

# PSHE leads' bulletin

Issue 9: February 2021

## A Message from GHLL

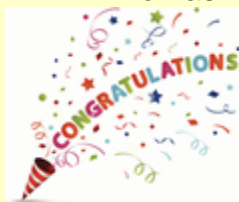
Hi Everyone,

As we share Issue 9, just a reminder that all previous issues are available [here](#) .

We hope that this month's content will be useful as you strive to take your RSHE and PSHE delivery from strength to strength.

First of all, massive congratulations to the following schools and settings who gained their GHLL Healthy Schools award in 2020

Abbeymead Primary  
Alderman Knight  
Battledown Centre  
Cotswold Chine  
Forest View Primary  
Haresfield CofE Primary  
Longlevens Junior  
Parkend Primary  
The John Moore Primary  
Severnbanks Primary  
St John's CofE Primary (Coleford)  
Thomas Keble

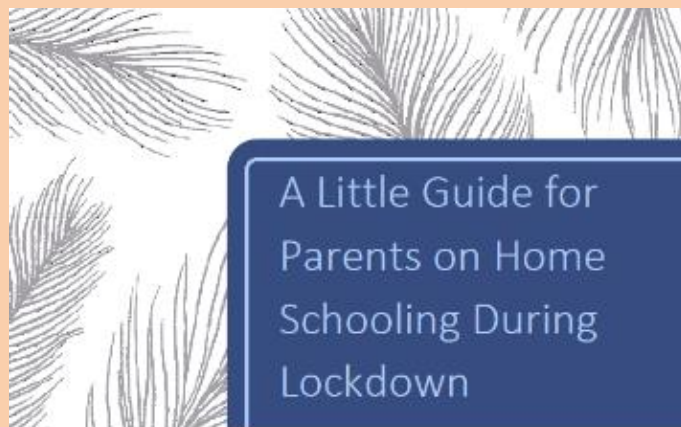


## And finally...

We want this to feel like 'your' bulletin. If you have comments, feedback, topic focus suggestions etc., let us know by emailing [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Fiona and the GHLL team

## A Little Guide for Parents on Home Schooling During Lockdown



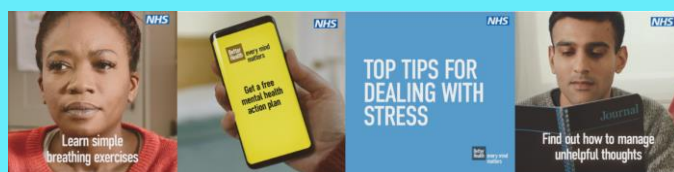
Parenting in a Pandemic: Growing confidence in guiding learning in a home environment

[a little guide for parents on homeschooling in lockdown](#)

Confident Championing: A grounded theory of parental adjustment following a child's diagnosis of developmental disability.

[Confident Championing 2021](#)

## Better Health – Every Mind Matters



Public Health England are launching the Better Health – **Every Mind Matters** campaign to support the nation's mental wellbeing with the encouragement that "When things aren't so good out there, **make inside feel better**". Aimed at adults, but weighted towards those most at risk of mental health problems, this "Make Inside Feel Better" 2021 phase of the campaign will run across PR, radio, social and digital. The key message will be to encourage people to create a free NHS-approved 'Mind Plan'

Visit the [website](#) for more information.

## Education Conference



The 2021 education conference was launched on Monday 8 February. This year's conference comprises a series of pre-recorded sessions from a range of local and national key note speakers ([programme \(PDF, 72 KB\)](#)) hosted on GCC's new virtual training platform – GCCPlusTraining.org.

Additional information is available on the [Bulletin Board](#).



Transformation Seminars coming up on February 17th in which leading speakers challenge us to think differently about how to transform children and family mental health. This time it's the brilliant Karl Friston, Professor at UCL whose research into brain imaging is truly inspiring and will stretch all our thinking.

Booking is now open for our next four events and you can [reserve your free spaces below](#).

You can also book a place on the next in our [5 Steps Seminar](#) series which focuses on Promoting Wellbeing and Working Together. In case you missed them, you can watch the previous Staff Wellbeing seminar below and download [back to school resources](#) in time for the expected full reopening of schools and FE colleges in March.

