



THE PSHE PULSE- CHRISTMAS SPECIAL

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning

Issue Date: December 2025



Welcome to the Special Christmas edition of the GHLL Bulletin

Warmest Christmas greetings from the
GHLL team!

May the festive season be filled with peace, joy,
and the gift of good health for all our schools and
colleges in the county.

This Christmas, we hope you find time to relax,
connect with loved ones, and enjoy the simple joys of
the season. We encourage everyone to use the
Christmas break to rest, recharge and reconnect.



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Remember that taking time for yourself is essential for maintaining physical and mental health. So, enjoy activities that bring you joy, whether its spending quality time with family and friends, reading a good book , taking walks in the fresh air, or indulging in festive traditions. May your break be filled with laughter, rest, and happy memories.

The team and I are looking forward to working with you in the new year and to continue building healthy, resilient school and college communities. Have a peaceful and joyful Christmas, and we wish you all the very best for a healthy, prosperous 2026!

With Festive Regards,

The GHLL Team





Importance of Handwashing and personal hygiene lesson plans

If you are a member of the PSHE Association you can access the new lesson pack for key stage 1 and 2 on handwashing and personal hygiene in order to prevent the spread of germs.

[Click here to access the lesson pack](#)



e-Bug Resources for Handwashing, Respiratory and Oral Hygiene

An exciting, fun and free health education resource for teachers and school aged children. The resources make learning about microbes, antibiotic resistance, and the spread, treatment and prevention of infection fun and accessible for all.

[Key Stage 1 Resources](#)
[Key Stage 2 Resources](#)



Jono here, from the PSHE Association.

Listen to our update on what we've been up to this term, and read below a preview of what's on the cards for next term.

[Listen to the update \(5 mins\)](#).

Helping children and young people to put the necessary foundations in place for good physical health is one of the many important areas PSHE education covers. And we're excited to expand on this work next term with new lesson packs for KS1-2 and KS3-4 on the benefits of physical activity, and how to maintain an active lifestyle.

But we also need to be able to respond to some of the more recent safeguarding risks that have emerged in the last decade or so, as a result of technological developments that are reshaping our world in real time.

The Department for Education also recognises these risks, which is why the updated 2026 statutory RSHE guidance includes requirements for secondary schools to teach about AI-generated images and deepfakes.

Our Digital deception: Understanding deepfakes lesson pack (KS2-4) and Empowered users: An AI literacy programme for young people (KS2-4), coming next term, will give you everything you need to tackle these areas with confidence and ensure alignment with the new RSHE requirements in plenty of time for the September 2026 implementation window.

We're also supporting cutting edge research on how to support students to navigate social media and algorithms, which is being undertaken by the Molly Rose Foundation and University of Bristol.

If you're a secondary school teacher based in England or Wales and have 10-15 minutes to spare before the end of term, we'd love to learn more about how you teach about social media and online safety and wellbeing – to help us build a national picture.

You have until Friday next week (19 December) to [submit your response and enter a draw to win a £25 voucher](#), just in time for Christmas!

If it's training you're after then take a look at our [Spring term live CPD options](#), which are all live and available to book on our website.

Finally, a reminder that [bookings are now open](#) for our Spring online conference, which is taking place next term on Thursday 12 March 2026.

We'll be announcing more leading speakers in the new year to join our lineup alongside Ofsted's Dr Polly Haste and award-winning poet and author Hollie McNish. In any case, it's shaping up to be an unmissable event!

Stay tuned for further guest speaker announcements and details on the range of live workshops that will be available on the day – including those focused on the DfE's new RSHE statutory guidance.

On behalf of all of us at the Association, I'd like to take this opportunity to thank you for your support this year and wish you a very merry Christmas.

Until next term

Jono (PSHE Association CEO)

Out now!

Young People's
RSE Poll 2025



working together for quality
relationships and sex education

Out now!

