

PSHE leads' bulletin

Issue 8: January 2021

A Message from GHLL

Dear Everyone,
Well what a start to the New Year! We have tried to make the first issue a 'fresh beginning' by reminding you that GHLL are here to help and support you in your schools and colleges. I would like to remind you the NHS outlines ten easy [stress busters](#) for you to reduce the amount of stress you experience. Many of them are quick enough to slot into quiet moments before, during or after work. Despite all the problems with the Covid situation seven schools went through to our Virtual Healthy Schools Quality Assurance Group and achieved either the Award for the first time or their re-accreditation! Well done to all. Stay safe and well, Fiona and the GHLL team.

Healthy Schools Awards -Congratulations!

Massive congratulations to the following schools on their Healthy Schools Accreditation:

Cheltenham College
Hatherop Castle School
Stratton C of E Primary School
Longney C of E Primary School
St White's Primary School
Woodside Primary School
Sir William Romney's School



Crimestoppers



We do hope that this newsletter finds you safe and well, following what has been such an unusual few months and looks set to continue to be so. Our Crimestoppers Contact Centre has and will remain open, offering our usual 24 hours a day service. Reports have ranged from Covid-19 lock down rule breaking to domestic abuse and all crimes in between.

[Crimestoppers Newsletter](#)



We've come to the end of 2020, and it has been a uniquely challenging and difficult year for schools.

The Christmas holidays this year may be welcome for some staff and pupils, but anxiety-inducing for others. Children may be worried about what the festive season will bring this year, and school staff may be worried about how another break from schooling will impact pupils.

We have gathered together resources from lots of different organisations to help children, staff and parents reflect on 2020, and feel positive about 2021.

This toolkit includes:

- Classroom activities
- Wellbeing calendars
- Good practice case studies
- Apps
- Audio guides
- And more

[Download resource](#)

Happiful



Say no to fad diets, learn how to develop self-esteem, and read the inspiring stories of those who are building a better life, one step at a time.

[Click here](#) to read for free.

Healthy Start



Pregnant or have a child under the age of 4? Did you know that the Healthy Start scheme includes access to FREE vitamins as well as fruit, veg and milk? Find out more about the scheme and eligibility [here](#)

Clarification of extension for Healthy Schools/ Colleges and Mental Health Champion Awards



During the first lockdown in March, it was decided to extend the expiry date of current GHLL Awards by 6 months. We then had a further lockdown and England did not come out of it until 2 December 2020.

Due to the extra pressures on schools and colleges and with further lockdown restrictions announced, it has been decided to extend the expiry time by a further 6 months, thus giving schools an extra year to work towards renewing their awards.

Therefore any educational setting which has received a GHLL Healthy School/ College accreditation or the Mental Health Champion Award since 2017 has been granted a 12 month extension.

This is until the end of 2021: all awards will last for 4 years instead of the normal 3 years. For example, if a school received their award on 15th March 2017, it won't expire until 4th March 2021.

Any queries, email ghll@gloucestershire.gov.uk

Calendar dates for this term



- The week beginning January 11th is **National Obesity Awareness Week**
Why not use this week to highlight the importance of healthy living? You could look at healthy diet and share healthy recipes with parents
- February is LGBTQ History Month
- 9th February is Safer Internet Day
<https://www.thinkuknow.co.uk/> has some great free resources for all age groups
- 17th - Random Acts of Kindness Day
You could use this day to remind the children of the importance of Kindness and encourage the pupils and staff to take part by doing random acts of kindness.

Relationships and Sex Education



We would like to take this opportunity to remind all schools that the new RSE framework will be statutory in all schools from April 2021. The new RSE statutory framework is far more than just the Sex education typically delivered in Years 5, 6 and Secondary, and covers objectives to be taught throughout all Key Stages. You can view the framework [here](#).

To help you to review your current coverage of the new RSE framework and to plan what other areas you need implement, you can find a [Primary](#) and [Secondary](#) Audit here.

If you need support with the new RSE curriculum or writing your new RSE Policy, please contact your GHLL Lead Teacher.

