

THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire
Healthy
Living and Learning

Issue: Sept 2026



Welcome back!

Welcome to a new academic year and to the September edition of The PSHE Pulse, Gloucestershire Healthy Living and Learning (GHLL)'s termly bulletin.

I do hope you all had a wonderful summer – the weather was certainly a bonus! As we begin the autumn term, we would like to thank you for your continued commitment to supporting the health, wellbeing, personal development and safeguarding of children and young people across Gloucestershire.

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www.ghll.org.uk

ghll@gloucestershire.gov.uk

Welcome message continued from front page...

We know that the start of the school/college year is both exciting and demanding, bringing new children and students, fresh opportunities, and renewed aspirations. I came across a lovely quote from **Rita Pierson**, a teacher of 40 years' experience who has delivered TED Talks. She put it very eloquently "Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best that they can possibly be." I thought this summed it up so well and wanted to remind you that GHLL is there to support you whether you are new to your role this year or returning with a wealth of experience. Please do not hesitate to get in touch at ghll@gloucestershire.gov.uk if we can be of any assistance.

This edition is packed with resources, training opportunities, key dates, curriculum support and wellbeing updates to help you plan for the months ahead.

You will find information on awareness campaigns, learning and teaching resources, staff wellbeing support, training and professional development opportunities, and news from local and national partners. I would like to particularly highlight the return of the **PSHE Network Meetings on the 12th of November** for primary, secondary, specials, and FE. [Please click on the link here to book a place.](#)

Don't forget the Statutory RSHE is now in place – if you have any questions please get in touch.

We are also delighted to celebrate the latest schools achieving Healthy Schools Awards and Mental Health Champions Awards, recognising the outstanding work taking place across our county to improve outcomes for children and young people.

On behalf of the GHLL team I would like to wish you and all your students a successful, healthy and rewarding autumn term- we look forward to seeing you at our training courses this year!

Best wishes,
Fiona and the GHLL Team

GHLL Training Calendar 2026-2027

Autumn Term

October

Mental Health First Aid Youth
2 Day
1st & 2nd Oct,
9:00 - 17:00
at Archway School, Stroud

British Values & Protected Characteristics in Primary Education
8th Oct,
9:00 - 15:30
at Colwell Arts Centre

Trusted Emotionally Available Adult (TEAA)
15th Oct,
9:00 - 12:30
at Pavilion Chelt

EPS Removing Barriers to School Attendance
20th Oct,
9:00 - 12:00
at Colwell Arts Centre

New to PSHE: Primary
21st Oct
9:30-12:30
at The Pavilion, Chelt

November

Primary PSHE Network Meeting
12th Nov,
09:00 - 12:15
Hatherley Manor Hotel

Secondary/FE PSHE Network Meeting
12th Nov,
15:45 - 17:00
Virtual- TEAMs

Self Harm Awareness
16th Nov,
9:00 - 16:00
at Colwell Arts Centre

A Whole School Approach to Leading an Inclusive Reflective Culture- Theory, Strategies & Impact
18th Nov,
9:30-11:30
at Elmbridge Primary School

Mental Health First Aid Youth
2 Day
26th & 27th Nov,
9:00 - 17:00
at The Pavilion Chelt

EPS Supporting Neurodivergent CYP in School
30th Nov,
9:00 - 12:00
at Gloucester Deaf Association

Key

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

December

Mental Health First Aid Youth Lite
2nd Dec,
9:30 - 12:30
at Pavilion Chelt

Secondary/FE PSHE Network Meeting
3rd Dec,
15:45 - 17:00
Virtual- TEAMs

YGAM Gaming & Gambling Harm Prevention Workshop
10th December
15:30 - 17:30
Virtual

To find out more or to book please click on the course title above or alternatively contact us if you have any queries ghll@gloucestershire.gov.uk.
[Our full 2026-2027 Training Calendar can be found here](#)

GHLL Training Calendar 2026-2027

Spring Term

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

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
Venue TBC

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

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

GHLL Training Calendar 2026-2027

Summer Term

April

Self Harm Awareness

14th 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



Celebrating Our Latest Healthy Schools & Mental Health Champions Award Recipients

Congratulations to the latest schools who have been successful in gaining their Healthy Schools and Mental Health Champions Awards this July. To find out more about the award scheme [please visit our information page here.](#)

Healthy School Award Achievers

Archway School
Berkhampstead School
Bluecoat CofE Primary School
Castle Hill Primary School
Finlay Community School
Gloucester Road Primary School
Hempsted CofE Primary School
Hillside Primary School
Huntsgrove 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
Severn Vale 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

Mental Health Champions Award Achievers

Dunalley Primary School
Harewood Infant School
Mitcheldean Endowed Primary School
The Richard Pate School
Sladewood Academy
St Thomas More Catholic Primary School



Healthy Schools
Gloucestershire



**Mental Health
Champions**

Lumi Nova

Talk about worries this term!

Start the year off right with a conversation about fears and worries. Hit play and watch a friendly member of the Lumi Nova team deliver a short snappy presentation. This assembly style session is quick and simple to deliver, and interactive throughout. Deliver in a classroom or assembly setting to support young people to learn about worries and how to build their resilience. Click below to access the interactive assembly.

Interactive Assembly



Session type	Setup / equipment	Delivery time	Student numbers	Target audience
Interactive recording	Visual and audio setup	15 minutes	30-100 students (per session)	Versions available for years 2-4 and years 5-6

Back to School Resources

Whether it's the excitement and nerves of starting a new school, moving up to a new class, or simply getting back into a routine, Lumi Nova is here to help students manage back-to-school anxiety and build the confidence they need for a successful academic year. Remind parents/carers that Lumi Nova offers a range of missions to help children build confidence as they return to school.

[Back to School Poster](#)

[Social Media Post](#)

[Parent Information Sheet](#)

Please signpost families to our website for FREE access to Lumi Nova!

If you have any questions, reach out to the Lumi Nova team at luminova@bfb-labs.com.

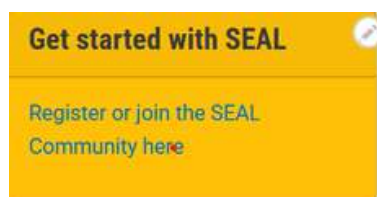


SEAL Community is a fantastic free resource that can support and enrich your PSHE curriculum and social and emotional learning.

When SEAL (**S**ocial and **E**motional **A**spects of **L**earning) stopped being a national mandated programme, all its resources – lessons, assemblies, small group work, family activities – SEAL Community was born with a website to hold them all in one place. There is also a membership option for access to new resources linked to the SEAL themes.

GHLL subscribe on your behalf, so that **ALL Gloucestershire schools** have **free membership**.

