

THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning

Issue: March 2026



As we move further into the Spring term, this edition of the PSHE Pulse arrives at a pivotal moment for schools and settings across Gloucestershire. With the updated RSHE statutory guidance coming into force in September, we know that many of you are preparing for important changes in curriculum, practice, and whole-school approaches to safeguarding, wellbeing, and personal development. In this issue, we're pleased to bring together a wealth of updates, opportunities, and resources designed to support you through this transition. We were thrilled to see so many of you on our PSHE Network meetings last week – from your feedback you all really enjoyed the speakers and topics. Please do get in touch if there is a topic you would like us to cover at ghll@gloucestershire.gov.uk

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www.ghll.org.uk

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This month's bulletin highlights our comprehensive RSHE training offer—Beyond Boundaries: Respect, Safety & Digital Wellbeing!—a free one-day course tailored to strengthen staff confidence in navigating digital harm, sexual harassment, misogyny, gender-based violence, and the growing influence of online subcultures.

You'll also find a rich mix of national and local news, including new podcasts, research opportunities, fully funded programmes, creative competitions, and vital safeguarding updates from partners across the county.

Just a gentle reminder that the Pupil Wellbeing Survey is open and schools and colleges have till the end of March to complete it. If you have any queries, please do not hesitate to get in touch at pws@gloucetershire.gov.uk

We continue to spotlight high-quality teaching and learning resources—from new PSHE Association materials and digital deception lessons, to tools for identifying risk, supporting online safety, and strengthening inclusive practice. Additionally, our Staff and Wellbeing section brings together curated content to support those balancing the demands of the profession with personal resilience.

Whether you're looking to book training, explore new resources, or share opportunities with colleagues, we hope this edition equips you with practical ideas and renewed inspiration for the term ahead.

Thank you, as always, for your continued dedication to improving the health and wellbeing of children and young people across Gloucestershire.



Gloucestershire School Spotlight Webinar

Lumi Nova can be embedded into your whole school approach to wellbeing to support students with fears and worries.

But where do you start?

To help you get the most out of Lumi Nova we have arranged a Gloucestershire School Spotlight Webinar; whereby local schools will share their Lumi Nova journey to help inspire yours.

Come along and discover what motivated them to offer Lumi Nova to their pupils, how they are implementing the offer and what impact it's having tackling fears and worries in their school!

**THIS
WEEK!**



Gloucestershire School Spotlight Webinar

Wednesday 11th March @ 3:30pm

[Click here to secure your place!](#)

The session will include:

- A reminder of how you can embed Lumi Nova in your school or service
- Insights into the impact of Lumi Nova in Gloucestershire
- An opportunity to listen to other school's experiences of Lumi Nova
- An opportunity to provide feedback and ask questions

New to Lumi Nova? No problem! Join a Lumi Nova Discovery to learn everything you need to know about the offer.

We can't wait to see you and your colleagues there!

[Click here to view the full invite](#)

Beyond Boundaries: Respect, Safety & Digital Wellbeing

(Secondary/FE) One Day Course - 23rd April 2026

at Highnam Community Centre, Newent Road, Highnam, Glos

From September 2026, the updated RSHE statutory guidance comes into force.

Are your staff confident and ready to deliver it?

We're offering a FREE, one-day training course designed to upskill your team and boost confidence in tackling some of the most pressing issues facing young people today.

The course is built around three powerful modules:

IT'S MORE THAN JUST BANTER! SEXUAL HARASSMENT

09:15-10:45

BACK BY POPULAR DEMAND AFTER LAST YEAR'S SUCCESS. THIS SESSION EXPLORES SEXUAL HARASSMENT, MISOGYNY, INCEL MOVEMENT AND NAVIGATING THE TOXIC DIGITAL SUBCULTURE, WITH PRACTICAL STRATEGIES FOR ADDRESSING THESE ISSUES IN EDUCATIONAL SETTINGS

IT'S MORE THAN JUST BANTER!



BEYOND THE SCROLL: PROTECTING AGAINST DIGITAL HARM 11:15-12:45

DELIVERED IN COLLABORATION WITH GLOUCESTERSHIRE POLICE AND GHLL, THIS MODULE COVERS SAFEGUARDING RISKS IN GAMING AND APPS, SPOTTING AI DEEPPAKES AND FINANCIAL EXPLOITATION— WITH CLEARWAYS TO BRING THESE TOPICS INTO YOUR CURRICULUM.



