



PSHE and Healthy Schools Training Dates 2023-2024 and Updates

Welcome back after a well-deserved break. Please find enclosed information about:

- The PSHE network meetings for the 2023-2024 academic year
- Healthy Schools training both online and some face-to-face network meetings kindly being hosted by schools around the County
- PSHE specific training
- Other training opportunities and updates

The PSHE Network meetings and Healthy Schools Training are free for all North Yorkshire & York schools (this includes academies).

These training and network sessions provide PSHE and wellbeing leads, pastoral staff and SLT with effective learning opportunities to be up-to-date on effective practice to support PSHE and achieving the North Yorkshire & York Healthy Schools Award.



There is lots of information in this update so please do take 5 minutes to look through it all as hopefully it will be useful for you.



To apply for any of the training below please go to North Yorkshire Education Services (NYES) <http://www.nyestraining.co.uk/> If you are a school or educational setting your school will have been issued with a username and password, which will enable your school to log in and apply for training. If you have any questions or need help using the site call the NYES team on 01609 533 222 Or email nyes@northyorks.gov.uk

If you have any questions or would like to discuss any aspects please contact: Clare Barrowman, Senior Health and Wellbeing Adviser, School Improvement Clare.barrowman@northyorks.gov.uk or for the Healthy Schools Programme please email healthyschools@northyorks.gov.uk

PSHE and Health and Wellbeing Network meetings for all schools

- A learning opportunity for PSHE leads to support the implementation and enhancement of an effective PSHE curriculum within the wider personal development work
- To gain knowledge, understanding and practical insight from professionals and schools alongside local and national updates
- There is one free place for North Yorkshire & York schools on these network meetings (this includes academies and independent schools)

Primary PSHE and Wellbeing network meetings 2023-2024

Each session will be the same, so you only need to attend one per term. All sessions will run online: 1:00pm – 3:30pm	
Autumn Term 2023	Monday 20th November 2023, Course code: SI-1123-T009 Thursday 23rd November 2023, Course Code: SI-1123-T013
Spring Term 2024	Monday 11th March 2024, Course Code: SI-0324-T004 Thursday 14th March 2024, Course Code: SI-0324-T005
Summer Term 2024	Monday 24th June 2024, Course Code: SI-0624-T006 Thursday 27th June 2024, Course Code: SI-0624-T008

Secondary PSHE and Wellbeing Network Meeting 2023-2024

Autumn Term 2023 Online 1-3:30pm	Thursday 30th November 2023 Course Code: SI-1123-T016
Spring Term 2024 Online 1-3:30pm	Wednesday 20th March 2024 Course Code: SI-0324-T009
Summer Term 2024 TBC This may be a face to face, full day network meeting	Tuesday 2nd July 2024 Course Code SI-0724-T001

Special School PSHE and Wellbeing Network Meeting 2023-204

Autumn Term 2023 Online 1-3:30pm	Monday 4th December 2023 Course Code: SI-1223-T001
Spring Term 2024 Online 1-3:30pm	Monday 18th March 2024 Course Code: SI-0324-T008
Summer Term 2024 Online 1-3:30pm	Monday 17th June 2024 Course Code: SI-0624-T004

“Thank you so much, that has been so useful and reassuring”

“Thank you, lots of invaluable information”



Training to support PSHE subject leads be an effective subject lead (cross -phase)
Need to attend both sessions for the full training course
Monday 16th October 2023 AND Thursday 16th November 2023
Both online 1:30-3:30pm
Course code: SI-1023-T002 (there is a cost for this course)

The training aims to:

- support PSHE subject leaders to effectively implement and monitor a planned PSHE curriculum (inclusive of the statutory Relationships, Sex and Health Education curriculum). and raising the quality of PSHE learning in their school
- support PSHE subject leaders in schools with planning, delivering and monitoring high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and the needs of the pupils.



**Teaching Puberty and Relationships education
with Key Stage 2 pupils**

Monday 20th May 2024

Online 3:45-5pm

Course Code: SI-0524-T004

This course will enable staff in primary schools to teach the puberty and relationships and sex education learning outcomes effectively with Key Stage 2 pupils. (There is a cost for this training)



The North Yorkshire & York Healthy Schools Programme

The North Yorkshire & York Healthy Schools Programme goes from strength to strength each academic year. 77% of schools in North Yorkshire have registered with the programme and 117 schools have achieved an award. We welcome York schools some of whom started the award at the end of the summer term. **The Programme is free for all maintained and academy schools in North Yorkshire & York**

Recent evaluation of the programme with schools showed:









- 98% of schools were either very satisfied or satisfied with the Healthy Schools Programme
- 99% of schools were either very satisfied or satisfied with the support provided by the Healthy Schools team
- Comments on the programme were largely positive. Schools said it was a great and enjoyable scheme, and they welcomed the support from the team. They liked to be able to review and improve current practice and achieve recognition for their work.

"We're really grateful to the team for making the award possible - it's nice to receive recognition for the difference we're making for our community"

"We enjoyed engaging with the programme - it helped us to look at the gaps in our approach to health and wellbeing and celebrate our achievements"

"The support from the team is great, full of information and happy to help"

We would like all North Yorkshire & York schools to engage in the programme and achieve the recognition for the good work schools are doing in relation to the themes for the award.