How to register and access your membership account...



Go The SEAL Community website at www.sealcommunity.org, click on the yellow 'Get started with SEAL' box on the home page, and then register/create an account with your own email address and details.

The system will send you an email to confirm your registration. Please check your spam if you don't see the email. Once that process is completed, you create a password. Then click the 'Join' link. You will see a drop-down menu of organisations. Tick Gloucestershire Local Authority, confirm and click 'Join SEAL'. This will give you full membership, access to all the resources on the website and a termly newsletter.

Any number of people in your school can create their own account with their email address and unique password. They just go through the same process.

You can find the following SEAL lesson plans mapped to the GHLL primary document here:

[Year R](#)
[Year 1](#)
[Year 2](#)

[Year 3](#)
[Year 4](#)
[Year 5](#)
[Year 6](#)

[Click here for further information on SEAL and how to guides to access your account and the resources](#)

[Click here to view the latest newsletter from SEAL](#)

Over the next few pages, you will find a range of useful calendar and planner templates, along with upcoming special events, awareness days and weeks, and key dates for your diary to help you plan for the year ahead..



tes Academic year calendar 2026/27

SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN																
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	August						
September				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	September				
October						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	October	
November			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			November			
December						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	December	
January							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	January
February				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					February		
March					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	March		
April						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		April	
May							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May
June																																				June		
July																																				July		

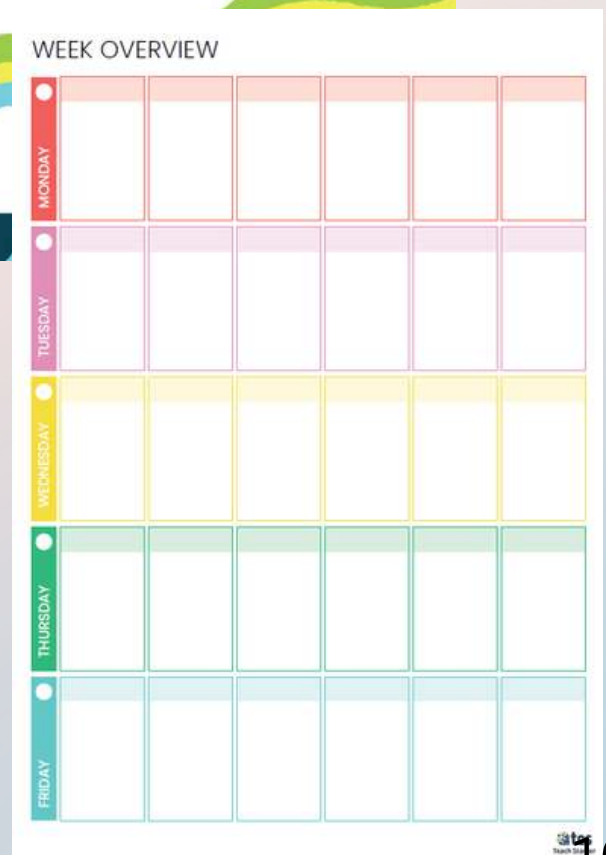
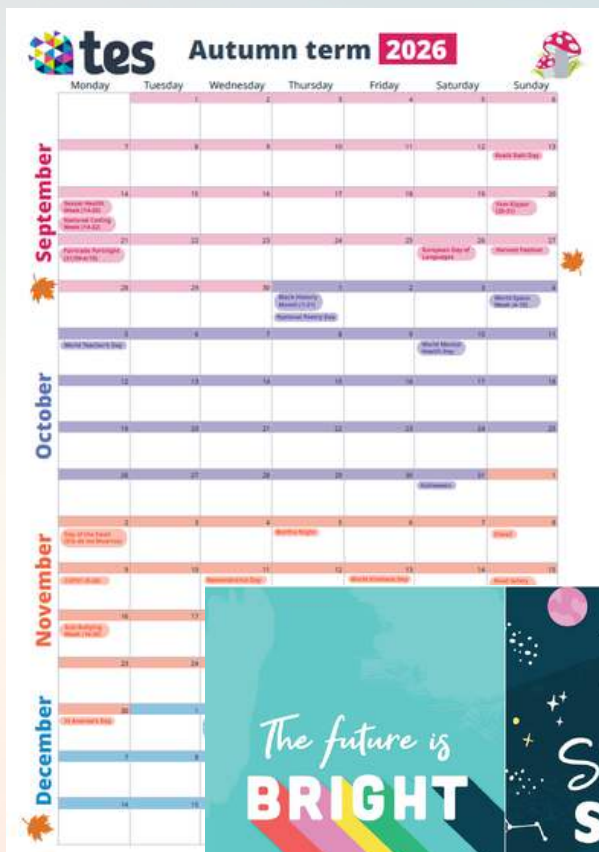
[Click here to download the above editable academic calendar from TES](#)



Handy editable planners from TES Teach Starter

In a variety of termly, monthly and weekly formats including whole year planners, these free downloads from TES are useful for Secondaries and Colleges for use in Personal Development, Tutor Time or perhaps a particular subject too

[To download the various templates available click here](#)



2026 / 2027 Dates

Welcome to the **youHQ Key Dates Calendar!** In this free download, our team have collated significant awareness dates to help you think ahead and incorporate community events within your PSHE and Wellbeing curriculum.

September 2026:

- 10th - World Suicide Prevention Day
- 12th - World First Aid Day
- 14th - Recycling Week begins
- 15th - Int. Day of Democracy
- 18th - Youth Mental Health Day
- 21st - Int. Day of Peace
- 23rd - Autumn Equinox
- 26th - European Day of Languages



October 2026:

ADHD Awareness Month
Black History Month

- 10th - World Mental Health Day
- 10th - Hate Crime Awareness Week begins
- 15th - World Values Day
- 16th - World Food Day
- 31st - Halloween



November 2026:

Islamophobia Awareness Month
Movember

- 5th - Bonfire Night
- 6th - Diwali begins
- 11th - Armistice Day
- 13th - World Kindness Day
- 15th - Road Safety Week begins
- 16th - Anti Bullying Week begins
- 19th - Int. Men's Day



December 2026:

- 1st - World AIDS Day
- 2nd - Int. Day for the Abolition of Slavery
- 2nd - Grief Awareness Week begins
- 3rd - Int. Day of People with Disabilities
- 4th - Hanukkah begins
- 10th - Human Rights Day
- 10th - Christmas Jumper Day 2026
- 21st - Winter Solstice
- 25th - Christmas
- 31st - Hogmanay



January 2027:

- 24th - Int. Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day



2026 / 2027 Dates

February 2027:

