

# PSHE leads' bulletin

Issue 10: April 2021

## A message from GHLL



We've been doing these bulletins for a year now and we hope you are still finding them useful.

Recently, restrictions have been easing more and people are once again showing their resilience in adapting to a new 'normal', although there will be some who are still struggling to adjust to everything that is happening around us.

We still need to support each other to stay safe and take time to look after the health and wellbeing of ourselves and the people around us.

As always the GHLL team are here to support you.

Please contact us at [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk) if you would like to see something featured in our bulletin or if you need any further support or guidance.

## Mentoring Masterclass for your Pupils

During this COVID pandemic, the mental health of our young people has suffered and many of them do not have the strategies to support themselves. This session will help equip young people with the skills to nurture these strategies in their friends and peers, equipping them with life skills to look after their own mental health as well as that of others. The Mentoring Masterclass breaks the support down into three clear steps, which enables students to support their friends and others that are in need of help, through a developmental, mentoring approach.

The one hour mentoring masterclass, aimed at Year 10, 11 and 12s, is led by Bespoke Mentoring's Lead Mentor and Gold Medal winning Paralympian Andy Lewis MBE, and is broken down into three parts:

- How Andy used mentors to reach his potential
- Three key elements of mentoring – Honesty, Respect and Empathy
- Top tips that can be applied straight away with friends, family, colleagues

This masterclass can be delivered face to face in school or, under current restrictions, can be delivered virtually via a chosen platform (with rules agreed on access by students)

To find out more about Bespoke Mentoring visit [www.bespokementoring.org](http://www.bespokementoring.org)  
<https://www.youtube.com/watch?v=0b9413IVXzM>

To book, please email the GHLL admin team [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

## Stress Awareness month



Stress is something we will all experience in our lives. At the moment in particular, as we welcome pupils back to school, we are all acutely aware of its impact on our lives.

However, there are any number of reasons why we may feel under pressure at different times. This pressure can sometimes be helpful, keeping us focused and helping us complete tasks.

However, stress becomes a problem when we are unable to cope with these pressures and become overwhelmed.

April is Stress Awareness Month, and in this toolkit we have collected together a number of resources for pupils and staff, to help you and the children you teach manage and cope when stress becomes overwhelming.

[Download the Stress Awareness Month toolkit now](#)

## First Aid lesson plans (KS2-KS4)



New lesson plans and associated content from St John Ambulance that have been awarded our Quality Mark for PSHE education resources. All materials are free to download and available for key stages 2, 3 and 4.

These lesson plans and teacher guidance will help young people to recognise and respond to common first aid situations and support schools to meet the statutory Health Education requirements to cover first aid.

The accompanying teacher guidance and range of activities will support teachers to create a safe and effective learning environment, thus creating a coherent long-term plan for First Aid education from KS2 through to KS4.

[Download lessons and teacher guidance](#)

## Get your RSHE together



It's time to meeting statutory requirements and optimize your PHSE education provision. Identify your strengths and priorities for development, then plan your next steps using our new tool, framework and development plan.

[Subject Review Tool](#)

## Back to school support packs KS1-KS5



These packs – recently updated for March 2021 – will help schools to welcome their students back after closures and get them back on their feet. Given the significant gaps in students' attendance, varied approaches to home learning, and national concerns about the Covid-19 pandemic, schools continue to face significant and unique challenges. Whatever their individual experiences of lockdown, it is likely all pupils will need reintroduction to learning routines and support with rebuilding their self esteem, wellbeing, confidence and learning potential.

Our packs will support you to develop a transition strategy for your PSHE education programme as part of a whole school reintegration approach that safeguards young people and promotes wellbeing.

[Back to school packs](#)

## 'Careers education' lesson plans



These lesson plans will help your students to highlight their personal strengths online, maintain a positive online presence and understand how online reputation can help/hinder future career prospects. The landscape for employment and enterprise is forever evolving and there have been considerable changes in the past year alone. Use our new lesson plans to help young people to negotiate, and make the most of, this challenging environment.

The lessons also support schools to meet statutory RSHE requirements to teach about young people's rights, responsibilities and opportunities online — including expectations of behaviour — in a safe and effective way.

