

PSHE leads' bulletin

Issue 14: November 2021

ghll@gloucestershire.gov.uk

Message from GHLL

The Autumn term so far has been very busy for you all. We are trying to get back to 'business as usual', but the virus is still making an impact. We are currently undertaking both virtual and face-to-face training, but for the latter we are ensuring that we are keeping everybody safe with Risk assessments, and hygiene precautions.

I would therefore like to remind you of the MHFA England Youth 2 day training and the MHFA lite half day which is available for schools and colleges to book onto, (see details on page 4 of the bulletin)

With RSHE now statutory for schools and colleges we are holding training sessions for both primary and secondary teachers.

The sessions will be led by the GHLL team, and will be to support the delivery of the new statutory R(S)HE curriculum and guide teachers as they review and update their provision, in full consultation with their school community.

Watch this space for new e-Bug training – you should be receiving hard copies sent directly to your school including new resources for Early Years.

As always the GHLL team is available to support you and do not hesitate to contact us at ghll@gloucestershire.gov.uk

Best wishes Fiona and the team



Youth Support Team

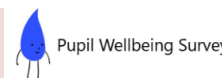
We speak up for young people in Gloucestershire, advise, and support them.

Our passionate and committed staff members are on the side of young people and their families. ReSET (Relationships & Sexual Health Training) is free to schools/colleges/special schools and multi-agencies to attend.

<https://www.eventbrite.co.uk/o/youth-support-team-25208743563>

www.youthsupportteam.co.uk

Pupil Wellbeing Survey



Has your school/college signed up to the 2022 Pupil Wellbeing Survey yet?

There is still time to do so. An e-mail was sent out to a contact at each school/college from the survey provider RMIinsight in early October with a sign-up link for each school/college. If your school/college has not received this email, or are unable to access the link, but would like to take part in the survey please contact Roland Marden - roland.marden@rminsight.co.uk

The Pupil Wellbeing Survey, takes place every two years and is a valuable tool for finding out more about the lives of pupils in Gloucestershire.

Question topics asked to pupils include; physical and emotional health, school/college life, bullying and relationships and many more. The 2022 survey will take place from January 2022, but you need to ensure your school is registered first.

The results of the survey act as a rich data set which inform the commissioning of services for school pupils which is especially important following the pandemic. They also help us understand the inequalities experienced by pupils in accessing services and help us analyse interventions such as the Daily Mile. You can have access to all this data on our bespoke Pupilinform database. Pupilinform allows schools/colleges to compare how their pupils are doing compared to other schools/colleges with similar characteristics across a number of years.

You can apply for a Pupilinform account by emailing Sam Howe – sam.howe@gloucestershire.gov.uk.

If you have any further queries about the PWS Survey 2022, please get in touch with: Alison Comley - alison.comley@gloucestershire.gov.uk

Just try new things. Don't be afraid, step out of your comfort zone and soar.

~ Michelle Obama



ACTION FOR HAPPINESS

We've mixed up something important

When you're going through a tough time, what activities bring you solace? If you stop and think about it, you may find that your mind doesn't immediately go to the latest wellness trends, but instead to simple pastimes: chatting with a loved one, listening to music, reading, walking, crafting, cooking.

Familiar and comforting, these activities are the first port of call for many of us – because they're easy and, most importantly, they really do work.



In this month's issue, we're exploring how **adding baking into the wellbeing mix** can be a deeply evocative experience. We share practical tips for **introducing feng shui** principles into your home, explore **resilience-building tips** for the frazzled, take a look at the **wellbeing lessons that we can take from children**, and so much more.

[Get it now](#)

Talk Money Week: FREE twilight sessions 8-12 November



To mark Talk Money Week (8th to 12th November) we've teamed up with Young Money to run a series of free online Twilight sessions on the key money and finance issues children and young people face.

We'll be speaking to primary and secondary school teachers who have embedded financial education into their teaching and learning, sharing what has worked for them, things they might do differently, and some of the unexpected outcomes of financial education.

We'll also hear from experts about the money-related issues of greatest concern to young people right now, from gambling and fraud to cashless society and cryptocurrency.

And of course we'll discuss the importance of PSHE education – with a reminder that the 'E' stands for economic!

Find out more about the sessions we're offering below and follow the link to register for all the sessions that are most relevant to you.