**Professor Eamon McCrory, 10th March 2021 -** [Childhood Trauma and the Brain: What have we learned from neuroscience?](#)

**Professor Stephani Hatch, 13th April 2021 -** [Why tackling discrimination is crucial for addressing inequities in mental health and mental health services](#)

**Professor Paul Ramchandani, 27th May 2021 -** [Can we make prevention in mental health really work?](#)

Our clinical team have also created a new resource aimed at [helping adoptive parents, special guardians, and foster carers](#) as part of our new resources for [parents and carers](#).

## Family Life – KS4 home learning lessons

New home learning pack for year 10-11 covering the statutory Relationships and Sex Education (RSE) content on different types of long-term relationships, marriage and parenting. These two lessons will help students to:

- Recognise different types of relationships and their legal status
- Analyse different attitudes towards marriage and civil partnerships
- Identify the different roles, responsibilities and challenges of being a parent.

This version was developed from our popular 'Family Life' lesson plans; please use the [standard version](#) if delivering this material face to face in the classroom.

[Download 'Family Life' & view all home learning materials](#)

## CAMHS Practitioner Advice Line



Child and Adolescent Mental Health Services (CAMHS) offers a CAMHS Practitioner Advice Line where they can support all professionals working with children. Practitioners can call the CAMHS Practitioner Advice Line on 01452 894272 between 9am and 5pm, Monday to Friday, excluding public holidays. Please see the [Bulletin Board](#) for additional information.

## Safe Home Learning Checklist



PSHE education — including some statutory RSHE content — should play a key role while pupils are being taught remotely. However, it is crucial to choose materials wisely and consider topics carefully.

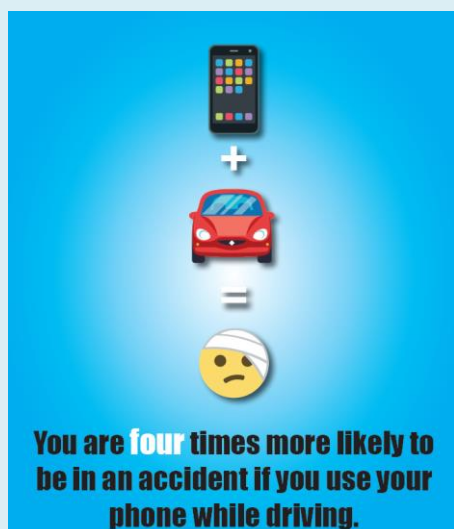
Not all resources are safe or suitable. Our [checklist](#) will help you only choose materials that support a safe learning environment, focus on topics suitable for remote teaching, avoid approaches that traumatised or stigmatised, and rely on trusted sources of information.

## Bereavement



PSHE Association and Winston's Wish – KS1-4 have launched the Bereavement lessons available to access under What's New on the GHLL website and also [here](#)

## Safe and Social Roads Mobile at the Wheel Campaign



[Using mobile phones when driving](#)

### Tic+



**Counselling** - for children and young people aged 9-21, face-to-face, online-text, video or telephone  
[www.ticplus.org.uk](http://www.ticplus.org.uk)

**Tic+chat** - an anonymous 1-1 drop-in service. **Live message:** [ticplus.org.uk](http://ticplus.org.uk) or **Call:** 0300 303 8080 during open hours: Sunday to Thursday 5pm – 9pm

**Parent Support and Advice Line** - an anonymous 1-1 drop-in service. **Live message:** [ticplus.org.uk](http://ticplus.org.uk) or **Call:** 0800 6525675 during open hours: Mon and Wed 5pm – 9pm Sat and Tue 9.30am – 1pm

**Parent Support Groups** for parents worried about their child's mental health – various locations across Gloucestershire

<https://www.ticplus.org.uk/parents-carers/parent-carer-support-groups>

## 5 Ways to Wellbeing



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](#)

## Yoga



Active Gloucestershire



GHLL have worked in partnership with Active Gloucestershire and Robin Watkin-Davis from Shift Yoga, to develop a series of online yoga resources. These are free to all schools in Gloucestershire and can be accessed via the GHLL website. These can be used in class or shared with students to use at home.

Click [here](#) to watch the videos and see the full bank of resources available.

We are also training up to 40 teachers in mental health trailblazer schools, to use breath, movement and mindfulness practices within classrooms. It is hoped that this programme can be offered to staff in all schools in due course.

## Cyber Detectives – KS2



The lessons raise awareness of online fraud and its associated risks, and explore the skills pupils need to stay safe online and protect their personal information, as well as how to report concerns and access help.

