highlights a clear need for improved PSHE provision and greater social and emotional support, with 9% of respondents reporting low levels of wellbeing.

This research helps to build a better understanding of children and young people's experiences and identifies areas where support and services can be improved. You can find out more by reading the

[Good Childhood Report 2025 in full here.](#)

News New 8 Week Beezee Families Programmes starting in Lynworth, Innsworth and Stroud

Beezee Families is a 8 week, in-person, healthy lifestyle programme for families to attend together to explore nutrition, moving more and making habits fun!

For more information on Beezee Families and the support they offer [click here.](#)

Three new courses are starting in May- please click the posters below for further information including how to sign up



Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Tuesdays - 5th May **Time:** 4:30 - 6pm

Venue: Lynworth Hall, Mendip Road, Lynworth, Cheltenham, GL52 5ED

Or you can join us online!

Sign up for your **FREE PLACE** today

hello@postcard.uk@beezee.co.uk

01452 717009

glo.maximusuk.co.uk

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915



Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Wednesday - 6th May **Time:** 4:00 - 5:30pm

Venue: Innsworth Community Hall, Rookery Road, Gloucester, GL3 1AU

Or you can join us online!

Sign up for your **FREE PLACE** today

hello@postcard.uk@beezee.co.uk

01452 717009

glo.maximusuk.co.uk

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915



Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Wednesdays - 6th May **Time:** 4:30 - 6pm

Venue: St Laurence: Stroud Centre for Peace and the Arts, GL5 1JL

Or you can join us online!

Sign up for your **FREE PLACE** today

hello@postcard.uk@beezee.co.uk

01452 717009

glo.maximusuk.co.uk

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915

Check out the New Beezee Youth Group starting in Stroud in May on the next page

New Beezee Youth 8 week programme for 13-17 year olds starting in Stroud

Beezee
YOUTH



**Unlock the power
to be more you**

Join Beezee Youth today – a **FREE** health and wellbeing programme designed with the help of young people, for young people. Our 8-week in-person programme starts on:

Date: Mondays from 11th May '26 **Time:** 17.30 - 19.00

Venue: Stroud Valley Scout Group & Community Centre, GL5 1DU

Or you can join us online!



glo.maximusuk.co.uk

Sign up for your

FREE PLACE today

@ hellogloucestershire@maximusuk.co.uk

01452 717009

 Gloucestershire
COUNTY COUNCIL

Sun Safe Schools Accreditation

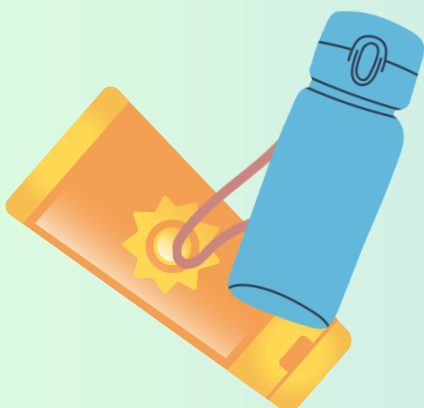
Skcin is a UK charity, solely dedicated to prevention and awareness of all skin cancers. They provide tailored educational solutions for at-risk and influential audiences, and one of the most critical interventions is within Primary schools. Embedding sun safety education early can evoke lasting behaviour change. In 2020, Skcin proudly secured the inclusion of sun safety in the national curriculum—a landmark achievement. Yet, many schools remain unaware of this vital development and unsure of how to implement it.

That's why they offer their free, national Sun Safe Schools accreditation programme, which equips schools with everything they need to deliver this essential education—and so much more. With skin cancer affecting 1 in 6 people and 90% of cases being preventable, early education is vital. This nationally recognised programme provides schools with everything they need to protect young skin and embed healthy habits for life.

- Free resources
- Curriculum-linked lesson plans for KS1/KS2 and assembly plan
- Plug-and-play assembly with no teacher preparation required
- Supports schools' duty of care
- Simple free online accreditation

With Sun Safety now mandatory in the national PSHE curriculum and over 6,000 schools already registered, there has never been a better time to get involved. Skcin would love to involve more schools in their work- If you'd like to know more they are happy to arrange a call to answer any questions.

[To watch our promo video click here](#) or visit our [Sun Safe Schools website here](#).