**Two lesson plans and PowerPoints** for year 9 and 10 students are included alongside supporting classroom materials to ensure effective lesson delivery. The lessons will help students to:

- **explore** strategies for showcasing strengths online and how this can create a positive impression to future employers
- **identify** career opportunities online and evaluate their benefits and challenges
- **evaluate** the benefits and challenges of maintaining a positive online presence

[Download lesson plans](#)

## Water safety lesson plans for KS2

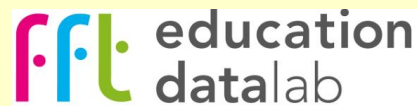


The PSHE Association has worked in partnership with the Environment Agency to develop a new, free-to-download pack of guidance,

lesson plans and resource for key stage 2 exploring water safety in relation to floods, canals and rivers.

Both lessons in the pack provide an age-appropriate understanding of potential hazards, how to manage emergency situations and keep safe. Supporting pupils to keep safe in the environment is an important element of the PSHE education curriculum and contributes to safeguarding pupils from harm.

[Download the free materials](#)



Join the debate

[12 insights into teacher wellbeing and mental health](#)

## One year on.... We're still here for you

It's been an incredibly tough year for everybody and one year on it's safe to say that we've all felt the impact of the pandemic on our mental health. But, with life changing dramatically overnight and home schooling, home working and lack of contact with friends and family becoming the norm, it has been a particularly challenging time for children, young people and their families. Many young people have struggled with isolation and loneliness, and faced uncertainty around their life and future plans.

Thanks to the tireless dedication of our entire team, TIC+ has continued to offer mental health support to children and young people in Gloucestershire throughout lockdown, transitioning its face-to-face capacity to online counselling methods, as well as the introduction of our online messaging service tic+chat.

There's no doubt that mental health in children and young people has been deeply affected by this pandemic, so we must continue to make mental health and well-being a priority as we shift in to our 'new normal'. If you know a child or young person that you think could benefit from our services, please direct them to our website: [www.ticplus.org.uk](http://www.ticplus.org.uk)





The Zero Suicide Alliance offer three types of awareness training to help provide you with the skills required to reach out to someone who is struggling;

- [Step Up Module](#) - This module offers a brief introduction to social isolation, and how to help someone who may be isolated. In 5-10 minutes this module covers adjusting to the new normal following the coronavirus, and takes into account the significant changes in how many of us live and work.
- [Gateway Module](#) - a very brief introduction to suicide awareness. In just 5-10 minutes you could learn the skills to help someone considering suicide. This module will give you tips on how to approach someone if you are worried that they may be considering taking their own life.
- [Suicide Awareness Training](#) - a more in depth session which takes approximately 20 minutes to complete. It aims to give you the skills and confidence to help someone who may be considering suicide. It focuses on breaking stigma and encouraging open conversations.

## Increasing awareness and understanding of depression



Depression is a complicated illness in that the symptoms and experiences vary from person to person. They say "knowledge is power" which is why we've put together some resources to help arm you with information to help you understand more about depression and some lifestyle changes which may help you.

<https://www.blurtitout.org/resources>

## Kooth April update



Please find below, links to relevant resources that you can download from our digital resource hub ([GUIDE HERE](#))

Stress Awareness Month – [CLICK HERE](#)

Why not try our mini activities with your young people, a brochure can be found [HERE](#)

Back to school resources are available in various formats including for social media [HERE](#)

Kooth FAQs for young people can be found [HERE](#)

Our **#DontDoltAlone** campaign is continuing to run until August. Details on how to easily share the video can be found [here](#).

[www.kooth.com](http://www.kooth.com)

## Resource pack



We've just launched our first Future Me resource pack. This first pack gathers resources, information, signposting and real experiences from young people on the topic of Mental Health and Well-being.

Click [here](#) to download the pack .



Click [here](#) to read the bereavement support update for April.

Click [here](#) to read the April newsletter.

## SEAL Community newsletter



Read the 28<sup>th</sup> SEAL newsletter online by clicking the links below, or download a pdf version of all the content [here](#).

Please remember you need to be logged into the site to view these links.

[www.sealcommunity.org](http://www.sealcommunity.org)

## News from Healthy Lifestyles Service

Click [here](#) to read more including;

- Their *Best You* app
- Upcoming wellbeing campaigns, and more



Take a look at our upcoming training available to you

### **Mental health e-learning package (train the trainer)**

This has been designed in conjunction with CYPS and is an incredibly accessible tool.

Course Aims:

- To help all primary and secondary school staff to understand the more common mental health problems children and young people may face.
- To recognize the signs and symptoms of mental health problems
- To guide a child or young person towards the right support
- To help children and young people cope and manage their lives

This course is for:

- All primary and secondary school staff wishing to develop their knowledge and skills around mental health. It is intended that after receiving training, delegates will then ask questions on how to then deliver the package themselves. All participants will need a laptop or tablet and internet access to complete the session, which lasts 90 minutes.