The resource pack includes two comprehensive lesson plans for Year 5/6 pupils with supporting PowerPoints, accompanied by teacher guidance explaining how to ensure the effective delivery of the lessons. The pack also contains information and guidance for parents, to help them stay informed about how online fraud could affect their child, along with practical tips and advice on how to keep safe.

[Download the lessons](#)



## PE and sport premium update



On 30 October 2020, the Department for Education published [new guidance](#) and [grant conditions](#) for the primary PE and Sport Premium

You can access an Association for PE webinar with updated guidance and top tips [here](#)

**Please note that in the case of any underspend which has been carried over from 2019/20, this must be used and published by 31<sup>st</sup> March 2021.**

**PE and Sport premium funding from this academic year should be spent at usual by the end of the academic year and no later than 31<sup>st</sup> July 2021.**

**We recommend regularly updating the [PE and sport premium template](#) and publishing it on your website throughout the year. This evidence your ongoing self-evaluation of how you are using the funding to secure maximum, sustainable impact.**

We appreciate that this has been a highly unusual year and therefore if you require any further support or guidance around PE and sport premium, please contact your local school sports network, your GHLL lead teacher or [Tom Hall](#) at Active Gloucestershire. You can also find further information, including a free guide to PE and sport premium with further top tips [here](#)

## External Agencies and RSE



Schools are receiving many offers of help with RSE delivery from a range of organisations and individuals. Some of these may be familiar but others will be new.

Published today, our new guide '[External agencies and RSE](#)' includes advice and checklists to support schools in ensuring quality provision.



If you're looking for creative ways to share online safety at home information with parents and carers of primary-age children, download our new [editable online newsletter template](#)

It includes specific guidance on topics such as:

- Watching videos
- Sharing information, images and videos
- Chatting, being kind and making friends online
- Online gaming
- Reporting and support services

## Self Harm Awareness Sessions



In response to the training needs of schools and adapting to the current situation of school closures, we are pleased to be able to offer school staff the opportunity to take part in an online CPD training session around self-harm. The aim of the session is to build confidence around the subject of self-harm by reducing stigma, anxiety and fear and will be delivered by Satveer Nijjar, an expert in her field <http://satveernijjar.com>

The 1.5 hour Zoom session will aim to include:

- Statistics and definition of self-harm
- Why people turn to self-harm – triggers and functions
- Myths and language use
- How to support someone in your school who self-harms
- Broaching suspected self-harm
- Alternative strategies, focusing on stopping and more

You can sign up free of charge. You will then be sent the login details to participate in the session.

12 <sup>th</sup> March 2021	15:30 – 17:00	<a href="#">Book now</a>
30 <sup>th</sup> March 2021	15:30 – 17:00	<a href="#">Book now</a>

## DfE update on statutory RSHE expectations



Statutory Relationships Education and Health Education came into effect at key stage 1 and 2 from September 2020, as did Relationships, Sex and Health Education at key stage 3 and 4. This statutory content — sometimes referred to as 'RSHE' — makes up the majority of schools' PSHE education.

Many schools are ready for these requirements, but many others are still working towards being ready due to enormous pressure and challenges of the pandemic. The Department for Education therefore gave more time and advised that schools had until the beginning of the summer term to be prepared.

The DfE has now asked if we can share the [attached statement](#), which clarifies their expectations of schools in relation to implementing statutory RSHE.

# 5 Ways to Wellbeing with Ben, Vic and Misha!



WWW.THEMUSICWORKS.ORG.UK  
WWW.GHLL.ORG.UK



Connect, Be Active, Notice, Learn and Give!

[Poster](#)

Here at GHLL we have teamed up with the brilliant musicians from the music works to produce a fun, creative learning resource to support your work around the 5 ways to Wellbeing.

We've seen how over the last year music has become all the more important as a means to bring us together even when we're apart.

We've also seen how it hasn't been easy to make music happen in a safe and high-quality way with current restrictions.

One thing that really shone at the start idea of mass online collaboration. We've seen the Every Rainbow Drawn song, charity singles and recorded works become beacons of hope at difficult times.

To that end here is your challenge should you wish to accept it!

Use all of the resources on this page to encourage young people either at home or at school to learn, sing and record the song then as a school it would be fantastic if you were able to create a video combining all of the performances.