The GHLL Team are currently reviewing the PiNK curriculum to offer some resources to support schools to deliver the new RSE, and we hope these resources will be ready for Spring 2021. **It is important to note that the current PiNK resources do not cover all the new statutory outcomes.**

Yoga Launch



GHLL, in partnership with Active Gloucestershire and Shift, are excited to bring you a series of videos to guide teachers and pupils through breathing, movement and relaxation techniques to support their emotional and physical health and wellbeing. Practising yoga regularly helps to increase confidence, self-esteem and gives young people a toolkit to which they can self-regulate and navigate through life's ups and downs with a stronger foundation for building resilience. Follow [links to our videos](#) which can be used in a variety of ways to add these techniques into the classroom as either a full yoga session or in small bitesize chunks to help a class better focus, shift energy or create a sense of calm.

5 Ways to Wellbeing launch



The GHLL Lead Teachers are excited to share a new resource we have created for schools based on the 5 Ways to Wellbeing. To find out more about the 5 Ways to Wellbeing and to see the Free Resources, click on this [link](#)

Information and Guidance from the NSPCC

We at the NSPCC really appreciate the challenges that schools are facing at the moment and that safeguarding and child protection are as important now as they ever have been. You can find information to support you on our [Coronavirus \(COVID-19\) briefing](#) and on our [Coronavirus: safeguarding and child protection](#) pages.

Information for parents/carers can be found on our [Coronavirus \(COVID-19\) advice and support for parents and carers](#) page. This includes [working from home](#), [parent/carer mental health](#), [advice for separated parents](#), [managing conflict and tension during lockdown](#), [supporting children with special educational needs](#) as well as our [Net Aware Online safety in lockdown hub](#), co-created with O2.

Children can continue to access www.childline.org.uk (or www.childline.org.uk/kids for under 12s) The website has a wealth of advice, support, tools and resources, young people can also email ChildLine counsellors through the site. The ChildLine phone service and 1-2-1 chat is currently open from 7.30am – 3.30am every day.

We had a fantastic response to the NSPCC Speak out, Stay safe online programme in the autumn term. The programme will now be on hold until schools reopen. All schools who had the programme booked during this half term have been contacted.



Kooth



In light of the new restrictions, we'd like to remind you that www.kooth.com is available in your area for young people aged 11-18 for free, safe and anonymous wellbeing support and advice, accessible from any internet enabled device.

Upcoming live forums:

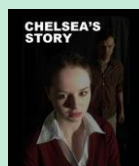
Friday 15 th January	ADHD & Me: Symptoms, emotions and coping skills
Monday 18 th January	Supporting a friend after a crime
Friday 29 th January	Learning to be and showing your true self

Live forums can be found in the discussion boards and go online at 7:30pm on the evening they are planned. They are moderated in real time until 9pm. If you have any queries, require additional support or would like to book virtual support, please email rpotter@kooth.com

Chelsea's Story

Alter Ego's 'Chelsea's Story' is an Applied Theatre Production (based on real stories) that has proven highly effective in raising awareness around Child Sexual Exploitation, Trafficking, The 'Grooming' Process, Healthy Relationships and Safe Internet Use.

In light of the Government's announcement to close all schools and colleges, Alter Ego Creative Solutions has decided to make the 'streamed to be seen' performance of Chelsea's Story aimed at Year 8 students available to all Gloucestershire Secondary Schools from now until the end of March 2021.



If you have already advised GSEP of a date to receive the performance, you will no longer receive this link, however you may [click here](#) to show the play when and as frequently as you want.

There are a number of lesson resources available through [GHLL](#) and we would encourage them to be used for preparation and discussion before and after the production.

PSHE Association have approved these free lesson plans [Preventing Involvement in Serious and Organised Crime \(KS3\)](#)

Wellbeing for Education Return Webinars

Developed by the Educational Psychology Service together with Gloucestershire Healthy Living and Learning and the Advisory Teaching Service

The Wellbeing for Education Return programme is a fully funded national initiative from the DfE, DHSC, Health Education England and Public Health England.

The aim is to support schools in meeting the emotional needs of pupils and staff during the pandemic.