[Find out more and register](#)

Forest of Dean: Social Prescribing young people's service

A new service for young people in the Forest of Dean, taking anyone aged 5+ and registered with a central Forest of Dean GP (not Newent or Chepstow).

We link people to activities, services and information that may help improve general wellbeing or help sort a practical challenge. Our coaching approach helps people overcome difficulties by drawing on strengths and identifying steps forward. We have a directory of services and close links with community groups. There is a huge range of opportunities. We offer 1:1 support, and this can be face-to-face, or by phone/video/text. We typically work with people for between 1 and 10 weekly sessions.

Referral is via any member of school/college staff, GP or other professional or support service.

Send [Referral form](#) to community.wellbeing@fdean.gov.uk

We require consent from the young person, and for those under 14 we also require consent from a parent/guardian.

Get in touch if you want to find out more, or to book a short presentation to your organisation about the service, email julia.woodruff@fdean.gov.uk or Freyja.sears@fdean.gov.uk
01594 812447 [Website](#)

Anti-Bullying Week



Taking place from 15th to 19th November, and this year's theme is 'one kind word'.

Bullying can have long-lasting effects on children and young people's mental health, and the effects may be cyclical. Young people who have experienced bullying are more likely to experience mental health issues, and those who have mental health issues are more likely to be bullied.

While it's vital that the whole school community takes an active anti-bullying stance all year round, Anti-Bullying Week provides a good opportunity to emphasise that stance to pupils, parents and carers and staff.

In this toolkit, we're sharing anti-bullying resources for pupils including lesson plans and videos, as well as information for school staff to help review anti-bullying policies and procedures.

[Download the toolkit now](#)

Alcohol Awareness Week 15-21 November 2021



Our resources are designed for busy teachers and youth professionals and enable the delivery of high-quality and effective alcohol education lessons and activities with minimal planning and preparation requirements.

- **The Talk About Alcohol workbook is fully mapped to DfE requirements** and contains 100 pages of ready to deliver PowerPoints with full guidance, lesson plans, games and activities (organised by topic and year group). You can download a copy via [Download Teacher Workbook - Alcohol Education Trust](#)
- **Alcohol and You' guide for young people (14+)** 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 topic including units, guidelines, the effects of alcohol and the law. [ParentGuide.pdf](#) ([alcoholeducationtrust.org](#))
- **Six fully planned lessons including accompanying PowerPoints for KS3.** 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](#)
- **Resources and an assembly for use with ages 16+ via** [16+ - Alcohol Education Trust](#)

SkillZONE Volunteering



SkillZONE is an interactive life skills centre in Tuffley, with an indoor village and activities to help children learn to stay safe at home, online and out in their community.

We are looking for volunteer guides aged 18 and up to show school children around the indoor safety village and deliver our safety education messages.

If you can spare 2.5 hours twice a month, on days to suit you, we would love to hear from you.

[SkillZONE volunteer leaflet](#)



Online Raising Awareness Events Domestic Abuse in Teenage Relationships



STREET Gloucestershire would like to invite you to attend their upcoming awareness raising sessions, highlighting domestic abuse in teenage relationships. These are suitable for any professional working with young people in Gloucestershire (including Gloucester, the Cotswolds, Cheltenham, Tewkesbury, Forest of Dean, and Stroud). They are particularly keen for school staff to attend, as sessions will be especially relevant for Safeguarding and Deputy Safeguarding Leads, and pastoral support staff.

The 1 hour sessions will include:

- Information on STREET services available for young people experiencing domestic and teenage relationship abuse
- Understanding young people's experiences of domestic abuse, and risk factors
- Warning signs of abuse in teenage relationships
- Guidance on completing the Young Person's Domestic Abuse, Stalking and Honour-Based Violence Risk Assessment Checklist, and safety planning
- An introduction to WMWA's toolkit, which can be used by professionals to support young people experiencing, or at risk of experiencing, relationship abuse

These sessions will take place remotely via Zoom, and are scheduled for the following times and dates:

- Thursday 21st October, 16:00 – 17:00 ([Sign up here](#))
- Tuesday 9th November, 16:00 – 17:00 ([Sign up here](#))
- Wednesday 17th November, 16:00 – 17:00 ([Sign up here](#))

To sign up to attend, please click on the relevant link above, and submit your details via Eventbrite.