Gloucestershire
Constabulary

SHAPING RESPECT: RESPONDING TO VIOLENCE & HARMFUL INFLUENCES 13:30-15:00

EXPLORE GENDER-BASED VIOLENCE, TOXIC ONLINE INFLUENCERS, DOMESTIC ABUSE, COERCIVE CONTROL, AND THE IMPACT OF PORNOGRAPHY, WITH GUIDANCE ON HOW TO RESPOND EFFECTIVELY IN YOUR SETTING.



[Book Your Place Now](#)

FREE gaming and gambling harm prevention workshop

Ygam in collaboration with **Gloucestershire Healthy Living and Learning** are offering a free **gaming and gambling harm prevention workshop** for youth-facing professionals such as teachers and youth workers.

On completing the training, attendees receive a certificate and access to a comprehensive bank of **digital resources** and further learning sessions on related topics such as cryptocurrency, neurodiversity and Esports.



**Thurs 30th
April 3.30pm-
5.30pm**

**Scan the QR
code to
register for
the workshop.**



What are the similarities between gaming and gambling?

What is a Loot Box?

Could you spot the signs of harm?

Topics covered:

- Gaming and gambling harm
- Advertising
- Mental health and wellbeing
- Blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support



Talking racism and mental health in schools: podcast series from Anna Freud

In this series of five podcast episodes, Cyra Neave, Senior Clinician at the Anna Freud Centre, interviews a number of experts to talk about racism and mental health in schools.

Guests on the podcast include former teacher, campaigner, author and speaker the Honourable Stuart Lawrence, and Eve Doran, researcher at Black Learning Achievement and Mental Health (BLAM). The podcast episodes also feature the voices and experiences of teachers, including Rahi Popat from Keyham Lodge School, and Michelle Roddy and Wonu Salau from St. Bonaventure's School. To listen to the podcasts and download transcriptions for all five podcast episodes [click here](#).



The Music Works have a variety of programmes and groups for children and young people to enjoy such as:

Mish and Mash Newcomers 10-25yrs - Short Breaks offer

The Drop (10-16yrs) Wednesdays 4.30-6pm

INC Drop- Inclusive music club Tuesdays 4.30-6pm

Get Started with Music for those 16-25 and NEET

For further programmes and information see the [music works website](#)

News

Training on the **Moving on, Moving up (MOMU)**, small group support programme for vulnerable children making the transition to secondary school is available from the Educational Psychology Service.

Click to image to the right to view the full poster





Moving on, Moving up

What is it?

Moving on, Moving up (MoMu) is an evidence-based, small group intervention designed to support vulnerable Year 6 students as they transition to secondary school. The programme focuses on helping children to develop a sense of belonging in their new school and the skills to build strong, positive relationships with new adults. It also aims to equip children with the tools to navigate a new environment successfully, whilst increasing confidence.

Training

Training for delivering this intervention will take place on:

Shire Hall, Gloucester
Day 1: 16th March, 9:15am - 3:15pm
Day 2: 2nd June, 9:15am - 12pm

Royal Forest Centre, Cinderford
Day 1: 23rd March, 9:15am - 3:15pm
Day 2: 1st June, 9:15am - 12pm

Training is bookable online through GCC Plus.

Alternatively, please contact STEPS@gloucestershire.gov.uk to register your place for training dates.

What training will cover

Day 1

- Explore the research and principles behind the MoMu Intervention
- Step-by-step guidance on implementing MoMu sessions effectively
- Access to all materials needed to deliver MoMu in your school

Day 2

- Review progress with schools currently using the MoMu Intervention
- Share experiences, address challenges, and receive support

Suitable for SENCOs, Year 6 teachers, ELSAs and TAs (places limited to 2 per school)

- £75 for one person
- £50 for a second person from the same school

For details, please email AEP@gloucestershire.gov.uk



Beat Eating disorders

BEAT Eating Disorders School Professionals Online Training (SPOT) is now CPD accredited! Complete unites 1-3 of their e-learning catalogue to receive your CPD Certificate. The units cover Recognising Signs, Raising Concerns and Understanding Treatment. [Click here to access this FREE training.](#)

News



Let's Talk Well: Children & Young People's Mental Health Conference 2026

Understanding & Working with Neurodivergence

 Friday 27 March 2026

 Cheltenham Racecourse

Ticket price **£150**

All-in-one ticket: expert workshops, networking and learning essentials included.