FUEL THE FUTURE: BITE BACK IN SCHOOLS



**FULLY FUNDED,
STUDENT-LED
PROGRAMME TO
TRANSFORM YOUR
SCHOOL'S FOOD**



- **FOR YEARS 7, 8, 9 OR 10**
STUDENTS EXPLORE FOOD ENVIRONMENTS IN SCHOOL AND THEIR COMMUNITY
- **SKILL-BUILDING**
RESEARCH, COMMUNICATION, ADVOCACY, AND TEAMWORK
- **REAL IMPACT**
LASTING CHANGE IN YOUR CANTEEN
- **15 HOURS OF CONTENT**
IN A WAY THAT WORKS FOR YOU
- **TRIED & TESTED**
DELIVERED SUCCESSFULLY IN 200 SECONDARY SCHOOLS

WHAT WE OFFER

- ✓ Ready-to-go **resources** and **session plans**
- ✓ Kick-off assembly **delivered** by an inspiring **Bite Back ambassador**
- ✓ **£500 grant** to help you run it
- ✓ High-quality **physical resources**, including **workbooks** and **badges**

"The Bite Back programme has been a catalyst for change at our school."
DARTON ACADEMY

"My students are loving the content of the lesson resources"
THE GILBERD SCHOOL

APPLICATIONS NOW OPEN!



Transform your canteen with Bite Back in Schools

Bite Back in Schools is a free, fully funded programme empowering students in Years 7-10 to improve their school food environment & understand the political processes shaping it.

[To find out more click here.](#)

[To sign up for free today click here](#)

Information on the New School Food Standards Gloucestershire Public Health

New school food standards have been developed alongside nutritionists and public health experts and will apply to all breakfasts and lunches served by schools. Under the plans, schools will no longer be able to offer unhealthy 'grab and go' options like sausage rolls and pizza every day, while deep fried food will be banned completely. Fruit will also need to be served instead of sugar-laden treats for the majority of the school week. The government has launched a nine-week consultation on the healthier options with parents and children, alongside a new national enforcement mechanism to monitor the new standards and ensure they are applied consistently.

New polling shows 74% of parents have at least one concern about their child's nutrition – from too much sugar (43%) and too many fatty foods (24%), to not enough fruit and vegetables (30%).

To ensure schools follow the new standards, the government is committed to developing a robust national enforcement system including monitoring schools' compliance. Full details will be announced this September, with enforcement in place from September 2027. The government also wants every school to appoint a lead governor to be responsible for school food, as well as asking every school to publish their food policy and menus online. With 50% of parents in England saying they don't get enough information about what their child is being served, this means parents, pupils and communities can hold schools to account.

[To find out more about the government's proposals click here](#)

News

Government publishes new advice on screen time for parents with young children



The department of education's blog shares new advice on screen time for parents published recently in response to families asking for practical, non-judgemental guidance on how much screen time is too much and how to limit any negative impact on their children.

With further information on how to reduce screen time and links to where parents can find the guidance in full included you can view the article in full here.

Information on the New screen time guidance for parents of under-5s from Gloucestershire Public Health

The new guidance is available for free on the Best Start in Life website, with key tips including:

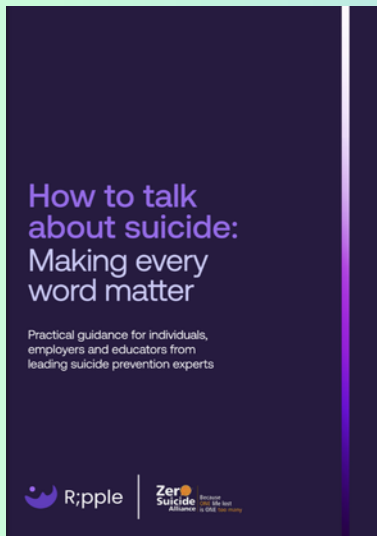
- Under 2s: Avoiding screen time other than for shared activities that encourage bonding, interaction and conversation.
- 2 to 5-year-olds: Trying to keep it to no more than one hour a day. Avoid at mealtimes and in the hour before bed.
- Content: Choosing slow-paced, age-appropriate content. Fast-paced, social media-style videos and AI toys or tools should be avoided for young children.
- Co-viewing: Watching or using screens together - talking, asking questions and engaging with the content - is better for children's development than solo screen use.

This also forms part of wider action to support all children's wellbeing in the digital world – running alongside the government's consultation on further measures to keep children safe online.

see the following link for further information: [New screen time guidance for parents of under-5s](#)

How To Talk About Suicide Booklet

R;pple have produced a helpful booklet on suicide prevention. The comprehensive guide provides useful advice on how to talk about suicide in different settings and how to talk to someone you are worried about or who has been bereaved by suicide. Featuring useful terminology this guide is well worth a read, particularly the chapter on Talking about suicide in Education from page 42.