LGBT+ History Month

Children's Sleep Awareness Month

- 1st - Children's Mental Health Week begins
- 6th - Lunar New Year
- 7th - Ramadan begins
- 9th - Safer Internet Day
- 11th - Int. Day of Women in Science



March 2027:

Women's History Month

- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 4th - World Book Day 2027
- 8th - Int. Women's Day (IWD)
- 10th - Eid Al-Fitr begins
- 14th - Sikh New Year
- 15th - Neurodiversity Celebration Week begins
- 20th - Spring Equinox
- 28th - Easter



April 2027:

Stress Awareness Month

- 2nd - UN World Autism Day
- 7th - World Health Day
- 21st - Passover begins
- 22nd - Earth Day
- 22nd - Stephen Lawrence Day



May 2027:

- 10th - Mental Health Awareness Week begins
- 17th - Eid Al-Adha begins
- 21st - World Meditation Day



June 2027:

Pride Month

Gypsy, Roma and Traveller History Month

- 8th - World Oceans Day
- 13th - Water Safety Week
- 14th - World Blood Donor Day
- 20th - World Refugee Day
- 21st - Summer Solstice
- 21st - World Music Day
- 22nd - Windrush Day
- 26th - RSE Day

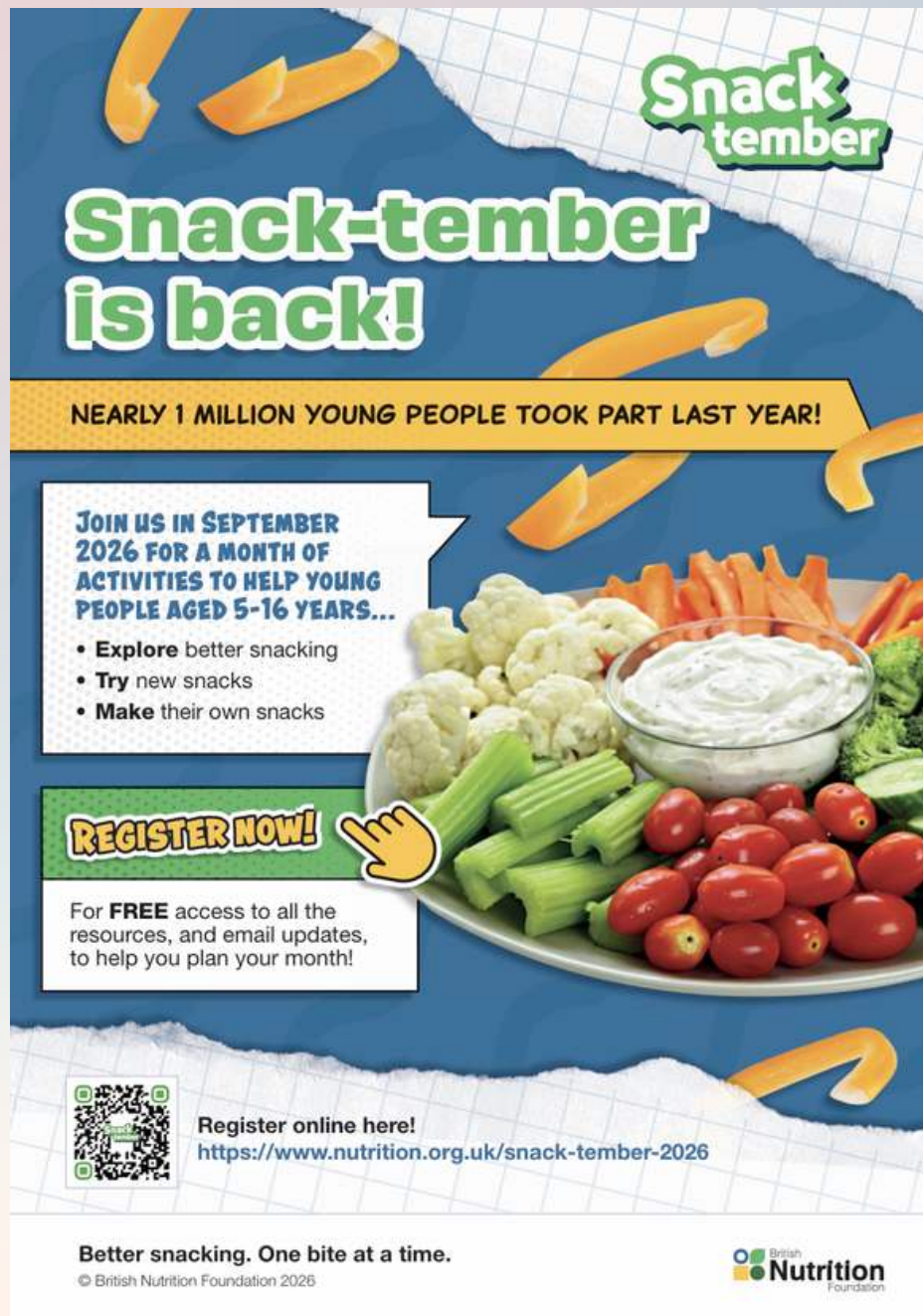


July 2027:

South Asian Heritage Month

- 18th - Nelson Mandela Day
- 25th - World Drowning Day
- 30th - Int. Day of Friendship
- 30th - Day Against Human Trafficking





Snack-tember

Snack-tember is back!

NEARLY 1 MILLION YOUNG PEOPLE TOOK PART LAST YEAR!

JOIN US IN SEPTEMBER 2026 FOR A MONTH OF ACTIVITIES TO HELP YOUNG PEOPLE AGED 5-16 YEARS...

- **Explore** better snacking
- **Try** new snacks
- **Make** their own snacks

REGISTER NOW!

For **FREE** access to all the resources, and email updates, to help you plan your month!

Register online here!
<https://www.nutrition.org.uk/snack-tember-2026>

Better snacking. One bite at a time.
 © British Nutrition Foundation 2026

British Nutrition Foundation

The British Nutrition Foundation's Snack-tember is back this September 2026 for a month of activities to help young people aged 5-16 years...

- Explore better snacking
 - Try new snacks
 - Make their own snacks

To sign up and access resources click here.





ICON Week 2026: Supporting Parents, Protecting Babies

ICON Week 2026 takes place from 21-25 September, bringing together health and care organisations across the UK to help parents and carers understand infant crying and cope safely during challenging moments.

This year's focus is on improving engagement with fathers and men, while promoting consistent, high-quality delivery of the ICON programme across services.

Dr Suzanne Smith, nurse, health visitor and founder of ICON, said: "Persistent infant crying can be stressful and exhausting for any parent or carer.

ICON Week is about reassuring families that they are not alone, helping them understand that crying is a normal part of infant development, and reminding them that support is available".