Gain insights from 7 inspiring speakers including **Dr Pooky Knightsmith**



conference@letstalkwell.org.uk
www.letstalkwell.org.uk



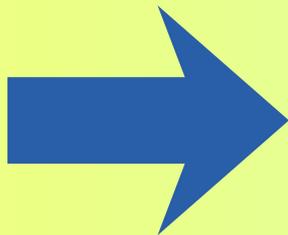
Book here



Let's Talk Well would love to make you aware of their 2026 Professional Conference on the theme of 'Understanding and Working with Neurodivergence' .

[To find out more or register click here](#)

New music group for people under 65 living with young onset dementia



Also check out our own GHLL resources for Dementia including our intergenerational project: [Primary Dementia Awareness](#) [Secondary Dementia Awareness](#)



Melodic Minds

A music group for people under 65 living with **Young Onset Dementia** - *Bringing people together through live music, song and community.*



Come and join us:
19th March | 9th April* | 23rd April
*Children are welcome to attend our 9th April session

Gloucestershire Academy of Music
31 Barbican Rd, Gloucester GL1 2JF
from 2-3pm

Parking is available behind the building

Free to attend

Song requests or suggestions are welcome in advance, please get in touch:
07970 152458
Glos.Dchoir@gmail.com



News

The Body Project Gloucestershire are undertaking research with parents & carers around their thoughts and concerns around body image. The research aims to design a resource pack for parents and carers. See the flyer below for more information or visit the [body project's website here](#)



TBP
THE BODY PROJECT
Empowering Generations
PARENTS & CARERS
WE WANT YOU VOICE!

Help us improve support for children and families by sharing your thoughts!

WHY WE'RE RUNNING THIS SURVEY
A programme that helps participants build skills to confront unrealistic beauty ideals and develop healthy body image.
The Body Project is a dissonance-based, body acceptance program backed by over 20 years of research. Shown to reduce body dissatisfaction and help prevent eating disorders, it has reached over 4.5 million young people in 136+ countries.

WHAT IS IT?

- Short, anonymous survey about parents and carers perspectives and experiences of body image at home and with their children
- Your experiences
- Your suggestions
- What matters most to you

HOW TO TAKE PART

- Scan the QR code
- Email: thebodyproject@glos.ac.uk

FEEDBACK IS...

- ✓ Anonymous
- ✓ Confidential
- ✓ Taken seriously
- ✓ What matters most to you
- ✓ Takes just 5-10 minutes

WHAT HAPPENS NEXT?

- ✓ We will review all responses
- ✓ Share a summary of results
- ✓ Outline actions we will take

YOUR VOICE MATTERS
Every response helps us build a better community for our **children**.



Transform your Canteen with Bite Back in Schools

£500 grants available to fund student-led improvements

Bite Back, is a children's health charity focused on food systems change, not simply food education. They want to make it easier for young people to eat healthily, especially in school. We know how important it is for children to go through their school day with the energy to learn.

A free, fully funded programme empowering students in Years 7–10 to improve their school food environment and understand the political processes shaping it. Your school will receive:

- A £500 grant to fund student-led improvements
- A ready-made resource pack with physical workbooks, session plans, slide decks and a Championing Change card game
- An inspiring kick-off assembly from a Bite Back Ambassador
- Ongoing support from our team
- Badges, merchandise and celebration opportunities

Sign up for free today [Join Bite Back in Schools: fully-funded, student-led canteen transformation programme](#)

News

Counter Terrorism Police SW Office numbers - call before making a referral

If you're considering or making a Prevent referral, Counter Terrorism Police have requested you call them to talk through the referral so you get early advice before you complete the form.

Local CT Case Officers on the below number....