Young People's
RSE Poll 2025



The Sex Education Forum have released the results from their Young People's RSE Poll 2025. This highlights the important role of teachers as trusted sources of information as the digital world moves faster than classrooms. Young people tell us that they need teachers to be non-judgemental and comfortable with the topics, to teach this subject well.

The main findings are:

🎄 72% learnt either 'nothing at all' or 'some but not enough' about deepfakes

🎄 72% learnt either 'nothing at all' or 'some but not enough' about the law on strangulation and suffocation

🎄 65% said they learned 'nothing' or 'some but not enough' about skills for ending friendships and relationships

🎄 Over half learnt either 'nothing at all' or 'some but not enough' about pornography or sexual health services

Meanwhile, TikTok and AI chatbots have traction as sources of sex education, despite being seen as unreliable by the very young people who are using them. Schools remain the most helpful source, but are they equipped for the challenges ahead?

To read the Sex Education Forum's article and see the full Poll results click here

Let's keep this
going for all the people
who are going through
a tough time.

For anyone who needs some
support right now. ❤️

CALM - 0800585858

Mind - 03001233393

No Panic - 08449674848

Bereavement - 08088081677

PAPYRUS - 08000684141

Samaritans - 116 123

SHOUT - Text SHOUT to 85258

Abuse - 0808 2000 247

Refuge - 020 7395 7700

Stay safe this Christmas.



Beezee Families is a 12 week programme exploring nutrition, moving more and having fun via making small, realistic, changes for families in Gloucestershire. They are encouraging professionals to help families continue building healthy habits through the busy and cold winter months. Their January programme is filling fast - if you would like to find out more or refer a family to them please [click here](#).



Recommended by

NICE National Institute for
Health and Care Excellence

A fun way to support your child's worries over the winter holidays

- ✓ For 7-12 year olds
- ✓ Free instant access



Get access:

luminova.app/glos

Support your students' fears and worries with Lumi Nova

Thank you to all the schools that have promoted the offer widely to families. We are seeing really positive engagement from schools implementing Lumi Nova, with one school in Gloucestershire saying **'Children are enjoying using the app.'** Another professional shared that **'Lumi Nova has improved parent/child relationships and confidence in parents dealing with anxiety in their child and themselves.'**

We want to hear from you!

Share your Lumi Nova experience using the QR Code below and help us continue to improve our service.



Your feedback matters!



**Scan the QR Code
to give feedback
on Lumi Nova and
you could be in
with the chance of
winning £100
voucher for your
school**

Information to share before Christmas!

For some children, winter can be a tricky time. New year transitions, busy shopping days, or festive gatherings can all bring about worry. Lumi Nova helps children face these moments with confidence! Use the winter themed poster on the previous page to promote Lumi Nova and remind parents that the app can be used over the winter holidays.

New to Lumi Nova?

Watch this short animated [Lumi Nova introduction video](#) to learn more or join a Lumi Nova Discovery Session (45 minute webinar).



**THE
MUSIC
WORKS**

DECEMBER NEWS FROM MUSIC WORKS

A big thank you to everyone who made Creative Futures happen – the panellists who shared real industry knowledge, the team who pulled it together, and everyone who showed up and brought the energy.





The conversations were valuable, covering everything from DIY careers to what actually gets you noticed in the industry. Check out the After Movie on Instagram [here](#).





Join our Youth Advisory Group

Help drive the decision making at The Music Works.

 For ages 18-25

 Fortnightly Tuesdays

 5pm-6pm

 The Hub, Gloucester, GL1 1RP

No experience needed. Just passion!

Come in and speak to reception to find out more or email gloucester@themusicworks.org.uk.



**THE
MUSIC
WORKS**

DECEMBER NEWS FROM MUSIC WORKS

Have a Go: HAF Activities for Forest of Dean & Gloucester 🎵



A one-day holiday music programme in association with Gloucestershire County Council HAF (Holiday Activities and Food programme). Have a Go is designed to give young people the chance to develop social and musical skills, whilst building on their knowledge and self-confidence. Lunch is provided daily for all those attending.

