

THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning

Issue: July 2026

Summer LOADING...



Welcome to the July edition of The PSHE Bulletin

As we reach the end of another busy academic year, we would like to take this opportunity to thank all our schools and colleges across Gloucestershire for their continued commitment to promoting the health, wellbeing, and personal development of children and young people.

This edition of The PSHE Pulse celebrates the achievements of schools that have recently gained their Healthy Schools and Mental Health Champion Awards, highlighting the fantastic work taking place across the county to support whole-school wellbeing.

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www.ghll.org.uk

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Welcome message continued from front page...

We would also like to share a range of summer opportunities, resources and updates to help schools/ colleges, families, children and young people stay connected, informed and supported throughout the holiday period.

Inside this issue, you will find information on summer activities and support for families, resources from Lumi Nova, important updates on inclusive practice and safeguarding, new learning and teaching opportunities, staff wellbeing resources, and details of upcoming GHLL training opportunities for the year ahead.

Whether you are planning ahead for September or simply looking for useful resources to share before the summer break, we hope this bulletin provides practical ideas and inspiration.

On behalf of the GHLL team, we wish all school and college staff, pupils, and their families a restful, safe and enjoyable summer. We look forward to seeing and working with you all in September and hope you have a wonderful break.

Finally, thank you for all that you do to support the health and wellbeing of Gloucestershire's children and young people.

Best wishes Fiona and the GHLL team



Congratulations

To our latest Healthy School Award Achievers

The following schools were successful in achieving Healthy Schools Award status in July.

Archway School

Berkhamstead School

Blue Coat CofE Primary School

Castle Hill Primary School

Finlay Community School

Gloucester Road Primary School

Hempsted CofE Primary School

Hillside Primary School

Hunts Grove Primary School

Kingsway Primary School

Leighterton Primary School

Longlevens Infant School

Longlevens Junior School

Mitcheldean Endowed Primary School

Prestbury St Mary's CofE Junior School

Randwick CofE Primary School

Redmarley CofE Primary School

St Marks CofE Junior School

St Mary's CofE Infant School

Stroud Valley Community Primary School

The John Moore Primary School

Waterwells Primary School

Yorkley Primary School



Congratulations

To our latest Mental Health Champions
Award Achievers in July 2026

The following schools were successful in achieving Mental Health Champion Award status in July.

Dunalley Primary School

Harewood Infant School

Mitcheldean Endowed Primary School

The Richard Pate School

Sladewood Academy

St Thomas More Catholic Primary School



**Mental Health
Champions**

What is the GHLL Healthy Schools/Colleges Award?

The Gloucestershire Healthy Living & Learning (GHLL) Healthy Schools Award has been designed by teachers for teachers in all educational settings to collate, showcase and celebrate their Whole School Approach in relation to health and wellbeing. It is **free**, and schools and colleges are supported by their GHLL Lead Teacher when applying for the award. By participating in the award process, schools and colleges will be supported in the audit of their curriculum, policies and practice in regard to health and wellbeing, highlighting strengths and areas for development.

Why apply for your Healthy Schools Award?

By completing the Healthy Schools Award application, schools and colleges:

- Audit their whole school provision for all areas of health and wellbeing, highlighting strengths and areas for development
- Collate valuable evidence for how they are meeting statutory requirements for Personal Development, which can be used to showcase during OFSTED and SIAMS inspections;
- Can identify areas of development for the School Development Plan;
- Achieve the Healthy Schools Award and celebrate their success with the school/college community. The setting will receive a plaque to display enabling the whole community, including visitors, to know the value and profile health and wellbeing are given within the setting.

If you would like to find out more about working towards your Healthy Schools/Colleges and/or Mental Health Champion Award please [see our website for further information](#) or [email us](#) to be put in touch with your setting's GHLL Lead Teacher who can support you with this.

2026–2027 Submission Dates

Healthy Schools: Wednesday 25th November 2026

Wednesday 10th March 2027

Wednesday 16th June 2027

Mental Health Champions: Wednesday 13th January 2027

Wednesday 9th June 2027



WHAT'S ON!

This Summer

NXT GEN SUMMER



 **Animal Drawing: Charcoal** 22.07.2026 10am - 2pm 

Deaf Culture Games 29.07.2026 10:00am - 2pm

 **Circus Skills** 05.08.2026 10am - 2pm 

Cookery Workshop 12.08.2026 10am - 2pm

 **Severn Rivers Trust** 19.08.2026 10am - 2pm 

Go Karting 26.08.2026 10:00am - 3pm 



BOOK HERE



www.gda.org.uk/events

Gloucestershire Deaf Association have an exciting new Summer programme for deaf and hard of hearing young people. NXT GEN is a youth group for **deaf, hard of hearing** and **hearing** young people aged 11-16 across Gloucestershire. Through fun activities, workshops, trips and peer support, young people build skills, friendships, wellbeing and self confidence in an inclusive environment.

