THE PSHE PULSE

A GHLL BULLETIN

Gloucestershire Healthy Living and Learning

Issue: Nov 2026



Welcome to November's PSHE Pulse

With the clocks having changed and darker evenings upon us, the run-up to Christmas is already beginning to appear on the horizon!

November is a good time to pause and think about the wellbeing of our children and young people. This month we have highlighted the Teen Sleep Hub resources to help young people keep their sleep on track through the seasonal change, with useful materials for schools and families. Not forgetting our primary schools Counting Sleep is a free GHLL resource to use with children (and parent/carers) on the importance of good sleep and the intervention can be used for Healthy Schools.

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Autumn also brings the inevitable coughs, colds, and flu and therefore it is a timely reminder that we have excellent e-Bug teaching resources for ages 3-16 which work well with both the Science and PSHE curriculums. They link into the new statutory RSHE Health Protection and Prevention which should now be in place.

There's plenty happening at GHLL this month. Our November programme includes **Primary and Secondary/College/FE/Special PSHE Network Meetings**. If you haven't signed up there is still time. Self Harm Awareness Training, support for neurodivergent pupils and a session exploring whole-school inclusive reflective practice. A reminder that all our training is FREE. 😊

A major focus this month is Anti-Bullying Week, 16 to 20 November, with the theme Break the Silence. We've brought together free resources and ideas to help schools and colleges encourage kindness, challenge bullying and give children and young people confidence to speak up. Included is a link to BBC live lesson on the 16th of November for your Key Stage 2 children to take part in.

We are also proud to share an inspiring example of PSHE in action from Newent Community School and Sixth Form Centre, following its powerful It Does Matter event. The presentation provided students with an opportunity to explore active bystanding, recognising warning signs and the importance of safely reporting concerns. Students drew on their PSHE learning and previous work with the Hollie Gazzard Trust, demonstrating the important role high-quality PSHE can play in helping young people navigate difficult real-world issues. Free posters are available for schools and colleges to download to raise awareness of Violence Against Women and Girls (VAWG) in this bulletin.

Thank you, as always, for your commitment to creating healthier, safer and more supportive places for children and young people to learn and thrive.

Please do not hesitate to contact us for any help or support at ghll@gloucestershire.gov.uk

Best Wishes from Fiona and the GHLL Team

Coming Up Soon at GHLL- Book Your FREE Place Today

Gloucestershire Healthy Living and Learning

Primary PSHE Network Meeting

Thursday 12th November

09:00-12:15

Hatherley Manor Hotel



Agenda including:

- **Strategies to Support Neurodivergence** delivered by Educational Psychologists, Dr Laura Fuller and Dr Toria Thompson.
- **Supporting Families to Make Healthy Habits Fun** delivered by Hannah Gibson from Beezee
- **Staff Mental Wellbeing** by Phil Matthews
- **Partner Stands and Networking Opportunities**

Click here to book you space on the Primary Network Meeting

Secondary, College/FE PSHE Network Meeting

Thursday 12th November

15:45-17:00

Virtual via MS TEAMs

'Fostering Classroom Connection: Shifting from "Fixing" to Growing Friendships'.

Delivered by **Rebecca Jerome, Educational Psychologist,** this session will explore the complexities of adolescent friendships, considering how friendships develop and change, the challenges young people may experience, and how we can support them to build and maintain positive, healthy relationships.

Click here to book you space on the Secondary/College/FE Network Meeting

Coming Up Soon at GHLL- Book Your FREE Place Today

Gloucestershire Healthy Living and Learning

Self Harm Awareness Training

Monday 16th November

09:00-16:00

Colwell Arts Centre

Click here to find out more & book your FREE place

Build your confidence in understanding self-harm in young people and learn practical strategies to support those who self-harm, in this informative full-day course led by inspirational speaker Satveer Nijjar. Suitable for professionals working with young people from upper primary through to secondary and college/FE.

A Whole School Approach to Leading an Inclusive Reflective Culture- Theory, Strategies and Impact

Wednesday 18th November

09:30-11:30

Elmbridge Primary School

Having gained years of knowledge and experience as a leader in two different schools for over 15 years, **Chantel Yeates** will be sharing her successes and learning moments around leading a relational restorative school and creating a culture of inclusive reflective practice. She will be sharing the sustainable model of reflective supervision and practice that has been implemented throughout the whole school and is having a positive impact for all. This interactive session will provide an insight into how a more reflective culture can be established in school settings.