👤 For ages 11-16

📅 Friday 22nd December

🕒 11am-3pm

🎟️ FREE

Places must be booked in advance. Find out more and book below.

[Forest of Dean](#)

[Gloucester](#)

Young promoters' programme 🎪

Young people aged 16-25 interested in working in events but want more experience?

Applications are open for our 20-week young promoters' programme and close 2nd January 2026.

[To find out more and apply click here](#)

Mental Health Support

Where to go for help for adults:

- **Be Well Gloucestershire** aimed at promoting health and wellbeing support - www.bewellglos.org.uk.
- **Mental Health Crisis team** - call NHS 111 or use NHS111 online (www.111.nhs.uk) available 24 hours a day, 7 days a week. If you are hearing impaired, please TEXT: **07775 510 693** 7am - 9.30pm or **07768 776 863** 9.30pm - 7am.
- **Samaritans**, if someone is experiencing feelings of distress or despair call **116 123**.
- **The Stay Alive App** (www.stayalive.app), packed full of useful information and tools to help you stay safe in crisis.
- **Gloucestershire Connect and Offload Helpline** (www.gloucestershirecando.org) - supports adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. Telephone: **0808 801 0606** Text: **07537 410 022**.
- **Shout** - 24/7 text service for anyone in crisis - text **85258**.
- **The Silver Line** (supporting older people) - **0800 470 8990**.
- Some GP surgeries work with dedicated primary care Mental Health workers.
- **The Cavern** (Gloucester) - mental health drop in (18+) and is open 6pm - 10pm 365 days a year.

For children and young people:

- **On Your Mind Glos** - www.onyourmindglos.nhs.uk
- **Childline** - **0800 11 11** (free)
- **Let's Talk Well**- provides confidential counselling, support and care for young people and their families. www.letstalkwell.org.uk or call **01594 372777**
- **Talkwell chat** anonymous, safe, confidential 1-2-1 live message chat support service for young people aged 9-25 living in the county. Sunday - Thursday 5pm - 9pm access via www.letstalkwell.org.uk/talkwellchat or by calling **0300 303 8080**.
- **Lets Talk Well** Parent and Carer support including support groups, family counselling information and online chat service is available www.letstalkwell.org.uk or by calling **0800 6525675**
- **The Cavern** (Gloucester) - mental health drop in (under 18s) open 5pm - 9pm, 365 days a year

Top tips for this winter

Unless it's an emergency we recommend that you access the Gloucestershire ASAP website (www.asapglos.nhs.uk). ASAP can help you to search by both adult and child conditions, or by service. We want you to get the right support in the right time at the right place.

1

Stay Well This Winter - Whether it's advice and support to boost your immunity, keep warm, prioritise your mental health, eat well, stay active or look out for vulnerable family, friends and neighbours, Stay Well This Winter provides a link to top tips and a wealth of information and resources www.onegloucestershire.net/campaigns/winter/

2

Carers Support - If you help to look after a family member or friend you are a carer and can access support call 0300 111 9000 Monday, Wednesday and Friday 9.00am – 5.00pm, Tuesday and Thursday 8.00am – 8.00pm or visit www.gloucestershirecarershub.co.uk

3

Mental Health Support - If you or someone you know needs help in a mental health crisis, call NHS 111. If you have a hearing impairment, please text 07775 510 693 (7.00am to 9.30pm) or 07768776863 (9.30pm to 7.00am).

4

Find Local support - Pharmacy First - Did you know that you can ask your local pharmacy for help? They offer confidential consultations for many common illnesses and can provide information about the medicines. Your local pharmacy will also be able to give you specialist advice and help to signpost you to the right services. www.nhs.uk/service-search/pharmacy/find-a-pharmacy

5

GP Surgeries can support with a whole range of physical and mental health needs, as well as social prescribing, personalised care, medicines management etc. We recognise that GP services are stretched so, where possible, try to use other services first.