The ICON message is simple:

- **I** – Infant crying is normal
- **C** – Comforting methods can help
- **O** – It's OK to walk away if your baby is safe
- **N** – Never, ever shake or hurt a baby

Find out more and access resources at www.iconcope.org.

To support ICON's work helping families and protecting babies, please donate at www.iconcope.org/donate



Cheltenham Literature Festival 9th-18th October

The Festival Village will be filled with stories, ideas and unforgettable experiences including an exciting line-up of authors, illustrators and industry experts in inspiring book events, creative writing workshops, with free storytelling sessions and activities, to inspire young readers and writers from reception to sixth form.

What's more, we're happy to announce that the Rashmi Sirdeshpande event taking place on Tuesday 13 October will be BSL interpreted.

Don't miss out on the best day out for the National Year of Reading.

Take a look through the brochure and book your tickets by following this link [Literature For Schools | Cheltenham Festivals](#)



Gloucestershire Active Schools' Conference 2026

A joint event from Active Gloucestershire and Move More, this will be a high energy conference for primary school educators, leaders, and physical activity professionals focused on embedding physical activity, wellbeing, and inclusion into school life.

With national partners in the room, the day will connect local action to national direction. As schools respond to the curriculum review, evolving Ofsted expectations and changes to the PE and Sport Premium landscape, this is an opportunity to think strategically, plan ahead and build momentum.

Taking place on:



Tuesday 20 October 2026, 8.30-4.30



Cheltenham Ladies' College Health & Fitness Centre

Free to attend

[Register for your place here](#)



The poster features a dark blue background with a large, stylized graphic of a soccer ball in green, blue, and red. A young girl is visible in the background, looking up. The text 'Active Schools' Conference' is prominently displayed in white. Below it, the date 'Tuesday 20th October 2026' and location 'CLC Health & Fitness Centre, Cheltenham' are written in green. A green box with the word 'FREE' is in the top right. Logos for 'MOVE MORE', 'we can move', and 'Active Gloucestershire' are at the bottom. A red circular badge says 'Register NOW'. At the very bottom, logos for 'YOUTH SPORT TRUST', 'association for PHYSICAL EDUCATION', 'Department for Education', and 'SPORT ENGLAND' are shown, along with a green 'CONFIRMED' stamp.

Active Schools' Conference
Tuesday 20th October 2026
CLC Health & Fitness Centre, Cheltenham

FREE

Register NOW

CONFIRMED

MOVE MORE EVERY CHILD THRIVES
we can move
Active Gloucestershire

YOUTH SPORT TRUST
association for PHYSICAL EDUCATION
Department for Education
SPORT ENGLAND



**Hello
Yellow**
FRIDAY 9 OCT

M&S | YOUNGMINDS

Wear Yellow on Friday the 9th October to celebrate 10 years of standing out, starting conversations and raising funds- so no young person feels alone with their mental health.

Hello Yellow is YoungMinds annual campaign to raise awareness of much needed funds for young people's mental health. As World Mental Health Day falls on a Saturday this year, they are moving it a day early.

If you and your school or college would like to take part by wearing yellow and raising money [please click here to register](#) for your:

- Curriculum aligned lesson plans
- Letters to inform parents
- Assembly slides
- Tips for planning your day
- Posters

If you sign up by 9th October you will get the chance to win one of 120 seated planters for your school 🌱





BEAT eating disorders are pleased to announce their upcoming webinars...

Introduction to Neurodivergence

in partnership with the Neuroinclusive Education Network (NEN).

Date: Wednesday 24 September, 15:30-16:30

Hosted on: Zoom

Cost: Free!

The webinar will cover:

- Who the Neuroinclusive Education Network are
- The four themes and eight principles of good neuroinclusive practice
- To use positive, respectful, and strengths-based language when talking about neurodivergent learners
- How to reflect on practice and implement reasonable adjustments to support neurodivergent pupils

[To sign up for your space click here](#)

Understanding Eating Disorder Denial: Starting Conversations and Supporting Change in Education Settings

Date: Monday 28 September, 16:00-17:00

Hosted on: Zoom

Cost: Free!

The webinar will cover:

- How to recognise possible signs of an eating disorder
- Your role in supporting a young person
- Why a young person may not recognise that there is a problem
- How to approaching conversations with young people and their families in a sensitive, non-judgemental way
- How to know when to involve safeguarding teams, health professionals and specialist services

[To sign up for your space click here](#)



Parental Imprisonment: Schools, Prisons and Families Working Together to Reduce Trauma

Trauma Informed Schools + Communities Wales are delighted to host this free online session with the wonderful Julie Jones from Invisible Walls. This webinar explores the experiences of children affected by parental imprisonment and offers practical, trauma-informed ways that schools and services can provide safety, understanding and support.



Thursday 24th September



9.30am - 11.30am



Live online (Zoom)



Open to anyone supporting children, young people or families.



Register for free [HERE](#)

AI, Safeguarding and Education: What You Need to Know

A practical, safeguarding-led look at how AI is already affecting children, schools and services - and how professionals can respond with confidence, curiosity and a child-centred approach. No technical expertise needed. This is a free online session with Katie Malley Training and Consultancy.



Friday 27th November



9.30am - 11.30am



Live online (Zoom)



Open to anyone supporting children, young people or families.



Register for free [HERE](#)

Free Webinars taking place in September & October

AMAZE SexEdCon is a free virtual event for educators, professionals & parents who are committed to providing inclusive, age-appropriate, and impactful sex education. This annual no-cost virtual conference brings together leading voices in the field to dive into this year's theme through engaging presentations, practical discussions, and valuable resources you can use.

Date: 17 September 16:00-18:30 GMT

Theme: Decoding the Manosphere Part 2

[Register Here](#)

Join to learn how to use FIVE new videos and resource guides to talk to boys about the manosphere, including topics like:
Dating, AI Nudes, Loneliness, Gaming,
LooksMaxxing.



**Free mental
health webinars**



The Charlie Waller Trust have free webinars taking place which explore practical evidence-based strategies across a range of mental health topics.

[Supporting young people's resilience](#) -Wednesday 23 September,
1.30pm - 2.30pm

[Supporting young people with perfectionism: Practical strategies to build self-compassion, self-worth and wellbeing](#)- Monday 19
October, 12.30pm - 1.30pm

[Supporting young people's wellbeing online](#)- Thursday 8 October,
12.30pm - 1.30pm

[Book your place on these Free mental health webinars here](#)



Study finds reading helps slow down time and make summer feel like it lasts longer

A new study from ThiftBooks found that while adults lament that summer flies by faster than it used to, that many are finding they are turning back the clocks by opening a book with 56% of those surveyed reporting that reading makes summer feel like it lasts longer, and most agree it helps them slow down in a way other forms of downtime simply do not.