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.

Please see links below to the recordings of the two Wellbeing for Education Return

[Session 1](#)
[Session 2](#)



Parent and Carer Support Groups



Launching from February. [Groups are for parents](#) living in Gloucestershire who are worried about the emotional wellbeing of their child aged 11-18

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</p>				<p>1 Find three good things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help to brighten their day</p>
<p>4 Write a list of things you feel grateful for in life and why</p>	<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something physically active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>
<p>11 Switch off all your tech 2 hours before bedtime</p>	<p>12 Connect with someone near you - share a smile or chat</p>	<p>13 Be gentle with yourself when you make mistakes</p>	<p>14 Take a different route today and see what you notice</p>	<p>15 Eat healthy food which really nourishes you today</p>	<p>16 Get outside and notice five things that are beautiful</p>	<p>17 Contribute positively to a good cause or your community</p>
<p>18 Focus on what's good, even if today feels tough</p>	<p>19 Get back in contact with an old friend you miss</p>	<p>20 Go to bed in good time and give yourself time to recharge</p>	<p>21 Take a small step towards an important goal</p>	<p>22 Try out something new to get out of your comfort zone</p>	<p>23 Plan something fun and invite others to join you</p>	<p>24 Put away digital devices and focus on being in the moment</p>
<p>25 Decide to lift people up rather than put them down</p>	<p>26 Say hello to a neighbour and get to know them better</p>	<p>27 Challenge your negative thoughts and look for the upside</p>	<p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Use one of your personal strengths in a new way</p>	<p>30 Count how many people you can smile at today</p>	<p>31 Write down your hopes or plans for the future</p>

ACTION FOR HAPPINESS

www.actionforhappiness.org
 Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Download the new Our Healthy Year Calendar

change 4 life

The new **Our Healthy Year Calendars**, for **Reception and KS1** and **KS2**, can support young people to build healthier habits this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing - wherever they are.

Our calendars are interactive and link to the PSHE and Relationships and Health Education curricula. They include fun facts, jokes and challenges such as making up a dance or seeing how many different colours of the rainbow your pupils can eat for lunch!

Head to the School Zone to download our new **interactive calendars** along with the supporting **curriculum-linked activity sheets**, and encourage healthy activity in 2021.

Download now

Dementia Awareness Film - I'm still here.

Everyone having some understanding of dementia.... helps us make a difference.

A variety of people have supported the making of this film – its aim to help us understand Dementia and its impact on individuals, their families and the wider community.

Through funding with Clinical Commissioning Group (CCG) it has enabled GHLL to work with Newent Community School, the Gloucestershire Dementia Training and Education network, Police and various people from within the Forest of Dean Dementia Action Alliance and Barnwood Trust. This also included carers sharing their experiences and contributing.

We would like to thank everyone that has made this film possible especially David Evans (ex BBC cameraman) who gave his time and expertise freely.

A video filmed with pupils from Newent Community School, alongside people living with Dementia.

[Download the video summary](#)

Click imagery to play the video



Useful links for lockdown



Dr Radha - 5 mental health tips for lockdown <https://www.bbc.co.uk/news/newsbeat-52411394>



Social and emotional learning <https://www.sealcommunity.org/>



Coronavirus: Supporting Pupil's mental health and well-being <https://www.ghll.org.uk/coronavirus-wellbeing-final.pdf>



Sumo Guide to living and learning together <https://www.ghll.org.uk/SUMO%20Guide%20to%20Living%20%26%20Learning%20Together.pdf>



PHE COVID 19 resource centre <http://content.phepartnerships.co.uk/?VVZ46u13DNJQwN90oV8ftrLAlvU8vjQ3V&https://coronavirusresources.phe.gov.uk/>



Bereavement <https://www.ghll.org.uk/post-covid19/bereavement-support/>



Support and training for staff <https://www.ghll.org.uk/covid19/support-and-training-for-staff/>



Wellbeing packs <https://www.ghll.org.uk/covid19/wellbeing-packs/>



Helplines and services available <https://www.ghll.org.uk/covid19/helplines-and-services-available/>