[Click here to access the booklet](#)

Building Suicide-Safer Schools and Colleges Guide

Papyrus have an updated guide for teachers and staff on “Building Suicide-Safer Schools”.

Click the image below to be taken to the full guide



Abuse from Online Dating - The Invisible Issue Free Webinar for Practitioners

Online dating has become one of the most common ways people meet. But alongside the opportunities, a growing and often hidden landscape of harm is emerging.

First Light are offering a free professional webinar, where they'll share key findings from their new research, Abuse from Online Dating, drawing on insights from:

- Dating app users
- Frontline professionals across policing
- Domestic abuse and sexual violence services
- Youth work and safeguarding

This session offers space for practitioners to reflect on how we identify these experiences and how we can ensure consistent, appropriate support for victims when harm starts online but continues offline.

Thursday 30 April
9:00-10:30am (online)

Register here: [Abuse from Online Dating - The Invisible Issue](#)

The graphic is a collage of various images related to domestic abuse and online dating. It features the First Light logo prominently in the center, with the tagline 'Domestic Abuse and Sexual Violence Support for All'. Below the logo, it reads 'FIRST LIGHT RESEARCH: ABUSE FROM ONLINE DATING WEBINAR' and 'Findings, Implications, and Strategic Recommendations Based on Service User and Professional Feedback'. In the top right corner, there is a logo for 'Funded by OPCC Office of the Police & Crime Commissioner for Gloucestershire'.

Design Competition:

Open to all pupils of Gloucestershire schools and colleges



**Dementia Action Week
18th - 24th May 2026**

Create a coaster design to represent being dementia aware



The creator of the winning design will see their coaster manufactured for use, and shared across the county

Please design your coaster on [this template](#)



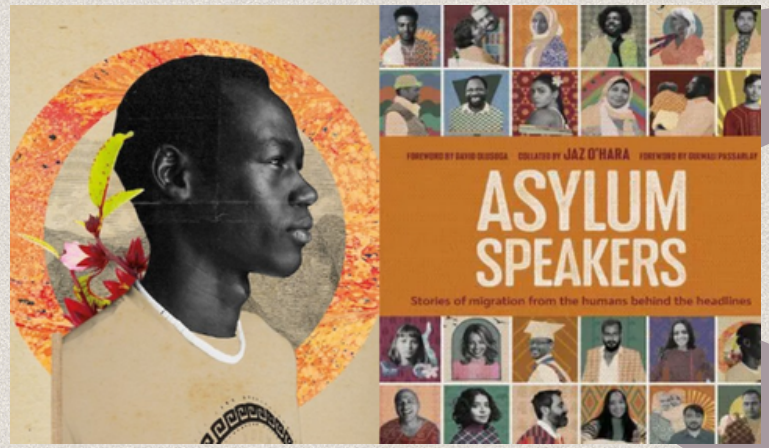
Closing date - Friday 8th May 2026

Entries can be submitted at any time from now until closing



For further information contact ghll@gloucestershire.gov.uk or your GHLL Lead Teacher

Asylum Speakers: Giel



Join this free webcast taking place on Tuesday, April 28, 2026 2:00–3:00pm to meet Giel, a South Sudanese refugee who recently set out to walk the length of the UK to raise money for charity. As an inspirational speaker with a remarkable story, he will motivate and inform your pupils, offering practical ways to build a community of welcome and belonging in your school.

This event is for pupil voice groups at secondary schools in the UK but it would also be suitable for classes or year groups. It is a collaboration between VNET, Amnesty International, Day of Welcome and Asylum Speakers.

After the webcast, the pupils will be invited to plan how their school should mark A Day of Welcome and Refugee Week in June. They will also be guided to think about how else they might contribute to making their school and community a more welcoming place for families who are seeking sanctuary or who are new to the community.

[To Sign Up Click Here](#)

A Day of Welcome is an annual school event that aims to build a culture of welcome and understanding for people seeking sanctuary. It's designed to support teachers in kickstarting Refugee Week (15–21 June) by providing free live events, resources and activities for pupils of all ages.

The graphic is a green rectangular box with white and yellow text. At the top left is the 'A DAY OF WELCOME' logo. The main text reads: 'A Day of Welcome 2025 was the BIGGEST and BEST yet!'. Below this are four statistics: '821+ schools', '220,000+ children & young people', '30% increase on Day of Welcome 2024', and '900+ classes took part in our live events'. On the right side, there is a stylized globe with a line of colorful human figures holding hands across it. At the bottom right is the 'Refugee Week' logo.