To read the full ‘Teaching Teens with Screens’ newsletter from #HalfTheStory which also includes ways to reduce screen time, an article about students using AI chatbots to help with school work and digital wellness [click here](#)



Also from #HalfTheStory is this interesting article on the increase of young people using AI companions and chatbots for emotional support and mental health guidance and how some are now “breaking up” with their AI friend after noticing a negative impact on their sleep, social anxiety and grades at school.

[Click here to see the full article](#)

Togetherness (formerly known as the Solihull Approach, developed within the NHS) is a way of helping young people, their families and practitioners build strong relationships and understand emotions. It teaches that everyone has feelings and that understanding these feelings can make it easier to communicate, solve problems, and support each other. The Best Start in Life team explains how Gloucestershire families can access these courses - for FREE.

The Togetherness approach encourages kindness, understanding, and working together so that young people feel listened to, supported, and able to thrive. Many organisations across Gloucestershire who support Parent Carers have welcomed the free access to these courses.

What's available?

Parents can access flexible, easy-to-use online courses covering topics such as:

- Understanding your child with additional needs.
- Understanding your child from toddler to teenager.
- Understanding your own trauma.
- Understanding your child in a changing world.
- Understanding your teenager's brain.
- Moving up to secondary school for children with additional needs.

These courses are:

- Fully funded for Gloucestershire families, with a Gloucestershire postcode.
- Accessible anytime, on any device.



Access the Gloucestershire page here:

<https://togetherness.co.uk/gloucestershire>

Gloucestershire families should use the password - POTTER

For more information please visit [Gloucestershire's Local Offer, Support for Families with SEND](#).

Beezee

in Gloucestershire

Beezee Families 8 Week Courses

The next lot of Beezee Families courses are starting in September 2026 in Stroud and from October 2026 at the Oasis Centre (Chelt), Lydney community centre (Forest) and Podsmead (Glos). See the posters below and click on them for further information and how to sign up

Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: 7th Sept - 12th October **Time:** 16.00 - 17.30

Venue: Centre for Science and Art, 13 Lansdown, Stroud, GL5 1BB

Or you can join us online!

Sign up for your **FREE PLACE** today

 info@gloucestershiremaximus.co.uk

 **01452 717009** 

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915

Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: 6th Oct - 24th Nov **Time:** 16.00-17.30

Venue: The Oasis Centre, Cassin Drive, Cheltenham, GL51 7SU

Or you can join us online!

Sign up for your **FREE PLACE** today

 info@gloucestershiremaximus.co.uk

 **01452 717009** 

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915

Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: 7th October - 25th Nov **Time:** 16.00 - 17.30

Venue: Lydney Community Centre, Naas Lane, Lydney, GL15 5AT

Or you can join us online!

Sign up for your **FREE PLACE** today

 info@gloucestershiremaximus.co.uk

 **01452 717009** 

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915

Beezee FAMILIES

We're here to help your family make healthy habits fun

Join our **FREE**, 8-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: 8th October - 26th Nov **Time:** 16.00 - 17.30

Venue: Podsmead Community Centre, Milton Avenue, Gloucester, GL2 5AS

Or you can join us online!

Sign up for your **FREE PLACE** today

 info@gloucestershiremaximus.co.uk

 **01452 717009** 

Our programmes are for children aged 7-12 years old, see our website for more information. 24-0915

Beezee

in Gloucestershire

Beezee Youth

Beezee Youth Groups are starting on Mondays from the 14th September 2026 at Centre for Science and Art (CSA), Stroud and Tuesday from the 6th October at The Oasis Centre, Cheltenham. These 8 week, health and wellbeing programmes are designed with the help of young people, for young people. click the posters below for further information.



Beezee YOUTH

Unlock the power to be more you

Join Beezee Youth today – a **FREE** health and wellbeing programme designed with the help of young people, for young people. Our 8-week in-person programme starts on:

Date: Mondays, 14/9 - 2/11 **Time:** 18:00 - 19:30

Venue: Centre for Science and Art (CSA), 13 Lansdown, Stroud, GL5 1BB

Or you can join us online!

Sign up for your **FREE PLACE** today

QR code: glo.maximusuk.co.uk

Email: hello@gloucestershiremaximusuk.co.uk

Phone: 01452 717009

Gloucestershire

Our programmes are for 13 to 17-year-olds, see our website for more information. 24-0888



Beezee YOUTH

Unlock the power to be more you

Join Beezee Youth today – a **FREE** health and wellbeing programme designed with the help of young people, for young people. Our 8-week in-person programme starts on:

Date: 6th Oct - 24th November **Time:** 18:00 - 19:30

Venue: The Oasis Centre, Cassin Drive, Cheltenham, GL51 7SU

Or you can join us online!

Sign up for your **FREE PLACE** today

QR code: glo.maximusuk.co.uk

Email: hello@gloucestershiremaximusuk.co.uk

Phone: 01452 717009

Gloucestershire

Our programmes are for 13 to 17-year-olds, see our website for more information. 24-0888

The UK's first ever Boys' Education Commission has launched its:

Call for Evidence

Open from 30 June - 14 September 2026

The Commission wants to hear from educators, schools, colleges, parents, students, charities, researchers and those who have experiences and insights to offer both in terms of the challenges boys face and the potential changes that would enable them to flourish.

We want your insights into not just boy's attainment and academic success but also their sense of belonging, identity and purpose.



Boys' Education Commission

THE INQUIRY WILL CONSIDER THE EXPERINECES AND IMPACT OF:

- Boys' academic attainment, attendance and behaviour
- The Online, Social Media & Digital World
- Informal social spaces (inc. clubs & community groups)