Devon and Cornwall - 01392 225130

Avon and Somerset - 01278 647466

Gloucestershire - 01452 752604

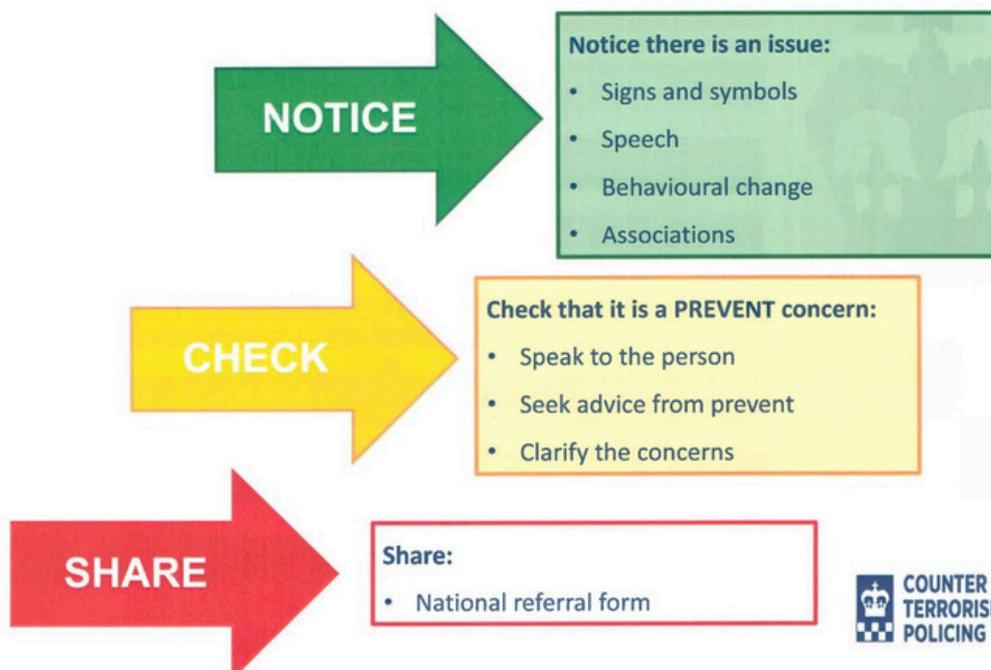
Dorset - 01202 222777

Wiltshire - call Glos or A&S or 07471 029698/07547 658247

It's also a good opportunity to refresh your understanding of Notice, Check, Share and share with staff.

Notice, Check, Share is the process we urge you to use when spotting the signs of radicalisation and subsequently deciding if a Prevent referral should be submitted. I've been focusing on this message in my interactions with you at forums and in this newsletter and I wanted to build on this again with an infographic...

How to make a referral..



CLICK HERE FOR FURTHER INFORMATION ON NOTICE, CHECK, SHARE AND DECIDING IF A PREVENT REFERRAL SHOULD BE SUBMITTED

News

“You Won’t Know Until You Ask”

New campaign and support for parents

The Department for Science, Innovation, and Technology (DIST) have launched a new “You Won’t Know Until You Ask” campaign which you may wish to share with your parents and carers.

The campaign provides a range of practical support that parents and carers can use immediately and the confidence to have conversations with their children about the content they see online.

Help your child stay safe online



[For more information click here](#)

Parent and Carer Webinars



Let’s Talk Well run FREE live webinars for parents and carers who may be worried about their child’s emotional well-being.

The sessions provide practical tools, expert guidance, and a welcoming space to help you strengthen your child’s resilience, whilst realising you are not alone.

With a wide range of dates and times to suit [visit Let’s Talk Well’s website for further information.](#)

Design Competition:

Open to all pupils of Gloucestershire schools and colleges



**Dementia Action Week
18th - 24th May 2026**

Create a coaster design to represent being dementia aware



The creator of the winning design will see their coaster manufactured for use, and shared across the county

Please design your coaster on [this template](#)



Closing date - Friday 8th May 2026

Entries can be submitted at any time from now until closing



For further information contact ghll@gloucestershire.gov.uk or your GHLL Lead Teacher

Learning and Teaching



Kidscape have received funding to support young people, parents, and carers with bullying in Gloucestershire, Swindon and Wiltshire. A range of support is available, including the Bullying Awareness Champions Programme (Years 5–6), Digital Safety sessions for parents and carers, workshops for Years 5–8, and Peer mentoring programme train the trainer for school staff.

[Click here to read the full details and find out how to contact Kidscape for more information](#)



Learning and Teaching

Updates from the PSHE Association



The PSHE association are soon going to be launching their brand-new programme of study and curriculum models- giving you plenty of time to prepare for the statutory RSHE changes in September. These replace the existing programme builders and will be launched on 16th March.

Spring Online Conference is taking place on 12th March 2026- [click here for more information.](#)

New lesson plans and guidance on [Gathering views from pupils with SEND](#)

Free lesson plan (free account required)- [Digital Deception: understanding deepfakes and manipulated images \(KS2-4\)](#).

Next term they are also launching a national research network for schools: Schools Insights and Action Network (SIAN), giving you the opportunity to take part in world-leading research in exchange for free training and school-level insights.