### **Self harm awareness zoon online training**

**13<sup>th</sup> May 2021 or 17<sup>th</sup> June 2021 15:30 – 17:00**

This course is open to all professionals in schools, including teachers, senior leaders, pastoral managers, tutors, learning support workers and parent support advisors.

In response to the training needs of schools and adapting to the current situation of school closures, we are pleased to be able to offer school staff the opportunity to take part in an online CPD training session around self-harm. The aim of the session is to build confidence around the subject of self-harm by reducing stigma, anxiety and fear and will be delivered by Satveer Nijjar, an expert on her field

(<http://satveernijjar.com>)

- Statistics and definition of self-harm
- Why people turn to self-harm – triggers and functions
- Myths and language use
- How to support someone in your school who self-harms
- Broaching suspected self-harm
- Alternative strategies, focusing on stopping and more

### **Protective behaviours – keeping myself safe (online training)**

**20<sup>th</sup> May 2021 13:30 – 15:00**

'Keeping myself safe' is based on the protective behaviours programme and is a school-based resource designed to teach KS1 and upper KS2 children:

- That they all have the right to be safe all the time
- How to recognize situations where they do not feel safe
- How to manage unsafe situations
- How to recognize their network of support

The resource can be used alongside other GHLL resources to help schools deliver elements of the new statutory requirements of the relationships curriculum and in particular the 'Being Safe' theme.

\*Note due to the interactive nature of this sessions, numbers are limited and will be issued on a first come first served basis.

To book on any of these courses, please email [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Remember to contact your lead teacher for help and support on Health School Awards and Mental Health Champions awards.

## Peer mediation training for pupils

Many primary schools will be planning to train up pupils in the summer term to become peer mediators in the following school year. Through peer mediation pupils learn how to resolve playground conflicts themselves through strategies of active listening, empathy, negotiation and compromise

GHLL has produced a four session training plan which will help you with this. The sessions draw on restorative practice techniques and employ a variety of circle time activities.

The 'Peer Mediation Training' booklet can be downloaded [here](#)  
NB You will need to be logged in to your GHLL account in order to do this.



Training for staff on using the materials will be arranged when face to face courses resume.

## MASH- Advice for Designated Safeguarding Leads

Please see the latest advice and guidance from MASH

[MASH education advice for DSLs \(updated April 2021\)](#)

[MASH education Operation Encompass](#)

[Operation Encompass FAQ](#)

Email contact: [MASHEducation@gloucestershire.gov.uk](mailto:MASHEducation@gloucestershire.gov.uk)

## Updates from Active Gloucestershire



### Play Nurture Project Launch

This term we have launched a new play nurture project in Gloucestershire. This is a collaboration between GHLL, Play Gloucestershire, Gloucestershire's CCG and Active Gloucestershire. It aims to embed the principles of Play Gloucestershire's award winning Play Nurture programme in 20 primary schools across the county. to equip children and staff with the skills and tools needed to mitigate mental health difficulties and improve wellbeing and resilience through play.

### Save the date – be part of Gloucestershire's biggest ever virtual festival for physical activity!

Please save the date of **13<sup>th</sup> July** and join over **50,000** other young people from across the county in a one day virtual festival of physical activity. With live streams in numerous events, guest speakers and a world record attempt, this is not to be missed! Details to follow very shortly, but please contact your school games organiser for further details.

### Primary PE and sport premium deadline extension

The DfE have contacted all primary schools, to let them know that they have extended the 31 March deadline for spending PE and sport premium carried over from the 2019/2020 academic year. Schools will now have until the end of this academic year to spend the carried forward funding, in line with the deadline for spending this year's primary PE and sport premium allocation.

Updated guidance and conditions for grant conditions can be found [here](#)

For your free guide to how you use your funding to support every child, see [here](#)

### Free physical activity resources

We are very proud to support Youth Sport Trust's new Active Recovery Hub. The hub contains over 250 resources to help children get moving throughout the day, as well as providing opportunities to reconnect with friends, regain a sense of belonging and have fun. For more details click [here](#)

### Active lives survey opt in

Would you like to opt in and take part in the Active Lives Survey and get £100 to spend on sports equipment as well as a Healthy Schools Rating?

Email us at Active Gloucestershire by **Friday 21<sup>st</sup> May** to put your school forward

[Opt in now](#)