

PSHE leads' bulletin

Issue 4: June 2020

A Message from GHLL

This issue of the PSHE Leads' Bulletin will focus on support resources and activities that enable social and emotional skill development as some children and young people are gradually introduced back into the school environment. It is possible that this type of lesson provision will need to continue into term 1 in September, and so may be relevant to all PSHE leads at some point over the next few months. A reminder that there are also some amazing resources available to support CYP on the GHLL website. One, in particular, is [The Hug](#) to explain social distancing for children.



We have also been offered an exciting opportunity for schools and colleges in Gloucestershire to be involved in a survey for children and young people that aims to help schools and colleges understand the impact of COVID-19 on the mental wellbeing of their children and young people. This is being funded by the CCG as part of the Four Week Wait Trailblazer Programme and will inform recovery planning and our approach going forward, as well as other research we are undertaking with families and stakeholders. This survey is similar to the Online Pupil Survey that was run biennially from 2006-2018 by Gloucestershire County Council, but tailored by collaborators at the University of Oxford, along with Foster and Brown Research, to meet the current challenges of COVID-19 and social isolation. Follow the link for the [Webinar](#) and more information through the University of Oxford. **The survey is now LIVE. Sign up your school or college to take part in this free Online Pupil Survey 2020 –University of Oxford Lockdown Edition click on [the link](#)**

For further information
<https://www.ghll.org.uk/surveys/university-of-oxford-lockdown-survey/>

As always the GHLL team are here to support you and please do not hesitate to contact us

Kooth – a Mental Health Service for Young People aged 11-18



A new mental health service, “Kooth”, was launched very recently, on Tuesday 26th May. It is available to young people aged between 11 and 18 years in Gloucestershire. This is part of a range of new services being introduced to help those in the county that have been, or are being, affected by the Covid-19 outbreak. Kooth is an online digital platform that provides access to self care resources, information, peer support and access to trained counsellors. It is open to anyone experiencing issues with their emotional wellbeing, such as stress or anxiety and there is no need to be referred.

Kooth compliments a range of existing mental health services available to support people in the county. For a full list of local services, please visit <https://www.gloucestershire.gov.uk/covid-19-information-and-advice/advice-on-covid-19/looking-after-your-wellbeing/mental-health->

YGAM



Building Digital Resilience in Gaming and Gambling.

Open to anyone that works with young or vulnerable people aged 7-25, our accredited workshops cover information on gaming and gambling in the UK and provide the tools needed to protect people from the risks of problem gaming and/or gambling.

[Click here](#) to book a workshop

Emotional Support for School Staff



The GCC Occupational Health team has a wealth of experience in supporting the County's schools with their health and wellbeing needs. Their [latest factsheet](#) gives details on the Emotional Support available for school staff as they return.

Schools Re-opening Plan: COVID-19

To be used in conjunction with LA guidance, DfE and PH advice, this [checklist and action planner](#) may be helpful to educational settings in supporting mental health and wellbeing of staff, children and young people.

Post COVID-19 Tab



Don't forget the [post covid-19 tab](#) that has been created with a wealth of support and resources to help with the transitions back to school.

Information for FE/ Colleges during Covid-19 Outbreak



New Mental Health Service

Qwell, a new online digital platform, provides anyone in Gloucestershire aged 18 years and above to access self care resources, information, peer support and access to trained counsellors. It is open to anyone experiencing issues with their emotional wellbeing, such as stress or anxiety and there is no need to be referred.

To access the platform, please click [here](#). (Please note, to access the site you will need to create a pseudonymised account).

This compliments a range of existing mental health services supporting those in the county. For a full list of services, click [here](#).

Resources

Mental Health & Covid-19 resources are available for professionals and volunteers and they include:

- training videos providing a basic introduction to mental health and psychological first aid
 - a script/conversational guide for supporting people through emotional distress, to support professionals and volunteers who may be contacting vulnerable people or people in states of emotional distress
 - a signposting document which lists all relevant countywide mental health services and which groups they are appropriate for
- You can find these resources [here](#)

Relationships and Sex Education



Many of you have asked whether the coronavirus and school closures would have an impact on the introduction of statutory Relationships Education, RSE and Health Education from September.

The Department for Education has just issued an [update](#) and asked us to share it with our network. A summary is outlined below.



Department for Education

On 4th June, the DfE announced an update on the statutory RSE framework that is due to come into place in September 2020.

In summary, the statutory requirement to provide these aspects of PSHE education is still in place from September and schools should continue to prepare for this date where possible. Indeed, many schools are already offering high quality PSHE that covers, and exceeds, statutory content or will be prepared to do so by the beginning of the new school year.

