

PSHE leads' bulletin

Issue 6: July 2020

Dear Everyone

I cannot quite believe this is the final PSHE Bulletin before the summer break! What a year it has been; it has tested our resilience and emotional health and wellbeing both personally and professionally and challenged us to not only work differently, but communicate differently on all levels. GHLL has endeavoured to support you, your setting and your children and young people through this time of uncertainty. We have 'zoomed', 'teamed', skyped and 'jabbered' as well as ensuring our website has up to date resources and information for you, your school and college.

I am really proud of my team's efforts to support you and ensure your children and young people have the best opportunity to grow, develop and thrive. GHLL actively encourages all schools and colleges to take part in our Healthy Schools and College Award as well as our Mental Health Champions Award which brings together the best evidence based health promotion practice and sets achievable challenges to improve the health and wellbeing for everyone within the schools, colleges and the community in Gloucestershire. Now more than ever this is vital.

I would like to thank all the schools and colleges that have taken part in the University of Oxford Lockdown Online Pupil Survey and the Year 6 Transition MOVES survey particularly as it was over such a hectic time! This data will enable us to understand where our children and young people need more support and where interventions are needed. Results will be available in August.

Finally I do hope you are all able to have a relaxing summer break and I look forward to 'seeing you' in September. In the mean time please do look at the [website](#) as there are great resources to help ensure your children and young people get the necessary support to help them adjust to 'the new normal'.

Best wishes

Fiona and all the GHLL team.

ghll@gloucestershire.gov.uk



tic+ chat



Need someone to talk to?
You're not alone. We're here for you.
 tic+chat is an anonymous, 1-2-1 support service for young people aged 9-21 living in Gloucestershire. Speak to our friendly team about anything that's troubling you.

No problem is too big or too small.

Drop-in service.
 Open hours:
 Sunday-Thursday
 5pm-9pm
 Find out more at
www.ticplus.org.uk

We care. We won't judge.

call
0300 303 8080
 chat with one of our team members over the phone*

live message
 chat online via ticplus.org.uk

Charity No. 1045429
 Company No. 2954230

tic+

***standard provider rates apply**

PARENT SUPPORT & ADVICE LINE

Are you worried about your child's mental health, emotional wellbeing or behaviour?

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

FREE - CONFIDENTIAL - ANONYMOUS



TIC+ cares – we're here to help!

If your child is 0-25 years old and lives in Gloucestershire, drop-in to our free, anonymous, confidential helpline during open times and talk to one of our trained parent support advisors.

YOU ARE NOT ALONE

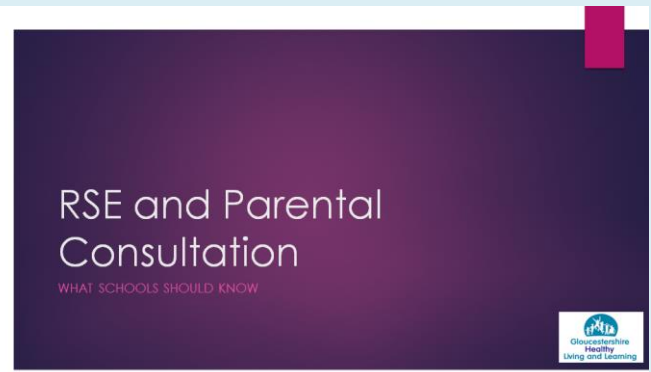
PARENT SUPPORT LINE
0800 6525675

PARENT SUPPORT WEB CHAT
www.ticplus.org.uk/parents-carers

OPEN TIMES:
 Monday & Wednesday: 5pm – 9pm
 Tuesday & Saturday: 9.30am – 1pm

Open times may be subject to change - check our website for up to date information
www.ticplus.org.uk

RSE and Parental Consultation



The new guidance states that schools:

Must.....

- Provide PSHE as part of the basic curriculum, and integrated in a broad and balanced curriculum
- Have a school policy for Relationships Education/ RSE
- Provide parental 'opt out' from sex education
- Consult parents
- Be accessible for all pupils
- Comply with the Equalities Act

Should.....

- Involve pupils in determining the curriculum and policy
- Cover the learning set out on the 'pupils should know by the end of primary' tables
- Be resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations

[Download the powerpoint here](#)

Working out Relationships? KS4 lesson plan

'Working out Relationships?' is a free-to-access lesson pack designed to bust common myths about the 'perfect relationship' and manage young people's relationship expectations. We have just awarded it our Quality Mark for PSHE teaching resources.

<https://socialsciences.exeter.ac.uk/law/research/groups/frs/projects/workingoutrelationships/>



Schools Out: Summer Support



As schools finish for the holidays we wanted to update you on our plans for the summer. We are taking a short break during the holidays, but you can still access our [resources online](#) or register for our summer of kindness calendar. We hope you have a restful summer.