A Day of Welcome 2025
was the **BIGGEST**
and **BEST** yet!

821+ schools
220,000+ children & young people
30% increase on Day of Welcome 2024
900+ classes took part in our live events

Learning and Teaching



Life lessons have a multitude of resources on topics for PSHE and RSHE including Diversity and Inclusion, Misogyny and Sexual Violence, Mental Health and Wellbeing and much more. Also included is a free lesson on the Conflict in Iran & the Middle East

With resources for all Key Stages check out the [Free Learning Materials Here](#). (Free sign up required).



Mental health and wellbeing school and college calendar

Anna Freud have released their summer term edition of the mental health and wellbeing school and college calendar. It includes lots of ideas, activities and free resources to support the mental health and wellbeing of your students, staff and wider community.

[Access the calendar here](#).



Updates from Youth Sport Trust



Inclusion Live Week 2026 Webinars available

Inclusion 2028 is a Department for Education-funded grant designed to improve the choices and chances of children and young people with Special Educational Needs and Disabilities (SEND) through a series of targeted interventions in physical education (PE), school sport, and physical activity.

[To find out more about Inclusion 2028 click here.](#)

Since 2022, the Youth Sport Trust has hosted a week of free online webinars to support practitioners in creating inclusive school sport opportunities for young people with SEND. This years took place in January and the [recordings are now available to view here.](#)

This years agenda included:

- 'Inspiring inclusion through major sporting events'
- 'Unlocking the power of school swimming for young people with SEND'
- 'Creating inclusive environments for neurodivergent young people'
- 'Embedding strength and balance in the daily lives of young people'
- 'Designing an inclusive PE curriculum for every young person'
- 'Creating sustainable enrichment opportunities for young people with SEND.'



Updates from Youth Sport Trust continued...



Girls Active Scheme and Participation Survey 2026 for Students

Girls Active is our commitment to fostering girls' participation in PE, sport and physical activity. The programme aims to tackle the barriers girls experience and through cultivating a movement of girls and young women, empower them to take positive action through influencing, leading, and inspiring their peers. It includes a series of online video training modules with accompanying resources.

[Find out more about Girls Active](#)

[For further information on getting started and accessing resources](#)

The Youth Sport Trust's **Girls Active Survey** supports schools to gain student insight through an online survey to understand the participation levels, attitudes, motivations and barriers to participation (for girls AND boys) – Register by 30th April 2026. Students complete the survey between 08 May and 19 June 2026 and then receive the Insight Report on Monday 29 June 2026, which can be used to benchmark progress

[Click here to access the Girls Active Participation Survey](#)

If you have any further questions, please get in touch:

girlsactive@youthsporttrust.org



New Mental Health Resources Hub Coming Soon



Now & Beyond have been working hard to create a hub of mental health resources that focus on youth voice, meeting curriculum guidelines and is completely free to access.

From the 23rd of April they will be launching their re-designed Now & Beyond platform to support educators working with young people aged 4-18 years in the UK.

Designed in partnership with young people and mental health organisations, the platform will ensure every resource reflects real experiences and what young people actually need.

You'll find curriculum-aligned lesson materials, engaging video content and workshops all in one place.

Visit Now and [Beyond's website](#) to find out more and sign up for updates

Parental Imprisonment: Schools, Prisons and Families Working Together to Reduce Trauma- Free Webinar

Trauma Informed Wales are offering this free, open-access, online session, created and delivered by Julie Jones from Invisible Walls and Butler Trust Award recipient

This session explores:

- The lived reality of children affected by parental imprisonment
- How shame, secrecy and loss show up in school and community settings
- Trauma-informed ways adults can offer safety, understanding & support
- Practical actions that make a real difference

**Tuesday 21st April
9.30am-11.30am
Live online (Zoom)**

Register now



Staff and Wellbeing



April is National Stress Awareness Month, aiming to raise awareness about stress, its effects and strategies for managing it. The theme for 2026 is #BeTheChange, emphasizing personal agency, intentional action, and building resilience through small, consistent habits. This theme encourages individuals to take ownership of their stress, strengthen connections with others, and implement practical strategies to improve mental health. Please see the links to resources below, including posters to display in your staff rooms and offices.

The Stress Management Society- Stress Awareness Month Resources

Practical Ways to Manage Stress from PSS

Coping with stress and burnout from Keeping Well



Nationwide building society Admiral Nurse clinics Free Dementia Support coming to Gloucester

The next Nationwide building society Admiral Nurse clinics are coming to Gloucester on the **21st ,22nd and 23rd April 2026** for families living with dementia.

