

PSHE leads' bulletin

Issue 1: April 2020

A message from GHLL

I'm sure by now you are settling into some sort of working pattern; the school day is definitely a 'different type of normal'!
I've spoken to my team, and on the back of those conversations and feedback from PSHE leads and Head Teachers, have decided to put together a fortnightly bulletin to showcase some of the support that is being set up for schools and staff during the coronavirus working arrangements. The bulletin will of course have a GHLL/PSHE theme to it and if there are things you are happy to share or you would like to see a topic covered in an upcoming issue, please get in touch. The intent is to provide a useful flyer.

Thanks Fiona

fiona.guan@gloucestershire.gov.uk



Updates to the GHLL website



We have created a COVID-19 tab on the GHLL website which is publicising all the latest guidance both nationally and locally.

Links to further support on offer can also be [found here](#).

COVID19

Examples of emerging contingency planning/practice

Supporting children and young people

Online Educational Support

Mental Health

Keeping Children and Young People Safe Online

Support and Training for Staff

Helplines and services available

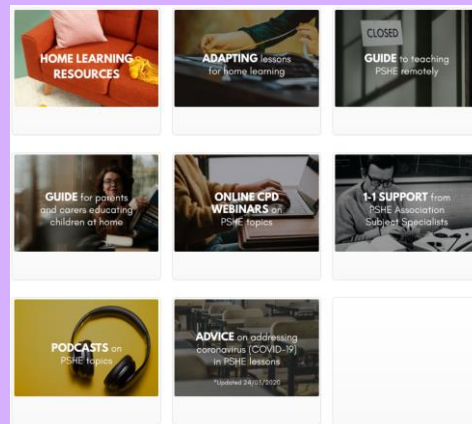
RSHE Implementation

A message from the PSHE association.

PSHE
Association

We hope you and your loved ones are getting by in these challenging and unsettling times. We are now working remotely but are adapting well, and we're in a strong position to support you, your school and your pupils, now and into the future. We're still at the end of a call or email should you need us and have created this hub to help you to provide high quality PSHE, both to pupils still in school or to those being taught remotely. We will continue to build on it until things return to normal. We are also busy planning training webinars and other solutions to give you support you need, when you need it.

[PSHE coronavirus hub](#)



Who to contact for support regarding PSHE curriculum design



Your GHLL Lead Teacher is still working at this time so please do reach out to them if you need support.

Alternatively email us at GHLL@gloucestershire.gov.uk or call 01452 427208

Health and Wellbeing Website Support



[On Your Mind Glos](#)

[TIC +](#)

[Young Minds](#)

[E-bug](#)

[Winston's Wish](#)

[Gloucestershire Suicide Prevention Partnership](#)

[Action for Happiness](#)

Healthy Schools and Mental Health Champions

If your school has submitted for their Healthy School or Mental Health Champion award, we will still be holding a virtual QUAG and you will hear from lead teachers about this soon.




<https://www.ghll.org.uk/>



If your Healthy School or Mental Health Champion award is due to expire soon, this may be a good opportunity to work on your review.

For support email ghll@gloucestershire.gov.uk

 [TIC +](#) has switched its counselling services to phone, video chat and online text chat and is able to deliver up to 400 sessions a week of vital support to children and young people throughout the county. The Parent Support Advice Line (online text chat) is also available for parents and carers worried about their child's mental health, emotional well-being or behaviour.

A song for the frontline workers



We need YOUR help to record the song to say THANKS! to all our frontline workers.

Find out how to get involved [here](#).

Relationships, Sex and Health Education



Now may be a good time to prepare for the RSE statutory framework and go through the steps of this.

[Government Publication](#)

Secondary schools will be receiving an audit via their GHLL leads for investigating a school's coverage of the RSE content. [RSE audit document](#)

[Click here](#) for more guidance on RSHE implementation during the school closures and to review the [roadmap to statutory RSE](#).



School provision during COVID-19 crisis.

This dedicated area of Schoolsnet provides a one-stop-shop for the COVID-19 related information and guidance that the LA has been sending out to schools, as well as links to DfE guidance.

[DfE Guidance](#)

[GCC Guidance](#)

[Free School Meals](#)

[Governance](#)

[Staffing and Pay](#)

[Vulnerable and Disadvantaged Children and Safeguarding](#)

[Templates and Forms](#)

[Key Contacts](#)

[Home Learning](#)

[On-site provision](#)

[School provision during COVID-19](#)

Looking after yourself

[Action for Happiness](#) has put together this 'Coping calendar of 30 actions' to look after yourself and each other as we face this global crisis together.

Have a go and remember KEEP CALM. STAY WISE. BE KIND.

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



Ideas and resources to support home learning with GHLL

[This page](#) pulls together links to a range of resources that schools might find helpful when planning home learning activities for their pupils. As the Local Authority is not able to specifically endorse these resources, school leaders and teachers should satisfy themselves about their quality and suitability

Free PSHE resources from facts4life

[Primary](#)
[Secondary](#)

Advice for Parents and Carers

[Keeping Children and Young People Safe Online](#)

[Helping children with SEND during coronavirus](#)

[Advice for parents and carers looking after primary school children](#)

[Children's guide to Coronavirus](#)