- **Summer of kindness:** we will be sharing activities in our new summer of kindness calendar. You can still [register](#) for a digital pack and new ideas will be emailed to you.
- **Back to school:** we will be in touch in August with new resources to help children and young people be ready and cope with the return to school.
- **Kindness hub:** we will also be updating our [website](#) with new resources and you can look back on all that we created during the COVID-19 crisis.

Getting Court – Crown Court Trip

The Getting Court project supported by the High Sheriff of Gloucestershire continues to be successful.



This school year, over 300 students over the age of 14, from schools and colleges across the county attended a Crown Court session.

Schools, Colleges and Alternative Provision establishments decide on which students attend the Court. For some students it may well be an interest in law, and for some students it may be a precautionary message.

Students attend court on a Friday, which is sentencing day. They see a mix of cases, which often gives them an insight into the paths taken by the defendant.

Sadly, the year was cut short due to the pandemic. We have dates in place for visits for the next school year, however, due to the pandemic, we are unsure whether these will take place. We will continue to monitor the situation and hope the sessions resume soon.

For further information please email Di Harrill – di.harrill@ghll.org.uk. or ghll@gloucestershire.gov.uk



Support through the summer from the Mental Health Support Team

Wellbeing Chat Line for children
and young people

01452 895273

Support for young people with anxiety,
low mood, self harm and
similar issues.

The Young Peoples advice line is for those
aged 12yrs and over. Office hours
(Mon-Fri 9-4.40 except BH)

Parent/Carer Advice Line

01452 894300

For parents and carers of children
under 12, for support with helping
children with low mood, anxiety,
and similar issues.

The Parent Advice line is for parents/carers
with children aged 12yrs and under.
Office hours (Mon-Fri 9-4.40 except BH)

Other Support

Ticplus.org.uk

Chat Health – text a school nurse on **07507 333351**

Kooth.com

Childline.org.uk or call **0800 1111**

Youngminds.org.uk

Please note, in a mental health crisis please call **0800 169 0398**.



with you, for you

working together | always improving | respectful and kind | making a difference



Developing a Recovery Curriculum



This video-webinar is intended as a starting point to get you thinking about what a 'recovery curriculum' means in your school and what you can do to start planning for embedding a recovery curriculum now.

This session will cover:

- What are the key concerns for young people returning to school?
- The role of PSHE vs pastoral care.
- Recommendations for immediate, medium and long term responses that could form a recovery curriculum.

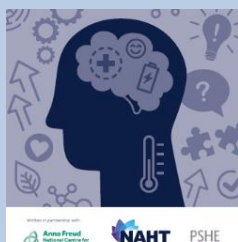
#SelfCareSummer



As schools and colleges prepare to close for summer, we know that many of you will be concerned about supporting pupils' mental wellbeing over the coming weeks. To help with this we've created **primary** and **secondary** **#SelfcareSummer** packs to offer children and young people some fun self-care activities and signpost to additional support if needed. We'd love you to share these with your pupils or any networks who may find these useful.

Coronavirus: Supporting Pupils' Mental Health And Well-being

[This guidance](#) aims to help School leaders and their staff, In all phases of education, support children and young people with their mental health and well-being in light of the impact of the coronavirus pandemic, by outlining some universal approaches for all pupils and for with those with low-level mental health needs.



Mindfulness Calendar

This is a two-week calendar with daily mindfulness activity suggestions. You can run these activities whenever you like, for example at the start of lessons, or after playtime, to help ground and relax the children.



The activities within the calendar will take approximately five minutes and can be done at home or in school. You can display this poster in your classroom or staff room, and use the accompanying guidance for instructions on how to deliver the activities.

Primary Specific PSHE resources

NewsWise - for teacher guide and resources for 9 – 11 year olds [click here](#)

Example lessons:

- Managing feelings about the news
- Spotting fake news
- Understanding that news is targeted



Secondary Specific PSHE resources

CoppaFeel! is a breast cancer education charity. Their school pack will support new statutory Health Education requirements to ensure students 'understand the benefits of regular self-examination'. The pack includes teacher guidance to help ensure content is delivered in a safe confident and effective way. To request a pack [click here](#)



Holidays in the UK



<https://www.visitengland.com/know-before-you-go-map>

G15 Partnership 'Head High! Heart Strong!'



The Music Works have supported the creation of a virtual G15 Celebration of Success.

This event is usually held within the hallowed halls of Gloucester Cathedral.

Sadly, Covid 19 intervened, making a live event impossible this year.

The show goes on, just in a virtual format.

Watch both Acts below by clicking the pictures.

Act 1



Act 2