Click here to book you space on the Secondary/College/FE Network Meeting

Gloucestershire Healthy Living and Learning

EPS Supporting Neurodivergent Children & Young People in Schools

Monday 30th November

09:00-12:00

Gloucester Deaf Association

Click here to find out more & book your FREE place

Develop your understanding and discover practical approaches to supporting neurodivergent children and young people in school in this session delivered by Gloucestershire Educational Psychology Service.

Mental Health First Aid Youth Lite

Wednesday 2nd December

09:30-12:30

The Pavilion, Cheltenham

This half day course provides a wider understanding of some of the issues surrounding mental health and how you might support the young people you work with. Improve your knowledge, understanding and skills at identifying and supporting young people with their mental health.

Please note this course has a nominal charge of £16 to attend.

Click here to find out more & book your place

Secondary, College/FE PSHE Network Meeting

Thursday 3rd December

15:45-17:00

Virtual via MS TEAMs

Click here to find out more & book your place

Laura Nott from the Lucy Faithfull Foundation will be delivering a session on "**Managing and supporting Harmful Sexual Behaviour**" and using their **Shore Resources** for young people.

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.

What are the similarities between gaming and gambling?

What is a Loot Box?

Could you spot the signs of harm?

Thurs 10th Dec 3.30pm-5.30pm

Scan the QR code to register for the workshop.

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

Ygam

Gloucestershire Healthy Living and Learning

CPD CERTIFIED The CPD Certification Service

Gloucestershire Healthy Living and Learning

GHLL Training Calendar 26-27

Click course titles to find out more & book your place

January

EPS Removing Barriers to School Attendance
20th Jan,
9:00 - 12:00
at The Pavilion, Chelt

Trusted Emotionally Available Adult (TEAA)
14th Jan,
9:00 - 12:30
at Newent Community Pavilion

Mental Health First Aid Youth Lite
25th Jan,
9:30 - 12:30
at Painswick RFC

Supporting Whole-School Change: Gender Inclusion & Responding to Tech Abuse
21st Jan,
09:00-16:00
Highnam Community Centre

February

EPS Supporting CYP through Bereavement & Loss
3rd Feb,
9:00 - 12:00
at Painswick RFC

Mental Health First Aid Youth 2 Day
4th & 5th Feb,
9:00 - 17:00
Venue TBC

British Values & Protected Characteristics in Primary Education
4th Feb,
9:00 - 15:30
at Newent Community Pavilion

Primary PSHE Network Meeting
25th Feb,
09:00 - 12:15
Virtual- TEAMs

Secondary/FE PSHE Network Meeting
25th Feb,
15:45 - 17:00
Virtual- TEAMs

Key

- Blue = Key Stage 1 & 2
- Yellow = Key Stage 3 & 4
- Green = All Key Stages
- Purple = PSHE Network Meetings

If you have any queries please get in contact at ghll@gloucestershire.gov.uk.

Our full 2026-2027 Training Calendar can be found here

GHLL Training Calendar 26-27

Click course titles to find out more & book your place

Gloucestershire Healthy Living and Learning

March

EPS Understanding Anxiety & Coping with Stress
3rd March, 9:00 - 12:00 at Painswick RFC

Primary R(S)HE Curriculum Training & Resources Workshop
11th March, 9:30 - 15:30 at Newent Community Pavilion

'Getting Court' for Teachers & Lecturers
12th March, 09:00 - 12:30 Gloucester Crown Court

EPS Emotion Coaching & Establishing Zones of Regulation
16th March, 9:30 - 15:00 at Newent Community Pavilion

Mental Health First Aid Youth 2 Day
17th & 18th March, 9:00 - 17:00 at Gloucester Deaf Association

April

Self Harm Awareness
21st Apr, 9:00 - 16:00 at Painswick RFC

Mental Health First Aid Youth Lite
20th Apr, 9:30 - 12:30 at Newent Pavilion

YGAM Gaming & Gambling Harm Prevention Workshop
22nd Apr, 15:30 - 17:30 Virtual

British Values & Protected Characteristics in Primary Education
22nd April, 9:00 - 15:30 at Painswick RFC