Wellbeing Education Return Schools and Colleges WER 1 and WER 2

Wellbeing in Education – Coping with the impact of Covid-19; moving on from the pandemic

for Gloucestershire's Schools and Colleges'

The aim is to support schools in meeting the emotional needs of pupils and staff to manage the on-going impact of the Covid-19 pandemic. During October and November 2021, we are holding a series of **free webinars** for all schools and colleges in the county. These webinars aim to provide tools to enable staff to protect and strengthen their whole school/college's resilience to the wellbeing and mental health impacts of Covid-19.

The key messages are applicable for everyone in the school/college community, including pupils, staff and parents/carers. The content is designed to be adapted and applied to individual settings using a 'train the trainer' approach, where information is cascaded through staff who attend the webinars. **The programme uses a Whole-School Approach** to achieve maximum impact.

For more details, **more dates** and to book: [EP Flyer for Schools and Colleges](#)

On-line with Zoom

For further details, more dates and to book, please contact: Ula.Woollev@gloucestershire.gov.uk

Mental Health First Aid England 2 day youth course

This is an excellent free course for any staff with MH lead responsibilities, PSHE/ Pastoral leads and Senior Managers.

The MHFA course will teach you how to:

- Spot the early signs of a mental health problem in young people.
 - Feel confident helping a young person experiencing a problem
 - Provide help in a first aid basis
 - Help protect a young person who might be a risk of harm
 - Help prevent a mental health illness from getting worse
 - Help a young person recover faster
 - Guide a young person towards the right support
- Reduce the stigma of mental health problems

To reserve a place email ghll@ghloucestershire.gov.uk

27/28 January 2022 – 09:00-17:00 [Book now](#)
Venue to be confirmed

Primary Relationships (Sex) and Health Education

Led by GHLL Primary teachers, this session will be introducing our new FREE resource to support the delivery of the new statutory R(S)HE curriculum and will guide teachers as they review and update their provision, in full consultation with their school community.

The session will cover:

- Current statutory requirements for R(S)HE, including policies and curriculum content
- Guidance for auditing and reviewing provision in your school
- Understanding of the principles of good R(S)HE teaching
- Suggestions for dealing with awkward questions, setting ground rules and managing parental concerns
- Signposting to quality-marked free resources to support your curriculum

4th November 2021 9:15 - 11:45

[Book now](#)

Further dates are available. Visit the [training pages](#) on our website to find out more

New from our partners

[Brook service finder for young people](#)

This user-friendly new tool includes the option to search for NHS services and Brook services and to search for a wide range of services, from condoms to counselling.

[Trans inclusion schools toolkit](#)

Updated toolkit from Brighton and Hove City Council. This detailed guide is written for trained school staff and is relevant to primary and secondary settings.

[Survey on sexual harassment - for professionals](#)

[Loudmouth](#) are in the research stage for a brand new programme for young people on sexual harassment with a performance and workshop to be available from mid January 2022. If you would like to help shape the content and are a professional that works with young people or around these issues then you are invited to complete the questionnaire linked for the title.

[Contraception Choices](#)

New videos available from the Contraception Choices website. And calling teachers... could you help UCL Institute for Women's health by sharing your views on teaching about contraception and pregnancy options teaching within RSE. Interested in knowing more or participating? Please email zchacho@ucl.ac.uk

New Ways November

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together

[Print ready PDF](#)

<https://www.actionforhappiness.org/10-keys-to-happier-living/keep-learning-new-things>

Update on wait times from tic+



Over the past year TIC+ has seen an unprecedented increase in the demand for our counselling services. Unfortunately this has meant that the average wait for our service has increased from an average of 3.8 weeks last year, to approximately 14-16 weeks in recent months. We know this has been frustrating and upsetting for you as well as for us and we thank you so much for your patience during these times.



We have recently and very gratefully received additional funding from the Gloucestershire NHS Clinical Commissioning Group and several other funders. We have also been working hard to raise new funds through our TIC+ fundraising team. This additional funding has enabled us to recruit more counsellors and although it's early days, we are pleased to say we are already seeing the impact of this additional capacity:

The waiting time has now reduced to an average of 5-6 weeks for new referrals.

[Read more.....](#)