Book via the QR code above or the [website here](http://www.gda.org.uk/events)





WHAT'S ON!

This Summer

Families in Partnership Newsletter

The July Edition of Families in partnership is now out and includes information on inclusive summer fun and support for families with SEND in Gloucestershire.

[To read the July newsletter click here](#)



Lumi Nova Summer Communication 2026

Hello,

The summer holidays are almost here! ☀️

Summer is a great time to recharge, but the break from routine can sometimes bring about fears and worries for some children and young people. The feeling of change, going back to school or being away from friends and missing out, can bring a wave of different worries and difficulties.

It's not too late to support families to build their child's resilience and confidence over the summer break. Easily share Lumi Nova with families using our summer resources below.

Lumi Nova Summer Resources

- [Summer Communication Template](#)
- [Summer Poster](#)
- [Summer Social Media Post](#)

Families in Gloucestershire can register for a FREE game key by heading to our website - luminova.app/gloucestershire.





New “The Education Hub” Blog Post for parents and carers about how schools are managing the heat and what it means for their child’s day.

[Click here to read the full post](#)

Great British Summer Savings- Help families save this summer

Families can enjoy a range of discounted activities this summer through the Government’s Great British Summer savings scheme.

From 25 June to 1 September, VAT has been reduced from 20% to 5% on:

- Children’s meals in restaurants
- Family and children’s tickets to cinemas, theatres, concerts and exhibitions
- Entry to a wide range of attractions

In addition, children aged 5-15 can travel free on buses in England throughout August, helping families access affordable days out during the school holidays.

To help families find participating venues and attractions nearby, the Government has launched an online Summer Savings Attraction Finder. Simply enter your postcode to discover local offers and discounts.

www.summersavings.gov.uk

Schools are encouraged to share this information with parents and carers through newsletters, apps, and other communications, helping families make the most of the savings available this summer.



We're proud to support the Fix the Kit Campaign from Inclusive Sportswear - encouraging secondary schools to update PE kit policies. New government guidance on inclusive PE Kit & the incoming Children's Wellbeing & Schools' Bill on limiting branded uniform items means schools will need to review PE kit policies ahead of mandatory changes. The "Fix the Kit" campaign, is led by Team GB Olympian Tess Howard and the non-profit Inclusive Sportswear.

To find out more watch the [Fix the Kit Film](#) or visit their [website](#)

SIX QUICK FIXES TO PE KIT

- 1  ASK PUPILS HOW THEY FEEL IN THEIR KIT.
- 2  ALLOW CHOICE OF DARK SHORTS, LEGGINGS, TRACKSUITS.
- 3  HAVE A DARK, ROUND-NECKED, BREATHABLE PE TOP.
- 4  SIGN-POST SPORTS BRA GUIDANCE ON PE KIT LIST.
- 5  SUPPORT EXTRA DARK LAYERS IN COLD WEATHER.
- 6  'PE KIT DAYS' & FLEXIBLE CHANGING ARRANGEMENTS.

Click the following links:

[Why Join the Campaign Video](#)

[Why Kit Matters For Teenage Girls Video](#)

[Fix The Kit Campaign Brief](#)

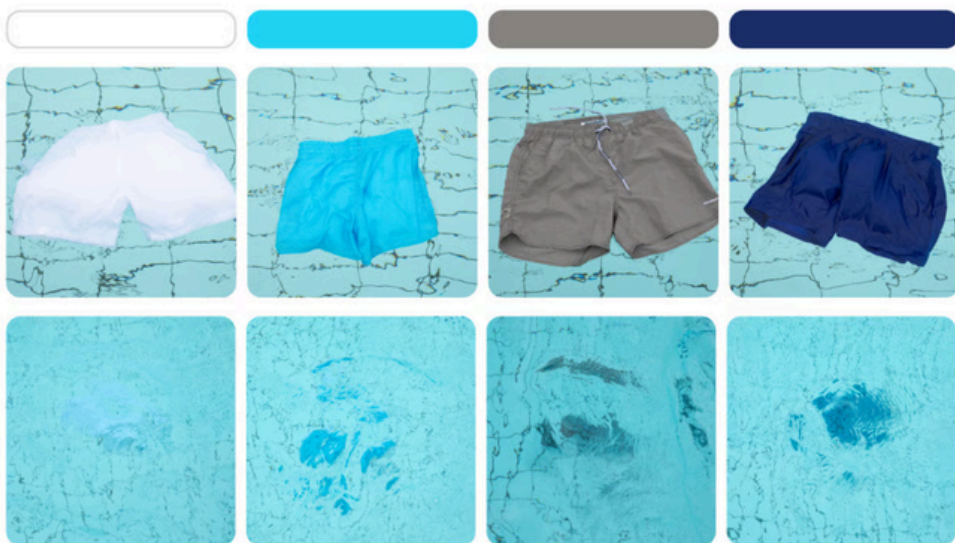
[Information for School Teachers](#)

On The Beach has joined forces with gold medalist Rebecca Adlington to promote awareness around the importance of childrens swimwear.