This venture is a partnership between Nationwide and Dementia UK, offering free 45-minute appointments with a dementia specialist nurse in their branches. The clinics are open to all and there is no need to be a customer of Nationwide.

The dementia specialist nurses, called Admiral Nurses, can offer advice to families and carers about dementia symptoms and progression, guidance on how to support someone living with the condition and manage changes in behaviour, advice on navigating the social care system and legal issues or simply provide emotional support to family carers.

[To book your appointment click here](#)



The poster features the DementiaUK logo (teal and pink) and the Nationwide Fairer Futures logo (dark blue circle). The main heading is 'Dementia clinics' in large pink font. Below it, it says 'In partnership with Nationwide Fairer Futures'. The text explains that Dementia UK offers free, confidential clinic appointments with a specialist dementia nurse (Admiral Nurse) at local branches. It states that no Nationwide customer status is required. The nearest branch clinic is Gloucester, with dates 21, 22, and 23 April 2026. Two QR codes are provided for booking, with instructions to visit dementiauk.org/nationwide or speak to a Nationwide colleague. For more support, it provides the Dementia UK helpline number 0800 888 6678 and a booking link dementiauk.org/book. At the bottom, there is a photograph of a smiling woman wearing a black hijab and a blue Nationwide uniform.

GHLL Training Courses

Spaces available on our courses

April-July

Blue = Key Stage 1 & 2

Yellow = Key Stage 3 & 4

Green = All Key Stages

April

Beyond Boundaries: Respect, Safety & Digital Wellbeing 1 Day Course (Secondary)
23rd Apr,
9:15 - 15:30
at Highnam Community

Self Harm Awareness
27th Apr,
9:30 - 16:00
at Pavilion Chelt

YGAM Gaming & Gambling Harm Prevention Workshop
30th April
15:30 - 17:30
Virtual

May

Mental Health First Aid Youth
2 Day
5th & 6th May,
9:00 - 17:00
at Pavilion Chelt



Implementing Effective Personal Development (PSHE & RSHE)
7th May,
15:45 - 17:00
Virtual- TEAMs

EPS Emotion Coaching
18th May,
9:30 - 15:30
at Painswick RFC

Trusted Emotionally Available Adult (TEAA)
21st May,
9:00 - 12:30
at Pavilion Chelt

Click on the course title to view further information and book your place. All of our courses are free to attend, with the exception of our Mental Health First Aid (MHFA) England-accredited Youth courses, which are marked with a ★ and carry a small fee but remain very reasonably priced.

If you have any questions or need support accessing the courses, please contact us at ghll@gloucestershire.gov.uk.

GHLL Training Courses

Spaces available on our courses

April-July

June

Leading a More Reflective Culture
2nd June
9:30-11:30
at Colwell

Primary R(S)HE and Resources
3rd June,
9:30 - 15:30
at Pavilion Chelt

Talkabout Trust:
Talk about
Ketamine and
Vaping
(Secondary/FE)
4th June,
15:45 - 17:00
Virtual- TEAMS

Self Harm Awareness
5th June,
9:30 - 16:00
at Colwell Arts
Centre

Getting the most out of your PWS Webinar
9th June,
15:30 - 16:15
Virtual- TEAMS

EPS Trauma & Attachment Training
10th June,
9:30 - 12:30
at Dowty's

Secondary/FE PSHE Network Meeting
11th June,
9:30 - 12:00
at Dowty's

Primary PSHE Network Meeting
11th June,
13:00 - 15:30
at Dowty's

Getting the most out of your PWS Webinar
15th June,
15:45 - 16:30
Virtual- TEAMS

Mental Health First Aid Youth Lite
16th June,
9:30 - 12:30
at Pavilion Chelt ★

Mental Health First Aid Youth 2 Day
25th & 26th June,
9:00 - 17:00
at Newent Pavilion ★

Getting the most out of your PWS Webinar
25th June,
15:30 - 16:15
Virtual- TEAMS

July

Mental Health First Aid Youth Lite
3rd July
9:30 - 12:30
at Newent Pavilion ★

Click on the course title to view further information and book your place.

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THE PHSE PULSE

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning



**Watch out for our next bulletin after May Half Term
which will focus on Transitions!**

We would love to hear from you
Contact us by...



ghll@gloucestershire.gov.uk



01452 426322



www.ghll.org.uk