New sextortion animation from University of Bristol

The University of Bristol in collaboration with City, St Georges, University of London have designed a collection of videos to support secondary schools (11+) with PSHE/RSE and safeguarding education.

The sextortion animation is intended to help students recognise common tactics used to pressure or manipulate young people online, and to encourage safe, informed help-seeking.

The team are currently developing two new animations focused on healthy relationships, and are inviting those who work with young people to take part in a short anonymous survey on which issues they feel are most important to prioritise.

[Click here to access the survey.](#)



SPOTTING THE SIGNS TOOL

The Spotting the Signs Tool (2023) is designed to help professionals ask the right questions to identify potential abuse or exploitation in children and young people. Rather than acting as a checklist of questions, the Tool is designed to facilitate a conversation with the child or young person to help understand their situation better. Observing children and young peoples' behaviour is key to keeping them safe. That's why every interaction with a young person is an opportunity to gain a better understanding of their unique circumstances. With the guidance provided in this Tool, you can gain confidence in harnessing your professional curiosity to make sure young people are safeguarded.

The Tool is designed to be used as guidance when interacting with young people. It provides key questions to ask all children and young people to highlight any areas that may need further exploration.

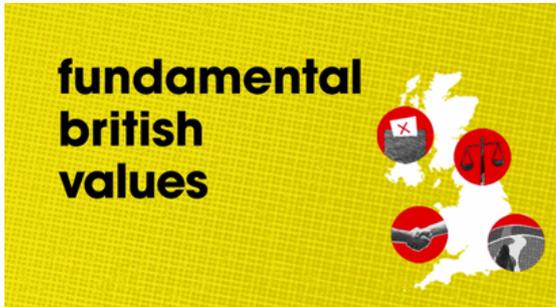
If further exploration is needed, the Tool includes a series of questions for each area of the young person or child's life. This offers them an opportunity to speak out but also helps us identify potential or actual abuse and/or exploitation, particularly where the young person or child may not be aware of it.

[Spotting the Signs Tool](#)

[Guidance for using the STS
tool](#)

You may also find this free, online, self directed course from Brook useful: [Managing a disclosure of sexual harassment or assault](#)

**Resources to help facilitate classroom conversations in
Secondary schools**



Educate Against Hate have a comprehensive resources pack including a slide show and video aimed at students to introduce fundamental British values in an engaging way.

Suitable for KS3, 4 & 5.

[Click here to access the resources.](#)

Staying SAFE Online Posters

Schools and colleges play a vital role in helping young people navigate the risks of harmful and extremist content online. With extremist narratives increasingly appearing in everyday digital spaces, gaming platforms, memes, influencer channels, and algorithm driven feeds, pupils may encounter harmful messages without seeking out or recognising them.

Educate Against Hate have a set of clear, accessible posters designed for classrooms and staffrooms. Designed to raise awareness and help start those important conversations, they include a memorable SAFE mnemonic to support safer online behaviour.



[Click here to access the KS3, KS4/5 and staff posters and start the conversation today.](#)



The DfE Teaching Blog

See the DfE Teaching Blog for a wide range of topics for teachers, by teachers. Covering everything from reducing teacher workload to working flexibly and supporting teacher wellbeing.



The importance of wellbeing: managing stress and anxiety on inspection

Pre-recorded training on the importance of wellbeing: managing stress and anxiety on inspection, that was delivered to inspectors last year. This training was one of the essential underpinning skills programme (USP) modules that inspectors were asked to complete ahead of the main renewed framework training that took place in early October. Click the video below to access the recorded training (log in required)





Question: What does your team have in common with a class of primary school pupils?

Probably less glitter, fewer hands in the air, and mercifully, no hopscotch.

But psychologically? They're running the same operating system. Any teacher who's done trauma-informed training knows this: a child's brain won't engage in learning unless it can answer two basic questions:

Am I safe? And Do I matter?

If the answer is yes, the brain relaxes into learning mode. If the answer is no, the brain switches to threat mode. It scans for danger and learning becomes secondary. That's why a child who feels unsafe doesn't learn, a child who feels embarrassed doesn't speak, and a child who feels invisible mentally checks out.

Think back to your own school days. Your best teacher didn't scare you into improving your spelling. They created an environment that brought out the best in you

Now here's the awkward bit...

Why do we assume adults magically grow out of this?

When adults feel unsafe – ignored, judged, excluded, talked over, or copied into emails “just in case” – the same thing happens. The nervous system goes into survival mode. Fight, flight and freeze are not known for producing great ideas.