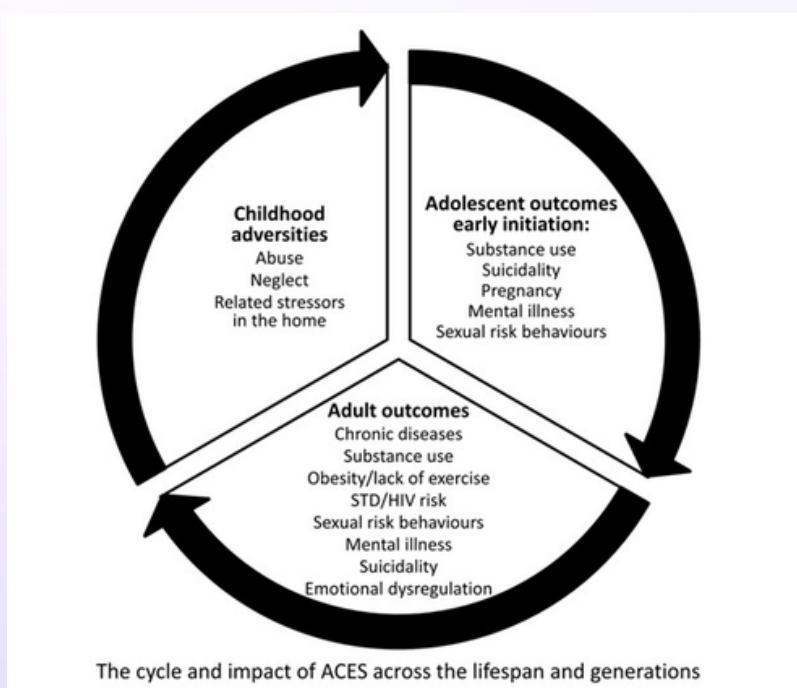
The Boys' Education Commission has launched a survey wanting to hear from educators, schools, colleges, parents, students, charities, researchers and those who have experiences and insights to offer both in terms of the challenges boys face and the potential changes that would enable them to flourish.

The closing date is 21st September so please click here to find out more and access the survey



Adverse Childhood Experiences- ACEs- Topic Guide

The Association for Child and Adolescent Mental Health's ACEs Special Interest Group have produced the following ACE's Topic Guide which provides a comprehensive overview of the research into Adverse Childhood Experiences and the impact on health and other social outcomes throughout life.



To see the full topic guide
click here

What Does The Social Media Ban Mean For PSHE Educators?

As every PSHE teacher will know by now, the Government has agreed to introduce a social media ban for children and young people under the age of 16. Under current plans, the ban will include platforms such as Instagram, YouTube, TikTok, Snapchat, Facebook and X, with requirements for more robust age-checking measures. The PSHE Association has been reflecting on what these changes may mean for PSHE teachers and lesson materials.

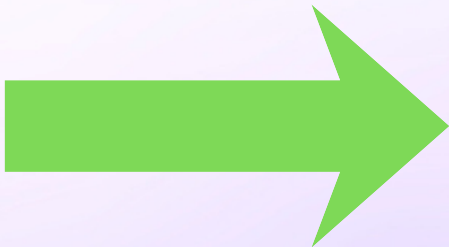


Read more in their article: What does the social media
ban mean for PSHE educators?

News

New drop in for gender diverse young people from Young Gloucestershire.

For more information please contact them on getinvolved@youngglos.org.uk



yg

A drop in for gender diverse young people

A safe, inclusive and supportive space for gender diverse young people aged 11-25.

WHERE ?
The Old Dock Office, Commercial Road,
Gloucester, GL1 2EB

WHEN ?

AGED 11-15:
10th September 4:30pm-5:30pm
8th October 4:30pm-5:30pm
5th November 4:30pm-5:30pm
3rd December 4:30pm-5:30pm

AGED 16-25:
24th September 4:30pm-5:30pm
22nd October 4:30pm-5:30pm
26th November 4:30pm-5:30pm
17th December 4:30pm-5:30pm

JOIN THE YOUTH ADVISORY GROUP



Be the voice of young people in your community!

WE ARE LOOKING FOR PEOPLE...

Aged 16 to 25 Who live in Gloucestershire
Enthusiastic about making a difference
Looking to learn new skills

WHAT WILL THE PANEL DO?

Provide an opportunity for young people to have their voice heard in policing
Review police Polices and Procedures
Scrutinise police practices

WHAT'S IN IT FOR ME?

Opportunities to see various areas of the police and OPCC
Experience in making real change in local policing practices.
Enhancing your skills in debate and public speaking



INTERESTED IN TAKING PART?

Please email:
engagementofficer@gloucestershire.police.uk



The OPCC and Gloucestershire Constabulary are encouraging young people aged 16-25 who may want to join the Youth Advisory Group.

Click the poster for more information and to download a copy to share.





Tobacco and vapes: packaging, appearance and display survey from the Department of Health and Social care

The Department of Health and Social care are seeking views on proposals relating to the packaging, device appearance and retail display of tobaccos, vaping and nicotine produces. Open to anyone, but perhaps Schools and College communities would like to add their views to this consultation which closes on 11:59pm on 2nd October 2026

[Consultation Information](#)
[Complete the Survey Here](#)

Vapes could lead to health harms in children

The Royal College of Paediatrics and Child Health (RCPCH) has reviewed about 81 studies into vaping and said it is linked to higher rates of breathing problems and evidence of harm in babies whose mothers used vapes while pregnant.

The review said vaping should not be seen as a "harmless part of growing up".

The RCPCH is calling on the UK government to go further in its proposals to place new restrictions around the sale of vapes and suggests limiting the number of flavours that are available.



NEWS

[To read the full BBC News article click here](#)

This academic year, Everyone's Invited is recruiting for their second Student Advisory Board - and we need your help finding students (aged 16–18) who might want to apply.

Students will:

- Have their voices heard and influence real change in schools.
- Help shape our education programme, tackling rape culture, online misogyny, and gendered pressures, reaching thousands of peers.
- Build advocacy & leadership skills, receive mentoring, and gain personalised references for CVs and university applications.
- Join a supportive community of young change-makers.