May

EPS Supporting CYP through Bereavement & Loss
17th May,
9:00 - 12:00
at Highnam Community Centre

Mental Health First Aid Youth 2 Day
24th & 25th May,
9:00 - 17:00
at The Pavilion Chelt

Trusted Emotionally Available Adult (TEAA)
26th May
9:00 - 12:30
at Gloucester Deaf Association

Mental Health First Aid Youth Lite
26th May,
13:30- 16:30
at Gloucester Deaf Association

June

EPS Trauma & Attachment Training
8th June,
9:30 - 15:00
at The Pavilion, Chelt

Primary PSHE Network Meeting
17th June
09:00 - 12:15
The Pavilion, Chelt

Secondary/FE PSHE Network Meeting
17th June,
15:45 - 17:00
Virtual- TEAMs

A Whole School Approach to Leading an Inclusive Reflective Culture- Theory, Strategies & Impact
22nd June,
9:30-11:30
at Cinderford Rugby Club

Mental Health First Aid Youth Lite
30th June,
9:30 - 12:30
at Colwell Arts Centre

July

Mental Health First Aid Youth 2 Day
5th & 6th July,
9:00 - 17:00
at Painswick RFC

Gloucestershire Healthy Living and Learning

Please get in touch if we can help you with your booking or any other query.
ghll@gloucestershire.gov.uk

Anti-Bullying Week: Free Resources



Anti-Bullying Week takes place from 16–20 November 2026. Explore the next few pages for useful information, links and resources to help you plan activities and raise awareness in your setting.

Now & Beyond



Now & Beyond has a range of resources to support schools and settings with Anti-Bullying Week.

Explore their Anti-Bullying Week resources here, and check out their special screening of the exclusive animation **"I Don't Want a Werewolf Sleeping on My Sofa!" here**. Tune in with your classes of 5–7 year olds, taking place on 17 November at 11am- focusing on the importance of kindness and acceptance.



Explore Jigsaw's resources around this year's theme of Break the Silence by clicking here

BBC

BBC Live Lesson at 11:00 on Monday 16th Nov. Your class will take on challenges to help them recognise bullying behaviour, explore why people might stay silent, and practise safe ways to speak up.

Access further resources for anti-bullying week from BBC Bitesize here

It Does Matter: A Powerful Visit to Newent Community School

In October, Newent Community School and Sixth Form Centre welcomed representatives from the charity It Does Matter to deliver an important and thought-provoking presentation to students. The keynote speaker, Lisa Squire, shared the tragic story of her daughter, Libby, who was raped and murdered by a man with a history of non-contact sexual offences. Following this devastating loss, Lisa has worked closely with the charity to raise awareness, improve reporting pathways, and help prevent the escalation of such harmful behaviours.

The charity's mission is to educate, empower and support individuals and communities to recognise, challenge and report concerning behaviours, helping to create safer environments for all.

Students listened with great respect and maturity throughout the presentation, drawing on learning from their PSHE programme and previous work with the Hollie Gazzard Trust around the importance of being active bystanders. The session provided a powerful opportunity to reinforce these messages and consider how individuals can safely intervene and seek support when concerns arise.

The event was also attended by Detective Chief Superintendent Kerry Patterson, Gloucestershire Constabulary's Violence Against Women and Girls (VAWG) Lead, as well as representatives from the BBC and ITV. Following the presentation, Head Students Naomi Eggleton and James Sayles, alongside Headteacher Ben Dumayne, were interviewed about the event.

Reflecting on the presentation, all spoke about the profound impact of hearing how a series of events escalated on the night of Libby Squire's murder and highlighted the importance of recognising warning signs, reporting concerns, and intervening safely where possible. The event was a valuable and memorable experience for both students and staff, encouraging important conversations about personal responsibility, community safety, and the role everyone can play in protecting others.

Click Here For More On "It Does Matter" and Their Resources

The Relational Schools Programme

Cultivating Inclusion through, Connection, Belonging and Community

A supported three-year journey that helps leaders develop a relational culture at a manageable and sustainable pace.