You cannot get brilliance from a brain that thinks it's under attack.





**Psychological
Safety**
(made ridiculously simple)

And before anyone panics, I'm not suggesting beanbags, affirmations or gold stars. What adults actually need is far simpler: to feel that they matter, that their opinion counts and their effort is noticed.

In emotional intelligence speak, it's important that they feel felt.

Because when people feel they matter, they lean in. When they don't, they quietly disengage. Sure, they still turn up, sit in meetings and nod politely. But emotionally? They've taken early retirement.

Safety + belonging = growth.

That's true at seven. And it's still true at forty-seven.

If children don't feel safe and valued, they stop learning. If adults don't feel safe and valued, they stop contributing.

Bluntly, I've seen too much psychological safety training that's given psychological safety a bad name! Which is why I've developed Psychological Safety, an alternative keynote and workshop.

'Alternative', as in it's fun, different, engaging, and it works.

With the Art of Brilliance DNA at its core, you're guaranteed something that makes a huge difference and that's talked about long after the session.

Spoiler alert. The best workplaces aren't built on pressure, fear or performance charts. They're built by people who understand this simple truth: Employees flourish when they feel safe... and when they know they matter.

[To see more from the Art of Brilliance visit the website here](#)

UPCOMING GHLL TRAINING

Book you space today

Gloucestershire Healthy Living and Learning

GHLL Upcoming Training

March

- Getting Court, 13th March, 9:30 - 12:30 at Gloucester Crown Court
- Staff Wellbeing, 26th March, 9:30 - 12:30 at Colwell Arts Centre

April

- British Values & Protected Characteristics in Primary Education, 16th Apr, 9:00 - 15:30 at Colwell
- Beyond Boundaries: Respect, Safety & Digital Wellbeing 1 Day Course (Secondary), 23rd Apr, 9:15 - 15:30 at Highnam Community
- Self Harm Awareness, 27th Apr, 9:30 - 16:00 at Pavilion Chelt
- YGAM Gaming & Gambling Harm Prevention Workshop, 30th April, 15:30 - 17:30 Virtual

May

- Mental Health First Aid Youth 2 Day, 5th & 6th May, 9:00 - 17:00 at Pavilion Chelt
- Implementing Effective Personal Development (PSHE & RSHE), 7th May, 15:45 - 17:00 Virtual- TEAMs
- EPS Emotion Coaching, 18th May, 9:30 - 15:30 at Painswick RFC
- Trusted Emotionally Available Adult (TEAA), 21st May, 9:00 - 12:30 at Pavilion Chelt

June

- Leading a More Reflective Culture, 2nd June, 9:30-11:30 at Colwell
- Primary R(S)HE and Resources, 3rd June, 9:30 - 15:30 at Pavilion Chelt
- Self Harm Awareness, 5th June, 9:30 - 16:00 at Colwell Arts Centre
- EPS Trauma & Attachment Training, 10th June, 9:30 - 12:30 at Dowty's
- Secondary/FE PSHE Network Meeting, 11th June, 9:30 - 12:00 at Dowty's
- Primary PSHE Network Meeting, 11th June, 13:00 - 15:30 at Dowty's
- Mental Health First Aid Youth Lite, 16th June, 9:30 - 12:30 at Pavilion Chelt
- Mental Health First Aid Youth 2 Day, 25th & 26th June, 9:00 - 17:00 at Newent Pavilion

July

- Mental Health First Aid Youth Lite, 3rd July, 9:30 - 12:30 at Newent Pavilion

All GHLL courses are FREE for Schools in Gloucestershire (except MHFA see below for details)

- Blue = Key Stage 1 & 2
- Yellow = Key Stage 3 & 4
- Green = All Key Stages

Trusted Emotional Available Adult (TEAA) is mainly aimed at Primary & Special although can be used for Secondary.

MHFA course fee: £31 for the 2 Day & £16 for the Lite, to cover the cost of the workbook. All other facilitation costs are funded by GHLL.

Click the calendar above to view all of our remaining courses for this academic year and to book your place.

Most of our courses are FREE to attend. The only exception is our Mental Health First Aid courses, which carry a small fee to cover the cost of the delegate manual provided.

If you have any questions or need support accessing the courses, please contact us at ghll@gloucestershire.gov.uk

THE PHSE PULSE

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Gloucestershire
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We would love to hear from you
Contact us by...



ghll@gloucestershire.gov.uk



01452 426322



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