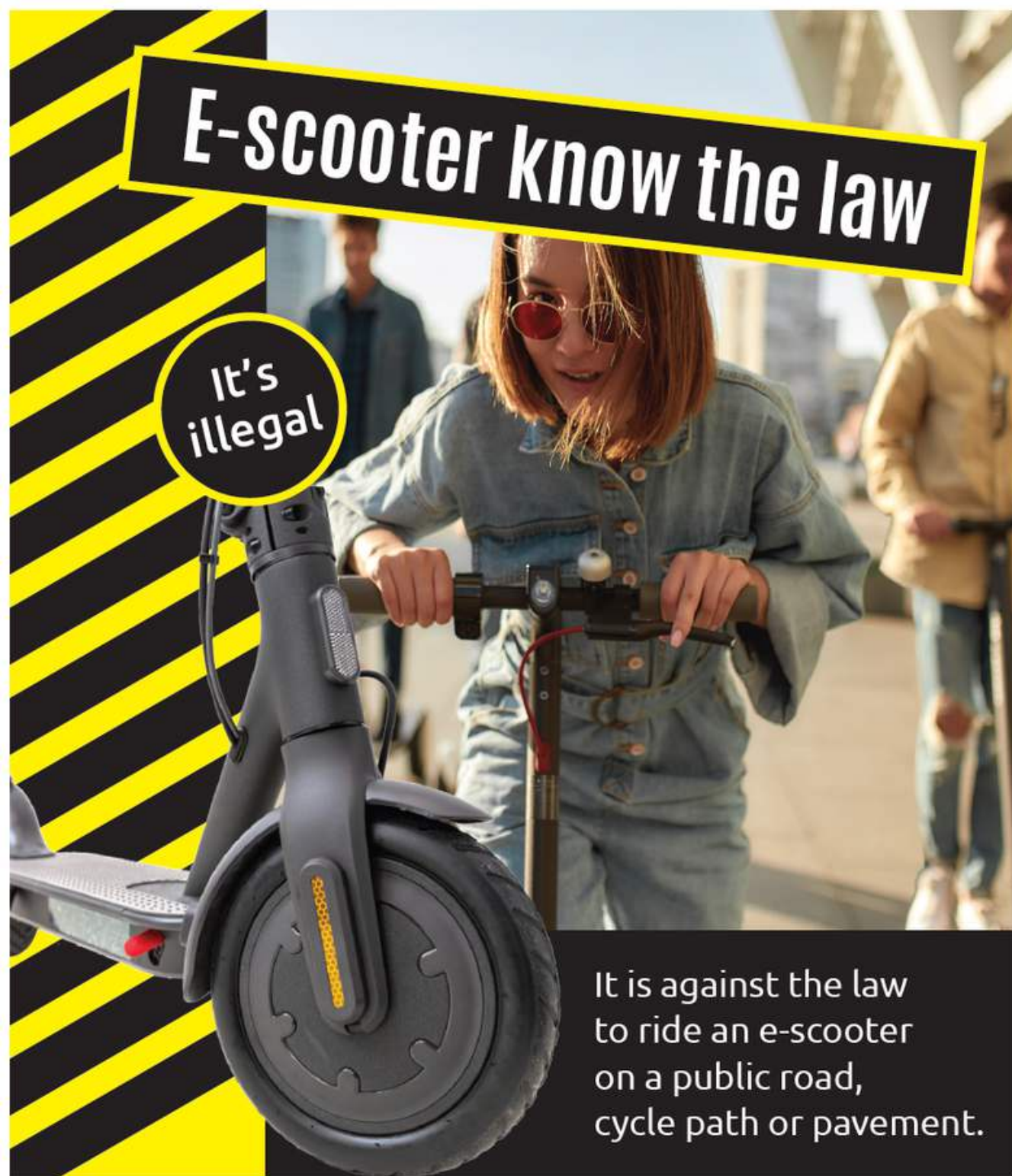
Last year, our board sessions covered everything from workshop consulting, to conversations about the issues young people think we should be tackling, to brainstorming ideas for our social media and campaigns.

No experience required- just curiosity, courage, and passion-
More information and full role description linked below.



Apply by 24th September!

Please share the [role description](#) and [application form](#) with any interested students.



 @glospolice |  gloucestershire.constabulary | www.gloucestershire.police.uk

 101 non-emergency, in an emergency always call 999

Making Gloucestershire Safer **Together**



E-scooters know the law A5 06-26

We want to hear from you!

Understanding the harms in teenage relationships

- Are you aged 16- 25?
- Do you live in Gloucestershire?
- Did you experience red flags or an unhealthy relationship when you were under the age of 16?
- Did you feel like professionals struggled to hear you when you needed help?



Ways to get involved:

Sharing your experience in a research workshop with other young people.

Or

Shaping the direction of the project by joining an advisory panel with other young people.

Participants will be thanked with a £25 voucher.

Any questions?

Contact Annie:

annie.bunce@citystgeorges.ac.uk

Contact Kristie:

07741266901

Or scan the QR code below to express interest.



Young people's voices needed for Gloucestershire research project into Relationship Harms

Please see the recruitment poster for sharing with young people to encourage taking part in this Teenage Relationship Abuse research. Click the poster above to download a copy. Young people can scan the QR code to show an expression of interest. This does not mean you have to take part however you will be able to find out more about the project.

Learning and Teaching

Strategies for Neurodivergent-friendly schools

Dr Pooky Knightsmith offers 10 strategies primary schools can adopt to create a positive learning environment for neurodivergent pupils. See the full article- a Best Practice Focus in Headteacher Update here



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

See link for more details [Backseat Boss: A safer driving initiative to improve road safety](#).

For further ideas and resources for teaching elements of Personal Safety, please take a look at [GHLL's signposting resource](#).



Gloucestershire School Nursing

Improving health, preventing illness and protecting children from harm

Children and young people can refer themselves to our service.

We also accept referrals from:

Parents

Schools

GPs

Health or
social care
professionals

Young people aged 11-19 can use
ChatHealth, a confidential advice
service

Send your text to **07507 333351**

A school nurse will respond to you

This service is available Monday
to Friday, 9am to 4.30pm



Scan this code for
our website and referral
form or visit
www.ghc.nhs.uk and
search for school nursing

Our service is for all children
and young people aged 5-19.
We can support with:

Physical wellbeing

**Emotional health,
including anger,
sadness and worries
Sleep**

**Healthy lifestyles,
including diet and
healthy eating**

Puberty

Behaviour support

Personal hygiene

Parenting support

Sexual health

Relationships

Bullying

**Bladder and bowel
health**

We provide weekly drop-ins at
secondary schools. We can also
support at home, school,
virtually, and in the community.



Emergency Readiness Checklist

St Johns' Ambulance have produced this useful checklist for emergency readiness.

[Click here to download a pdf copy of the below and check out GHLL's page on Emergency Preparedness for Educational Settings here for further links to support on this](#)

Emergency Readiness Checklist

Is your school prepared to respond when every second counts?

Use this checklist to review your school's emergency preparedness and identify areas that may require attention.

Please note, this checklist is for guidance only and does not replace the need for a full first aid needs assessment and fire risk assessment in your workplace

School name: _____

Completed by: _____

Date: _____

Emergency Planning

Checklist Item	Yes	No	Needs Review
Emergency procedures are documented and accessible	☐	☐	☐
Staff know how to raise the alarm in an emergency	☐	☐	☐
Emergency contact numbers are clearly displayed	☐	☐	☐
School access information is available for emergency services	☐	☐	☐
Emergency assembly points are clearly identified	☐	☐	☐

First Aid Provision

Checklist Item	Yes	No	Needs Review
Adequate first aid kits are available on site	☐	☐	☐
First aid kit locations are clearly marked	☐	☐	☐
First aid kits are regularly inspected and replenished	☐	☐	☐
Trained first aiders are available during working hours	☐	☐	☐
First aider details are displayed for staff and visitors	☐	☐	☐

Defibrillator Readiness

Checklist Item	Yes	No	Needs Review
An AED is available on site or nearby (accessible within 2 minutes from all key areas)	☐	☐	☐
Staff know where the AED is located	☐	☐	☐
The AED is clearly signposted	☐	☐	☐
AED Maintenance checks are carried out regularly	☐	☐	☐
Staff understand how to access the AED in an emergency	☐	☐	☐

Tes have partnered with the British Red Cross to promote a comprehensive suite of free First Aid teaching resources for educators. Designed for primary and secondary settings, the offer also includes whole-school approaches and CPD opportunities for staff including a FREE App for teachers to download.