6

NHS 111 - Use 111 by telephone or online when you need medical help quickly but it's not a life-threatening emergency they will refer or book you into the most appropriate services.

7

999 - Only dial 999 if you really need to. There are lots of alternatives to a 999 call for situations that, while urgent and important, can be helped quickly by one of our other services. Please see Section 3 of the plan for when to use 999.

8

Emergency Departments (A&E) - These are for patients with serious injuries and illnesses. Using other services before considering visiting one of the emergency departments helps us to prioritise the most unwell patients. Patients with less serious needs can be supported well by the services above.





HEALTHY SCHOOLS/COLLEGES AWARD AND MENTAL HEALTH CHAMPIONS AWARD SUBMISSION DATES

The next date for submissions for the Mental Health Champion award is on the 14th of January 2026.



If you are interested in gaining the Healthy Schools/College and/or Mental Health Champion Award in the future or finding out more about this please contact us at ghll@gloucestershire.gov.uk

Award Submission Dates

Mental Health Champions

Submit Wednesday 14th January 2026

Submit Wednesday 10th June 2026

GHLL Healthy Schools/College

Submit Wednesday 11th March 2026

Submit Wednesday 10th June 2026



GHLL Training in 2026



Please see the following pages for GHLL fully funded (**Free Training**) courses that we have coming up next year. If you would like to book a space, click on the link, or email your name and what course you would like to attend to ghll@gloucestershire.gov.uk

Courses	Dates & Location	Book
Staff Wellbeing Training	Weds 14th January, 09:30-13:30 The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN	Book
EPS Supporting Children through Loss and Bereavement	Weds 21st January, 09:30-12:30 The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN	Book
Trusted Emotionally Available Adult (TEAA)	Thurs 22nd January, 09:00-12:30 Colwell Arts Centre, Derby Road, Glos, GL1 4AD	Book
Primary Relationships (Sex) and Health Education and Resources	Mon 26th January, 09:30-15:30 The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN	Book

GHLL Training Calendar 2026

Courses	Dates & Location	Book
Mental Health First Aid Youth 2day	Thurs 29th & Fri 30th January, 09:00 - 17:00 Gloucestershire Deaf Association Colin Road Gloucester GL4 3JL	Book
British Values and Protected Characteristics in Primary Education	Thurs 5th February, 09:00-15:30 Painswick RFC and Sports Club Stroud Road, Stroud GL6 6UT	Book
Staff Wellbeing Training	Tues 24th February, 09:30-12:30 Newent Community Pavilion, Watery Lane, Newent, GL18 1QA	Book
Mental Health First Aid Youth 2day	Mon 2 nd & Tues 3rd March, 09:00 - 17:00 The Pavilion, Hatherley Lane, Cheltenham, Gloucestershire, GL51 6PN	Book

Spaces can be booked via the book buttons above or by emailing us at ghll@gloucestershire.gov.uk
We look forward to seeing you at one of our courses soon!

GHLL Training Calendar 2026

Courses	Dates & Location	Book
PSHE Network Meetings	Thurs 5th March, 09:00 - 12:00 Virtual via Teams	Book Book
Getting Court-Teachers' Session	Fri 13 th March 09:30-12:30 Gloucester Crown Court, Longsmith Street, Gloucester, GL1 2TS	Book
Staff Wellbeing Training	Thurs 26th March, 09:30-12:30 Colwell Arts Centre, Derby Road, Glos, GL1 4AD	Book
Mental Health First Aid Youth 2day	Tues 14th & Weds 15 th April, 09:00 - 17:00 Painswick RFC Broadham Fields Stroud Road Painswick GL6 6UT	Book
British Values & Protected Characteristics in Primary Education	Thurs 16 th April, 09:00-15:30 Colwell Arts Centre, Derby Road, Glos, GL1 4AD	Book

More dates and courses on our [website](#)



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Please get in touch by...



ghll@gloucestershire.gov.uk



01452 426322/01452 426320



www.ghll.org.uk

We look forward to hearing from you