Their testing found that blue, white and grey swimsuits are pretty much invisible underwater, even just 2 metres below the surface, which means if a child was in trouble, it would be almost impossible to see them from the surface. Wearing a swimsuit in an easy-to-see colour, could prevent the worst from happening.

Find out more [here](#) or download the handy one page [Swimwear Safety Fact Sheet](#)

Dangerous high street retailers' swimwear



On the Beach's visible, safer swimwear



- ✗ Blue
- ✗ White
- ✗ Grey
- ✓ Pink
- ✓ Yellow
- ✓ Red
- ✓ Black
- ✓ Purple
- ✓ Green
- ✓ Fluorescent colours

Learning and Teaching

Loan Shark Online Awareness Sessions



The England Trading Standards Illegal Money Lending Team (also known as The Stop Loan Sharks Team) investigate, arrest and prosecute illegal money lenders and help the borrowers get their lives back on track.

As many as 1.08 million people in England could be in debt to an illegal money lender, commonly known as a loan shark. The number of people borrowing is rising due to several reasons especially the cost of living crisis and the demise of the payday lending industry and high interest, short term credit industry.

We believe it is more important than ever to talk to young people about the dangers of borrowing from illegal lenders. We recently arrested a student who was lending to other students through Shap Chat.

Stop Loan Sharks are offering FREE online awareness sessions through Microsoft Teams for Primary and Secondary Schools. The duration of the sessions can be from 15 minutes (assembly) to 1 hour (more in-depth class session).

To find out more please see their [further information here](#) or get in touch with Wendy Loades, Liaise Officer (South West) England Illegal Money Lending Team
Email: wendy.loades@birmingham.gov.uk



Backseat Boss: A safer driving initiative to improve road safety

Backseat Boss is a fun and educational road safety initiative for primary school aged children, brought to you by AXA UK and supported by the Child Accident Prevention Trust.

With engaging lessons, games, and activities, primary-school aged children will learn how to be safer passengers and future drivers – all in just 25 minutes!

The ready-to-go session makes road safety rules stick, with –

- Fun games and activities
- Simple, memorable safe driving rules
- All lesson materials provided

For Schools; Backseat Boss is:

- Aligned to the PSHE Programme of Study
- Easy to implement, with all materials provided
- Available at no cost to your school

[Click here to visit the website](#)



The Department for Education send out the Teacher Bulletin a few times per half term. It brings together some of the recent advice and information they have published.

[Click here to read the June bulletin](#) or [sign up to receive them directly](#).

The June issue is a special education needs and disabilities (SEND) edition and includes the following useful articles:

[The Inclusive Mainstream Fund](#)

[Creating accessible environments - Inclusive Estates guidance for schools, colleges, local authorities and responsible bodies.](#)

[New Inclusion Bases Guidance](#)

[Free assistive technology training available for all staff](#)

[Experts at Hand- providing easier access to expert advice and guidance from professionals.](#)

 ASSOCIATION

**NEW! PSHE education Planning
Framework for Pupils with SEND**

KS1-5

FREE



The PSHE Association's updated 2026 version of the PSHE education Planning Framework for pupils with SEND is now available to download.

The framework is FREE for all teachers and schools - to help ensure every child and young person is equipped with the tools they need to meet life's challenges and make the most of life's opportunities.

[Click here to access the framework](#)

Staff Wellbeing

ACTION FOR HAPPINESS

Action for Happiness have lots of resources and support available to meet their aim of creating a happier world.

Check out the following links for ideas on building resilience and top tips on bouncing back

[Jump Back Up July calendar and further info](#)



[Coping with challenging times- 3 top tips with Vanessa King](#)

[Build your resilience Video](#)



GHLL Training Courses

GHLL provide a range of courses which are FREE to all staff working with children and young people in educational settings in Gloucestershire, including the voluntary sector and staff within GCC and the ICB.

Our training includes a range of topics linked to PSHE and wellbeing including:

- Primary and Secondary RSHE Training
- New to PSHE training
- Mental Health First Aid Youth Courses *
- British Values and Protected Characteristics in Primary
- Self Harm Awareness
- Trusted Emotionally Available Adult

Young Minds Matter schools also have some additional training offers including training delivered by Gloucestershire Educational Psychology Service.

We are currently planning our 2026-2027 training programme
Please sign up to our [training alerts](#) to be the first to hear about the courses and dates for next year

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

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Gloucestershire
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Living and Learning



Wishing you a lovely and restful summer



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



ghll@gloucestershire.gov.uk



01452 426322



www.ghll.org.uk