[Click here to access the resources](#)



For further ideas and resources for teaching elements of First Aid, please take a look at GHLL's signposting resource

Year Group: Whole School
Primary activity:
Resources:
Notes: This lesson will be effective for all children but may be more so for those who are able to follow the instructions and understand the importance of the activity. The lesson will be effective for all children but may be more so for those who are able to follow the instructions and understand the importance of the activity.
First Aid champions
British Red Cross
Learning Objectives:
1251:
Why is First Aid important?
To understand what First aid is
To begin to understand why First aid matters
https://www.britishredcross.org.uk/firstaid
Learning to learn an activity that is to help someone who is having an asthma attack
https://www.britishredcross.org.uk/firstaid
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Healthy Relationships Tool Kit for Secondary Schools from Anna Freud

These resources from Anna Freud are designed to help students develop skills for managing friendships, including how to understand, respond to and resolve conflict in ways that support their mental wellbeing.

[Click here for further information and to download the toolkit](#)



How to Look After and Improve Your Mental Health Guides

These two new publications from the Mental Health Foundation provide useful information on the benefits of using mindfulness and physical activity on your mental health. The comprehensive “How to” guides also give advice on using mindfulness or exercise and how to incorporate these new habits into your life.

To download the guides please click the images below.



happiful

Happiful magazine includes inspiring stories, expert insights and practical tools to support wellbeing.

The digital version is free to download and the latest issue features articles such as ‘Why outdoor swimming offers a refreshing perspective’ and ‘Sleep tips you probably haven’t tried before’

[Click here to read the latest free digital edition](#)



The New Teacher's Survival Toolkit

This practical guide from tes aims to help new teachers thrive in your first term and beyond.

Starting out in teaching comes with plenty of questions, challenges and new experiences. So TES have created this toolkit to help you navigate the day-to-day realities of life in the classroom, with practical advice and tips you can return to whenever you need it including:

- Tips for getting the most out of mentor sessions
- Essential admin guidance, including payslips and pensions
- Advice for communicating with parents and carers
- Digital safety checks for new teachers
- Wellbeing tips and boundary-setting strategies
- Practical support for navigating life as an ECT

[Download the toolkit here](#)



Training Opportunities from Our Partners



Free Domestic Abuse Training for Professionals from Gloucestershire Domestic Abuse Support Service (GDASS)

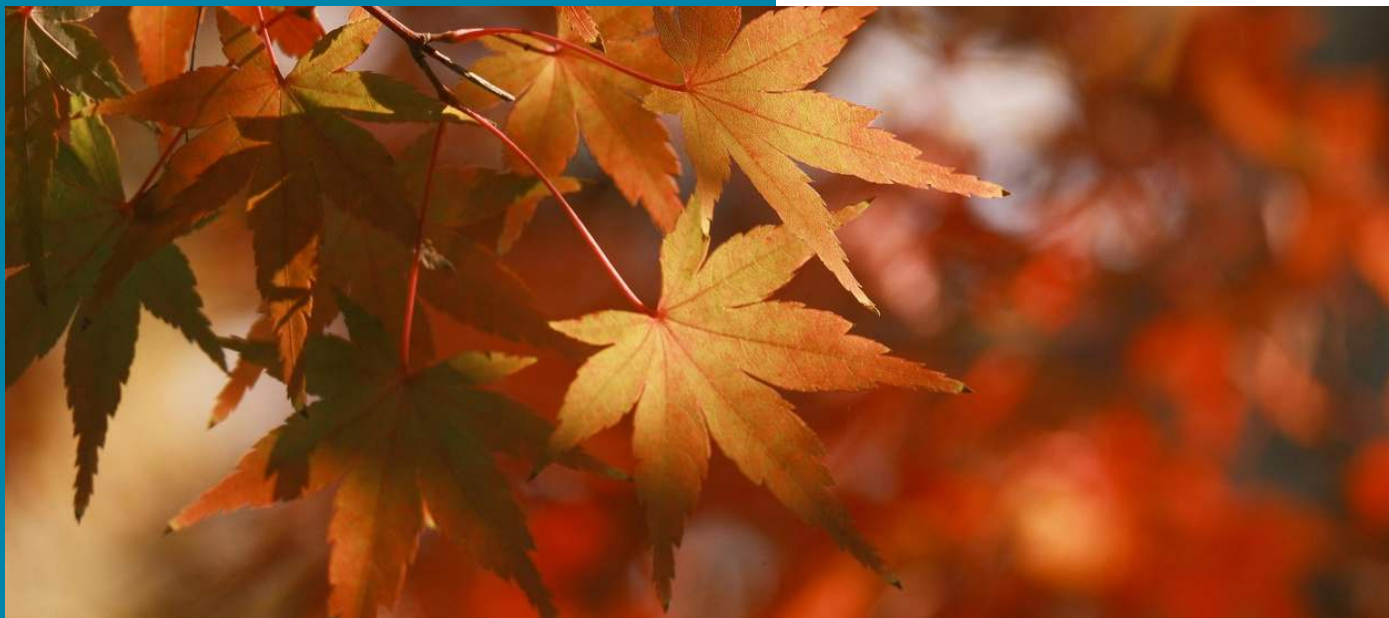
GDASS provides a range of learning opportunities for professionals at different levels of knowledge and experience:

- **Entry Level: Introduction to Domestic Abuse Awareness** (online, 1.5 hours) -A basic introduction to domestic abuse, local services, and individuals' roles within Gloucestershire's coordinated response.
- **Level 1: Domestic Abuse Basic Awareness Training** (online, 2.5 hours) -Designed to help professionals recognise signs of abuse, respond safely, and understand Gloucestershire's Coordinated Community Response.
- **Level 2: Enhanced Domestic Abuse** (in-person) -Provides enhanced awareness of domestic abuse, trauma, and risk, helping practitioners respond confidently and effectively.
- **Level 2: Domestic Abuse & Risk** (including DASH) (in-person) - Focuses on risk assessment, MARAC processes, safeguarding, and reducing the risk of serious harm.

Further information and booking links can be found via their
Eventbrite page here

THE PSHE PULSE

A GHLL BULLETIN



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

 ghll@gloucestershire.gov.uk

 01452 426322

 www.ghll.org.uk