The Music Works are happy to offer technical support for this, so do contact [jess@themusicworks.org.uk](mailto:jess@themusicworks.org.uk) if you need any support or advice.

Why not use the resources:

- To start lessons and begin conversations about the five ways
- To support a love sing along in online assemblies offering the sense of togetherness while lockdown may keep us apart
- As an inspiration to write your own songs on the same theme
- Or write your own lyrics to the instrumental
- Or make a fun music video of teachers and students exploring and living the 5 ways!

To access all of the resources, please visit our [website](#)

## Alcohol Change UK

Since the first national lockdown (March 2020) Alcohol Change UK have found that 21% of adults are drinking more often, with 15% drinking more units when they do drink. Their research also found that 1 in 7 households with children under 18 stated that tensions had increased since lockdown due to the alcohol consumption. Evidence suggest that even prior to lockdown, approximately 200,000 children lived with an alcohol dependent parent.

Why should we be concerned?

Children with alcohol dependant parents are 3 times more likely to develop an alcohol problem; are almost 3 times as likely to consider suicide and are 5 times as likely to have an eating disorder. Children can also be affected by experiencing a parent's excessive drinking. The behaviours that can develop from this such as aggression, neglectful behaviour and inconsistency can be especially hard at this time when families are all home together.

What support is available?

[NACOA](#) is a charity which provides information, advice and support for everyone affected by a parent's drinking. They have a national helpline 0800 358 3456 as well as a brilliant website containing specific information for children, professionals and parents.

For more information visit: [www.drinkingandyou.com](http://www.drinkingandyou.com) [www.drinkaware.co.uk](http://www.drinkaware.co.uk) [www.morning-after.org.uk](http://www.morning-after.org.uk) or have fun with your kids learning more in the factzone or challenge zone of our [online learning zone, talkaboutalcohol.com](http://onlinelearningzone.talkaboutalcohol.com)

The GHLL team undertook training with the Alcohol Education Trust <https://alcoholeducationtrust.org/teacher-area/> Their educational materials and lesson plans are listed by subject to make lesson planning simple. There are different levels of resources for different age groups and abilities, together with short film clips and hand out sheets. Under the resources sub-menu, you will find all you need to know to teach effectively: [Alcohol and its effects](#), [Alcohol and the law](#), [Staying safe](#), [units and guidelines](#). They have also structured their resources by age group (see the resources by year group sub-menu)



## Kooth March Newsletter



We continue to support young people and would like to remind you that **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.

Following previous mailings and offers of virtual or recorded presentations for young people and staff refresher sessions, Rachel is continuing to receive requests for these.

**If you would like to book virtual support, please do get in touch [rpotter@kooth.com](mailto:rpotter@kooth.com).**

*Please find resources that you can download for upcoming March awareness days below*

Self-Injury Awareness Day 1<sup>st</sup> March - [VIEW HERE](#)

Eating Disorders Awareness Week 1<sup>st</sup> – 7<sup>th</sup> March - [VIEW HERE](#)

## Psychological First Aid: Supporting Children and Young People



Get Psychological First Aid training to support children and young people's mental health during emergencies and crisis situations.

[Join course for free](#)



Public Health  
England

As the days get longer and we start to see spring arrive it be great to share some of the amazing things we see.  
Connecting with others and Taking Notice are actions we know help us boost our emotional wellbeing.

The pandemic continues to hold challenges for many individuals and families, so GHLL would like to launch:



## Spring is in the air! Let's share!



### Take Notice and Connect!

This project will give children and young people the chance to take notice and then reach out to others and share what they have found, in doing so, improve their own wellbeing as well as that of others. As two of the Five Ways to Wellbeing we know:

- **Taking Notice** of our surroundings, being in the present moment, this includes your thoughts, your feelings, your body, all your senses help us to boost our emotional wellbeing.
- **Connecting** is a human need and there is strong evidence that feeling close to and valued by other people through nurturing social relationships is crucial for promoting wellbeing and for acting as a buffer against mental ill health.

### So, some ideas to help you Take Notice and Connect over the Spring period:-

- ✓ Wherever you are, looking out of your window, in the garden, out on a walk, doing some exercise, look out for all the changes happening in spring – flowers – trees – birds – animals....
- ✓ Really study what you see – hear – smell – pay attention to the minute details...

Then...

- ✓ Connect with individuals who are isolated, with family members who live apart or with vulnerable people in the wider community.
- ✓ Connect with care homes, hospitals, hospices and any other group or organisation.