Learn

Seven leadership sessions to explore relational practice, reflect on your school and shape direction

Build

Leaders directed development, staff training opportunities, further support from

Extend

Flexible opportunities to involve pupils and families, shaped around your school's priorities

Ongoing support, guidance and coaching

Year 1 is for Leadership

Learn first. Understand your context. Implement thoughtfully. It's about sustainable change.

Why do schools join?

- A shared understanding of belonging and inclusion
- Greater consistency in adult practices
- Confident responses when relationships become difficult
- Stronger partnerships with children and families
- Leadership that can sustain cultural change

Interested in joining our 2027 Cohort?

Arrange a conversation with Charlotte Fearn Relational Schools Lead

charlotte.fearn@gloucestershire.gov.uk

News

Families First Family Help and Multi-Agency Child Protection Team Model in Gloucestershire is Now Live

Family Help is Gloucestershire's approach to helping children, young people and families receive the right support at the right time. Family Help brings services together so support is clearer, more joined up and centred around children and families. Gloucestershire's Families First Partnership Programme introduces Family Help teams and Multi-Agency Child Protection Teams (MACPTs), helping professionals work together more effectively to improve outcomes for children, young people and families.

The updated Families First website is the central source for approved information, including leaflets, the glossary and core Family Help documents: Click here to visit the Families First Website for Further Information

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Free Materials for Primary Schools for Talk Money Week

This week is Talk Money Week! The PSHE Association have launched new, free materials as part of their work with the Child Financial Harms Consortium.

The “Paying to Play” lesson pack, and accompanying Bamboozle classroom video game, supports Year 2-4 pupils to discuss how and why free online games make money from the people who play them.

Click here to access the free resources

News

Teaching ☑
Teacher Bulletin

New Vocational Qualifications from September 2027

October's Teacher Bulletin from the Department of Education is focused on the new vocational qualifications being introduced from September 2027 and further changes planned from 2029.

Click here to read the full bulletin to find out more about the options available to students after GCSEs and how you can support them with their next steps.

Drink Spiking: Posters and Awareness Cards

The Talkabout Trust offer the following posters and awareness cards, ideal for use with young people aged 16+ on the dangers of spiking and keeping yourself safe. Order up to 10 copies of each of the three posters which includes top tips and advice on spiking and order up to 500 copies of the handy awareness card by emailing kate@talkabouttrust.org









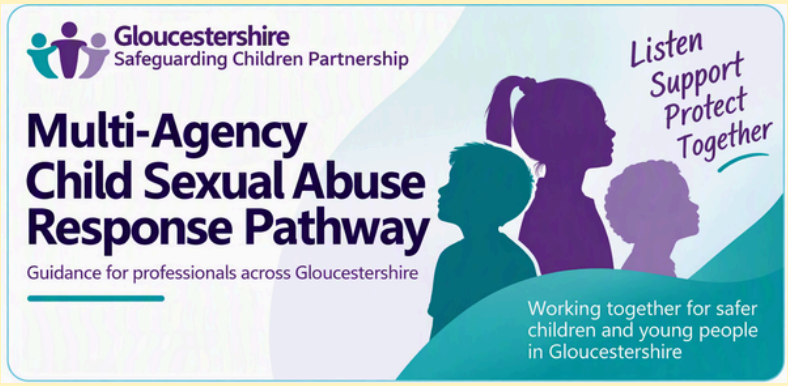
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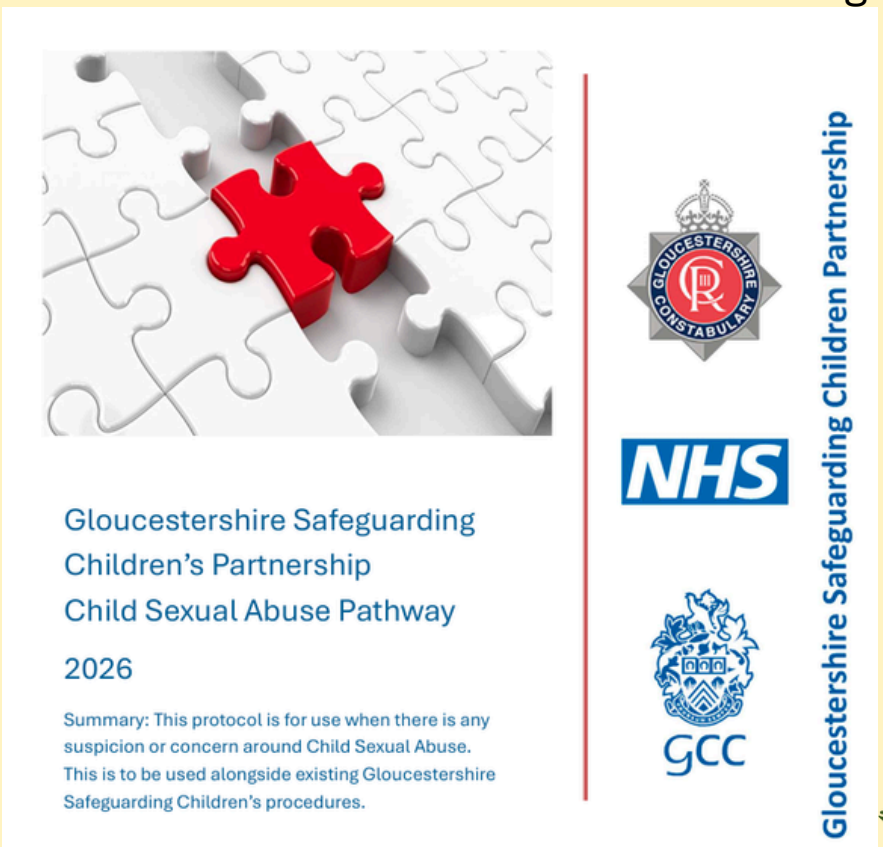
Read The Teen Sleep Hub's new post on "The Clocks Are Going Back: How to Keep Your Sleep on Track" by clicking here

