

PSHE leads' bulletin

Issue 12: July 2021

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Message from GHLL

This is the final Bulletin before the summer break; I hope you are all able to take a well earned break to unwind, relax and recharge in preparation to deal with the many challenges ahead. Self-care is about what you can do to help yourself feel better or to keep yourself feeling good. Coronavirus is sucking the joy from life – so it's vital that you prioritise looking after your emotional health and wellbeing. Be kind to yourself and do some 'holidayish' things. We look forward to working with you again in September.

Best wishes Fiona and the GHLL team
ghll@gloucestershire.gov.uk

Educators of the year for most improved RSE provision

Some of the best and most innovative teachers and educators have been celebrated in the national RSE Awards 2021. Organised by the Sex Education Forum the awards celebrate excellence in teaching Relationships and Sex Education (RSE) in England. Inclusive, engaging and effective RSE lessons depend on fantastic teachers and educators and that's exactly what these awards shone a spotlight on.

Announcing the winners, Dr. Ranj, said: 'When I was at school, there was little taught about relationships and sex, and because of Section 28, there was next to nothing about LGBT+ relationships. Now we have an opportunity to better educate future generations of young people.'



[Educators crowned in RSE Awards](#)

Huge congratulations to Emily Hall and Fleur Critchley, Chosen Hill School, Gloucestershire.

Two teachers took on the challenge of redeveloping and rebranding RSE at the school and began with a big focus on student feedback. In less than 12 months, they designed a new curriculum that responded to young people's needs and formed a team of dedicated staff with the right skills to teach it. A cross-curricula approach is taken, connecting RSE with other subjects.

New training will be going live with GHLL and we will update you on this in the Autumn Term.

Early Years



Aimed at nurseries, preschools and other early years and childcare settings, this [staff wellbeing resource](#) offers practical guidance on how settings can support the mental health of their staff.

Free webinars to watch via YouTube:

[Supporting children in early years settings who may have experienced trauma or abuse](#)

[Supporting bereaved children in early years settings](#)

[Managing challenging behavior in an early years setting](#)

How to teach kids self-kindness



Start them young, and stand by as their self-love and confidence blossoms
[self kindness](#)

10 effective tips for managing anxiety

The pandemic has added extra stress to all our lives, and for those with anxiety disorders the last year has been particularly grueling. Here, we suggest some effective measures to help you navigate these difficult days
[managing anxiety](#)

Speeding – Safer Roads



The injury/ collision data for young and inexperienced drivers is still very worrying.

Recently qualified young drivers have the highest rates of both hospital admissions and police reported incidents and the downward trend in fatalities has started to slow.

Use these [Speeding – Safer Roads posters](#) in your 6th form forms and colleges to promote awareness

Beyond Words



Books Beyond Words are award-winning wordless picture stories, covering themes such as physical and mental health, life skills, relationships, abuse, trauma, grief and bereavement.

Widely used in community, health and social care contexts for many years, an increasing number of both mainstream and special school settings have more recently adopted our resources and approach to support learners to understand appropriate relationships, to stay safe and healthy and to be more empowered decision makers.



Our FREE resource pack, available to schools and educators, includes a sample of our available titles in electronic format, together with our Foundation eLearning module, which provides an introduction to the visual approach we use with our stories.

To bring our approach to you school or setting, start by signing up for your free eLearning pack by visiting our website:
www.booksbeyondworks.co.uk

Open Book webinar series



This carefully curated series of webinars covers a range of challenges that schools are currently facing, including children and young people's mental health, Relationships and Sex Education (RSE), and dealing with highly sensitive issues around trauma and abuse.

Each webinar will be led by an expert mentor, all of whom are from teaching backgrounds.

These free sessions will provide education professionals with opportunities to develop their skills and discover the multitude of ways Books Beyond Words can support pupils across mainstream and SEN settings.

For more information on these webinars and to sign up, please visit
<https://booksbeyondwords.co.uk/open-book-webinar-series>



Are you looking for fun ways to keep your class moving at the end of term?

Inspired by characters from **Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers**, our new [Shake Up toolkit](#) contains fun and flexible bite-sized activities to help pupils enjoy getting active in the lead up to the summer holidays.

These exciting **10 Minute Shake Up activities** can be used at any point in the school day to encourage pupils to get the recommended level of daily physical activity (at least 60 minutes per day).¹ They can also help you deliver the new Relationships Education and Health Education curriculum.

So whether they want to learn to defend like Black Panther, jump like Bo Peep or heave ice like Kristoff - download our toolkit today to get started.

[Download now](#)

Welcome to Wild World Heroes!



The summer Reading Challenge 2021 is here!

Join the Wild World Heroes for a summer of reading fun that will inspire you to stand up for our planet.

Find out everything you need to know about this year's Challenge on our blog

<https://summerreadingchallenge.org.uk/news/general/summer-reading-challenge-2021>

Solving the public health crisis of the digital age

Where are your kids getting their sex education?
Their smartphones?

In this digital age, it's critical for young people to have trusted adults to help them build resilience and resistance to hypersexualized media and porn.

Our FREE Program for Parents of Tweens and Program for Parents of Teens help adults build the skills and knowledge to begin these life-changing conversations with kids (complete with scripted conversations).

Enrol today!

[Parents of tweens](#)

[Parents of teens](#)

[Porn and the brain](#)

CULTURE REFRAMED
BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED MEDIA & PORN

If it's bothering you, it bothers us



Featuring some of the issues being faced by young people and reminding them of the help and services available from TIC+.

The video has been co-produced with young people, and features young actors.



[Parenting support groups](#)

[Parenting support leaflet](#)

[tic+ chat flyer](#)

Sexual violence and sexual harassment between children in schools and colleges



Department
for Education

Advice from the DfE for governing bodies, proprietors, headteachers, principals, senior leadership teams and designated safeguarding leads.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/999239/SVSH_2021.pdf

National Drug and Alcohol Conference 2021



On 28th June the Alcohol Education Trust and The DSM Foundation co-hosted the third Alcohol and Drug Education Conference.

You can read a summary of the proceedings and access the speaks PowerPoint presentations here [Drug and Alcohol Education Conference June 2021 | Alcohol Education Trust](#)

Order resources now for September delivery

We are able to offer the following resources free of charge to most schools and some organisations:



- Teacher Workbook (100 pages of lesson plans, games and activities organized by top and year group) [Download Teacher Workbook - Alcohol Education Trust](#)
- 'Alcohol and You' guide for young people including top tips and advice on staying safe around alcohol [alcohol_and_you.pdf \(alcoholeducationtrust.org\)](#)
- 'Talking to Kids' parent guide including helpful advice and information on topics including units, guidelines, the effects of alcohol and the law [ParentGuide.pdf \(alcoholeducationtrust.org\)](#)
- Activity box including laminated activity cards and the BAFTA winning 'Just a few drinks' films. Thanks to grant funding, this is free of charge for those working with children who are looked after or have additional learning needs.
- Six fully planned lessons including accompanying PowerPoints. These lessons help ensure high-quality, effective alcohol education lessons with minimal planning requirements [Download Lesson Plans | Alcohol Education Trust](#)
- Four fully planned lessons including PowerPoints especially designed for pupils with SEN [Picture and story led activities | Alcohol Education Trust](#)
- Lessons for age 16+ looking at cannabis and alcohol
- www.talkaboutalcohol.com is a pupil-facing online learning zone including fun and engaging activities and games such as online nightclub. The site allows pupils to learn to make safe choices around alcohol in a very pupil-friendly way.

To order paper copies of any of the above resources or to arrange a teacher training/ parent talk, please contact kate@alcoholeducationtrust.org