However, due to coronavirus and closures, schools who are not in a position to implement the requirements fully from September have been granted some leeway; they now have **until Summer Term 2021 to do so**.

In such cases, the DfE suggest a **phased approach** to ensure teaching begins as soon as possible, and that schools should consider prioritising curriculum content on mental health and wellbeing, as supporting their own and others' wellbeing will be important for pupils as they return to school.

The Sex Ed Forum have provided an audit tool to ensure schools are ready for the new RSE framework: [Whole School RSE Audit Tool](#)
In addition, GHLL have devised a Secondary checklist: [Secondary RSE Audit](#)

If you need further support with RSE, please contact your GHLL Lead Teacher.

The SEAL Community Newsletter 24


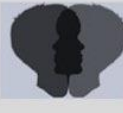














GHLL provides free membership and access to all schools.

Welcome to the twenty-fourth SEAL Newsletter. It focuses on practical ideas for building essential social and emotional learning into your work with children during the coronavirus epidemic. You can read it online by logging in to the site www.sealcommunity.org, or download a pdf version of all the content [here](#).

When, Not If...

Guiding principles of welcoming pupils back to school post COVID-19

<p>When, Not If...</p> <p>Guiding principles of welcoming pupils back to school post COVID-19</p>	<p>Meet them where they are - don't assume we know how pupils are feeling & that they will be the same "as before"</p> 	<p>Empathise. Don't judge - listen & acknowledge concerns. Many will have heightened anxieties & hidden trauma</p> 
<p>Reassure that they will come through this & a 'normality' will return. Take opportunities to highlight how others have come through adversity</p> 	<p>Allow pupils opportunities to catch up with one another - they will have a lot to share!</p> 	<p>Own positivity! Look for the best in all - celebrate the small wins</p> 
<p>Check-in with all. Prioritise those most vulnerable & who are known to be grieving, but some may have hidden trauma</p> 	<p>Re-establish relationships, learning habits & routines - slow & steady...</p> 	<p>Prioritise mental health. Support those who may be struggling with through isolation, grief, trauma, anxiety, family - it may well be a long road ahead</p> 
<p>There are no shortcuts to success. Invest time. We'll only have one go at this - get it right! Develop & share a whole school response</p> 	<p>Smile & welcome pupils - for many they will be glad to be back! Have your best "game face" on. Keep it positive, reassuring & welcoming</p> 	<p>Remember - pupils are people, not data sets! Catching up on lost learning will not happen immediately</p> 
<p>Re-connect, re-engage & enthuse pupils back with their learning. Re-train their brains!</p> 	<p>Look out for colleagues - we can't just assume that it might only be pupils who are struggling</p> 	<p>Adapt - those remain unprecedented times & nothing is set in stone!</p> 

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Mental Health Support for Children and Young People



It's normal for children and young people to feel stressed or anxious at the moment. We've all experienced sudden changes in our routines and are living with uncertainty. For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. This a [Guide](#) to the mental health support services available for children and young people in Gloucestershire.

Coming back to school in a bubble



A social story, very popular with children. Useful for parents to share with their children to prepare them for returning to school.

Secondary School Tutorials

11 tutorial sessions have been added to the GHLL [website](#) to support secondary school students returning to school.


NurtureUK




Supporting Mental Health through [nurture](#)


Joyful June (even in difficult times) 2020

[Action for Happiness](#) has focused on being Joyful in June throughout their actions. Have a go and remember KEEP CALM. STAY WISE. BE KIND.



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 <p>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				



ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Mental Health and Money Advice

The Mental Health Money Advice website is run by Mental Health UK of which Rethink Mental Illness is one of the four partners across the UK. It's an online only website, providing clear, practical advice and support for people experiencing issues with mental health and money (including carers). It has tools, tips, guides, calculators, template letters, resources, etc.

<https://www.mentalhealthandmoneyadvice.org>

Young Person's Phone Line - Stroud



A new young person's helpline has been set up by The Door for those living in the Stroud district and aged between 11 - 25 years. It is available every day between 5 - 7pm.

Click [here](#) for a poster and [here](#) for business cards that you can print off.

Suicide Prevention



Zero Suicide Alliance have launched their new Gateway Module. Providing a brief introduction to suicide awareness, it takes between 5 - 10 minutes and enables you to learn the skills to help someone who might be considering suicide. It will also give you tips on how to approach someone if you are concerned that they might be considering taking their own life.

You can still access the Suicide Awareness training, which takes about 20 minutes and talks you through three scenarios to equip you with the skills and confidence to help someone who may be considering suicide. You can access both training sessions here: www.zerosuicidealliance.com/training