You can also find a variety of resources and poster for schools to download here

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Gloucestershire Safeguarding Children Partnership (GSCP) have released a new Gloucestershire Multi-Agency Child Sexual Abuse Pathway which provides guidance to support a coordinated, child-centred response across agencies. Use the pathway to support effect multi-agency working and safe practice.



Click here to view the GSCP Child Sexual Abuse Response Pathway 2026

News

Free Webinars on responding to child sexual abuse

The centre of expertise on child sexual abuse has the following webinars taking place to support building knowledge, skills and confidence for staff in responding to child sexual abuse. Click the title's below to find out more and register.

Spotting the signs and indicators of child sexual abuse
13:00-14:00, 4th November 2026

Responding to child sexual abuse from a multi-agency perspective – Introducing the child sexual abuse response pathway
10:00-11:00, 5th November 2026

From knowledge to action: what works in tackling child sexual abuse
10:00-11:00, 18th November 2026

Free Posters Raising Awareness of Non-Contact Sexual Offences and Violence Against Women and Girls (VAWG)

It Does Matter is a charity whose aims are to educate, empower and support individuals, communities and organisation to recognise, respond to and stand against non-contact sexual offences.

Visit their website for a range of free posters to display for young people as well as Lesson Plan, Presentation and Student Resources

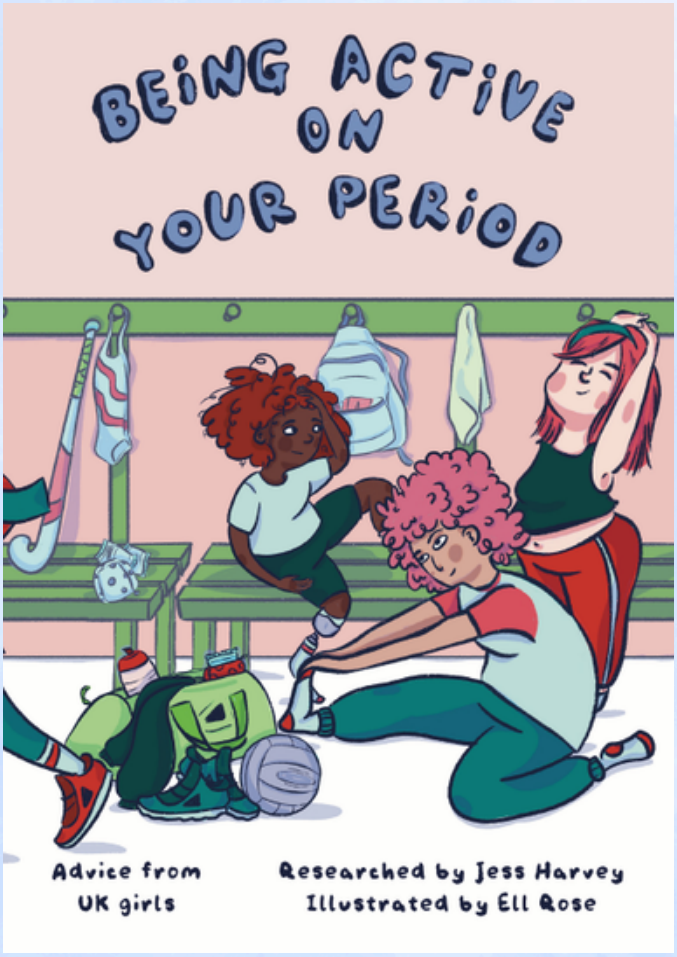








Learning and Teaching



This free leaflet from the University of Bath shares practical advice on staying active during your period, alongside real experiences from girls in secondary schools who took part in University of Bath research studies. It offers tips, reassurance and ideas to help you feel confident about taking part in sport and physical activity throughout your menstrual cycle.

For further information and support around periods and menstrual health, explore the following resources:

- **Health for Teens** – information and advice for young people
- **NHS** – Periods and menstrual health information
- **Childline** – Advice and support about periods



The government's **Let's Move! campaign** is inviting families to take part in the **New Moves Club** and discover the fun of trying something new together. As schools are one of the strongest ways to reach families, they have create a Teacher Toolkit with lots of ready-to-use assets for Schools to use such as newsletter content, social media posts and WhatsApp messages. Click here to download the Teacher Toolkit.

Learning and Teaching

e-Bug: Free Health Education Resources for Ages 3–16