### Ideas for children and young people:

- Create and share spring cards with messages of hope!
- Write and/or perform poems and share them virtually
- Take some photos and share
- Take a video and share
- Create a collage using things you've found or use photos
- A painting or a drawing of something you've seen
- Share a descriptive piece of writing
- Plant a spring bulb and decorate the pot, then gift it to someone to care for and grow

Think about how you can bring the joys of spring to someone!

How about involving lots of departments/subjects in school? PSHE, Art, Drama, Music, Science, etc. This could be an individual, a class or a whole school project...  
...be creative!

**We would love you to share your work on our GHLL website**

<https://www.ghll.org.uk/mental-health/5-ways-to-wellbeing/>



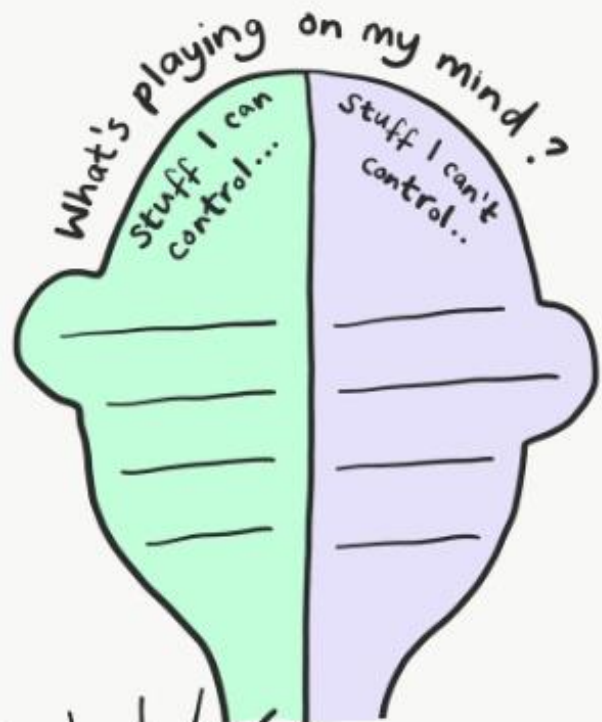
# Checking in with my stuff...

How am I feeling right now?

ticky boo	<input type="checkbox"/>	Stressed	<input type="checkbox"/>
wobbly	<input type="checkbox"/>	Something else	<input type="checkbox"/>
flat	<input type="checkbox"/>		

My top 3 to-dos...

1. Absolute must do  
\_\_\_\_\_
2. Would be cool if I could do  
\_\_\_\_\_
3. Now I'm just showing off if I do  
\_\_\_\_\_



3 things that help to fill my cup...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



doodled by Beth Woolbridge  
@doodlingbeth



# Coming back to school...



this is how  
I feel right now

3 things I want to tell you...

- 1.
- 2.
- 3.



3 things I am  
looking forward to...

- 1.
- 2.
- 3.

3 questions  
I'd like to ask you...

- 1.
- 2.
- 3.

My favourite thing  
about being at home  
is...

and something I have  
found tricky is...

My name .....

*Doodled by Beth Woodbridge  
@doodlingbeth*

# 5 Ways to Help Children Focus on What They Can Control

Big Life Journal

## 1. Teach Accountability



Children who feel powerless often focus on things they can't change. Create a "Culture of Accountability."

Each family member is responsible for:

- ☒ Their own actions and behaviors.
- ☒ Following the rules and expectations set by the grown-ups.
- ☒ How they respond to stressful or upsetting situations.

## 2. Create a Circle of Control

Control is a tricky concept to explain to a child. But a visual depiction of what they do and do not have power over makes it much less daunting.



## 3. Practice Mindfulness

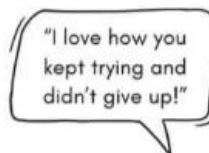
Mindfulness is the practice of **accepting what is** — without automatically trying to change it.

Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond to it**. We can still choose our attitude.



## 4. Praise Effectively

One of the simplest ways to help your child gain more confidence is by offering effective praise. Studies show that praise **must be both specific and sincere** in order to positively impact self-esteem.



## 5. Understand the Power of Choice

Allowing your child to make important decisions about their lives is **crucial for their mental and physical health** — it even impacts key brain development. Provide them with options within established routines.