Use e-Bug lesson plans to teach about hygiene, microbes, vaccinations, and antimicrobial resistance from ages 3-16. The lesson plans are developed in collaboration with teachers and scientists, and are accredited by **The Association for Science Education**.

e-Bug have a range of FREE, informative and engaging lessons for all key stages, which can be accessed here - Teachers

These lessons can help you to deliver **the Statutory RSHE content linked to Health Protection and Prevention.** The lessons cover topics such as oral hygiene, personal hygiene and vaccinations.

You can also find the e-Bug lessons referenced in the Health Protection and Prevention section of our GHLL RSHE resource - Health Protection and Prevention : Gloucestershire Healthy Living and Learning

e-Bug have recently launched two new free educational resources:

Vector-Borne Disease (VBD) Teaching Resources (KS1-4)
These classroom-ready resources support curriculum topics already taught in geography, science and PSHE. The resources include lesson plans, teacher guidance, curriculum and GCSE exam links, interactive presentations and animations, hands-on activities, student worksheets and a curriculum mapping document showing how the resources align with the statutory programmes of study and relevant schemes of work.
Access the VBD resources here

Germ Busters Academy (Ages 5-16)
Germ Busters Academy is a free activity pack designed for school clubs, after-school clubs, wraparound care, and holiday clubs. The resource uses fun, interactive activities to help children learn about germs, hygiene, infection prevention, and healthy habits in an engaging and age-appropriate way. The pack includes ready-to-use activities and facilitator guidance, requires minimal preparation, and can be delivered flexibly across a variety of settings. Access Germ Busters Academy here



Learning and Teaching

Teaching ☑
Teacher Bulletin

The Department for Education's Teacher Bulletin is full of advice to help pupils and staff stay well this autumn, as seasonal coughs and colds begin to circulate. Included in this bulletin:

- Letter from the Chief Medical Officer to School and Trust Leaders
- Help reduce the spread of seasonal illness through good handwashing, ventilation and vaccination, with resources to reinforce healthy habits with children and young people.
- Communication with parents about illness - including is my child too ill for school? guidance and communication resources
- Supporting Vaccination programmes such as current Flu programme

View the full teacher bulletin by clicking here for steps you can take to reduce the spread and help keep children in school and learning this term.



PSHE ASSOCIATION

The PSHE Association has shared a new resource from Assistance Dogs UK for Year 5 and 6 pupils, helping to raise awareness of assistance dogs and the vital role they play in supporting disabled people.
The full suite of lesson materials is free to download from the PSHE Association website by clicking here.

Digital Hope and Digital Harms:
Youth Survey Exploring How 12-18 Year Olds Are Using The Internet

Ditch the Label are conducting a national research project into how young people people aged 12 to 18 years use the internet, including screen time, AI, online relationships, and exposure to harmful content.

The online survey takes 15 minutes to complete and could be fitted into tutor time, PSHE lessons, awareness days or be completed in students' own time.

As a thank you, the first 20 schools to achieve 500+ student responses will recieve a £250 Amazon Voucher, alongside a digital copy of the final report.

All responses are confidential, with safeguarding monitored throughout. Where there is a concern that a student may be at risk of harm, schools will be contacted directly.

To sign up to the survey click here to register

FREE Whole-School Allergy Assembly

Following the introduction of new statutory allergy safety guidance **"Benedict's Law",** for schools in England, this free **'Being Allergy-Aware Together'** assembly from 1decision helps pupils understand allergies, why they can be serious, and how they can help keep others safe.
Access the free assembly click here

Project Real

Project Real is a free collection of teaching resources on misinformation, digital literacy, and online safety. The materials were developed for use in schools and youth settings, and can be used as a full teaching

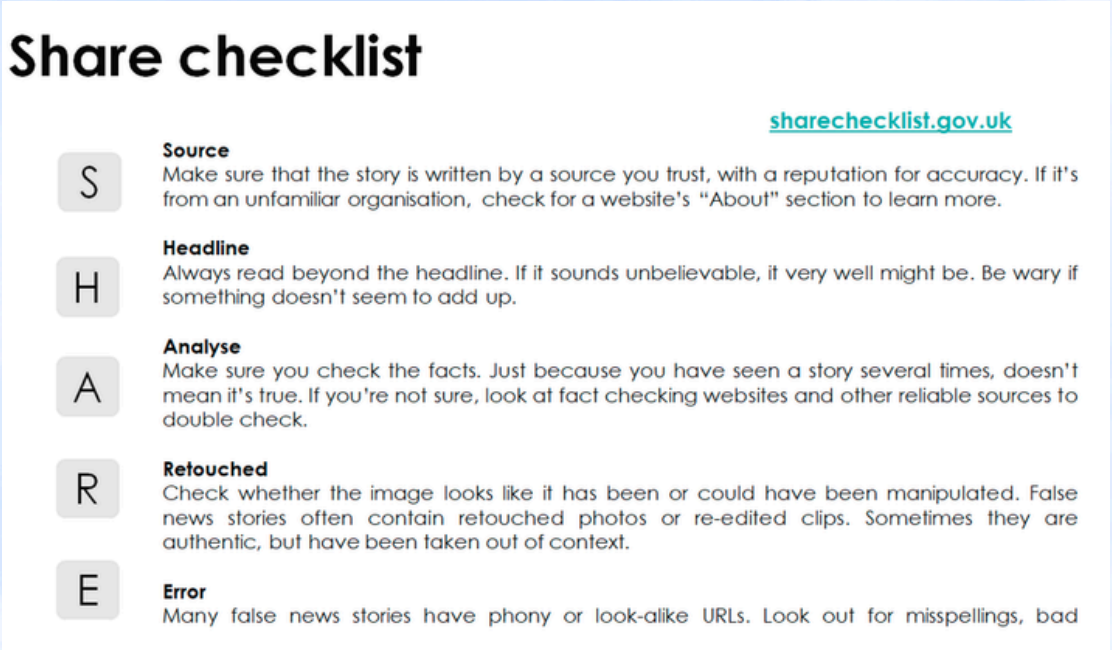
Visit The Project Real Website Click Here

The website has a compehensive collection of resources including; Lesson Packs, Student Scenarios, Parent and Carer Conversation Materials, Your Information Activity using a fake social media site to explore what people can learn from posts, Comics for young people on the subject.

Click here to view all the resources

Click here to view the following Lesson Slides:

- Session 1: Fake News
- Session 2: Fake Photos
- Session 3: Fake People
- Session 4: Fake Stories (Conspiracies)
- Session 5: Fake Videos
- Session 6: Keeping it Real.



THE PSHE PULSE

A GHLL BULLETIN

Gloucestershire Healthy Living and Learning



We would love to hear from you

Contact us by...

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