    	Active Lives	 Healthy Schools North Yorkshire Achieve one theme
	Emotional Health and Wellbeing	 Healthy Schools North Yorkshire Achieve two themes and staff wellbeing
	Food in Schools	 Healthy Schools North Yorkshire Achieve all four themes along with staff wellbeing
Personal, Social, Health, Education (PSHE)		
Staff Wellbeing (for Silver and Gold)		

More information about the Healthy Schools Award is available via the website <https://healthyschoolsnorthyorks.org/> and this is where new schools can register for the award.

We really recommend that schools attend some 'Getting Started Training' to enable a successful submission for a Healthy Schools award. This training is aimed at schools newly signed up to the programme or schools that have previously registered but need a re-refresh of how to achieve an award. Schools can get in touch at any time to ask for support at healthyschools@northyorks.gov.uk

Getting Started on the Healthy Schools Programme	
All training runs online	
Tuesday 10th October 2023 1:30-3pm	Course Code: SI-1023-T001
Wednesday 29th November 3:45-5pm	Course Code: SI-1123-T015
Monday 22nd January 2024 3:45pm -5pm	Course Code: SI-0124-T003
Thursday 13th June 2024 1:30 -3pm	Course Code: SI-0624-T023

Following the positive feedback about the **face-to-face Healthy Schools Network** we ran we are keen to provide more of these around the County so thank you to the following schools who are hosting an after-school network meeting for us.

After school Face to Face Healthy Schools Network meetings	
<ul style="list-style-type: none"> The network will be facilitated by the North Yorkshire & York Healthy School co-ordinators (schools can be at any point towards achieving / have achieved a healthy schools award including just starting out) Opportunity for schools to focus on the four themes of the North Yorkshire & York Healthy Schools Award to share good practice and discuss what support and further information is needed around health and wellbeing Further network meetings will be organised for other areas of the County through the academic year <p style="text-align: center;">Free to all North Yorkshire & York schools but please do book on via NYES</p>	
Selby Area Barwic Parade Primary School, Petre Ave, Selby, YO8 8DJ	Tuesday 24th October 2023 4-5:30pm Course Code: SI-1023-T009
Northallerton Area Alverton Community Primary School Mount Rd, Northallerton, DL6 1RB	Thursday 9th November 2023 4-5:30pm Course Code: SI-1123-T026
Whitby Area Hawsker Cum Stainsacre Church of England Voluntary Controlled Primary School, Hawsker, Whitby, YO22 4LA	Wednesday 31 st January 2024 4-5:30pm Course Code: SI-0124-T004
Ripon Area St Wilfrid's Catholic Primary School, Church Ln, Ripon HG4 2ES	Wednesday 1st May 4-5:30pm Course Code: SI-0524-T005



Free training to support cooking with pupils with Phunky Foods in partnership with Healthy Schools

24th October 2023 1-4pm Course Code: SI-1023-T003

Bilton Area Methodist Church Hall 205 Skipton Rd, Harrogate HG1 3EX

A practical session to support primary schools to be able to deliver more cooking sessions with pupils with a focus on healthy eating messages. This session is free to attend and can be attended by any member of staff who can support pupils with practical cooking sessions.



Healthy Schools Pupil Event

Monday 27th November

East Barnby Outdoor Education Centre, East Barnby, Whitby, YO21 3SA

10am-2pm

Course Code: SI-1123-T014

Free for all North Yorkshire & York schools

Aimed at key stage 2 pupils, up to 10 pupils per school

Schools who have recently achieved an award will be presented with their certificate

Accessible for all schools wherever they are on their Healthy Schools Journey. Pupils will engage in four interactive workshops: Oral Health, Cooking / managing food waste, Mental Wellbeing and Forest schools.

Further updates and training opportunities

Dfe Review in the statutory relationships, sex and health education is under way. The panel will:

- identify the topics in the RSHE curriculum which would benefit from age limits
- consider the evidence collected by Ofsted on RSHE provision, to work out where greater clarity would be beneficial for schools
- engage openly with a range of experts and stakeholders, including schools and parents
- be updated on evidence gathering conducted by Ofsted and wider departmental engagement, including where new topics may be introduced into the curriculum. The Department for Education secretariat will facilitate this, and ensure the panel's thinking informs the wider review where appropriate
- This advice will inform changes to statutory guidance on relationships and sex education and health education.

More information can be accessed [here](#)

The secretary of state has sent a letter to all schools reminding them that parents can ask to see the curriculum resources used to teach their children.

- respond positively when parents request to see teaching materials

- have consulted parents on their relationships and sex education policy, including providing examples of the resources they plan to use
- avoid working with organisations that do not allow them to share their resources with parents

The full letter can be accessed [here](#)

Many primary schools use **Picture News** they are offering an online training session on **Pupil-led Assemblies**
Monday 25th September 4-5pm
 Full details and registration [found here](#).



This 1-hour session will cover how to support pupils to plan and structure Picture News assemblies or class sessions in school. All attendees will receive a comprehensive pack for all your future 'Picture News Monitors'!
Suitable for: Teachers, TAs and SLT who lead assemblies or Picture News sessions in school and would like to learn more about how they can be led by children.

Brook Big RSE Lesson will empower young people to understand and challenge gender stereotypes.
13th September 2023 @10am



To sign up please register here <https://www.brook.org.uk/campaigns/live-lessons/>

This free 60-minute live broadcast is aimed at students in Year 9 and above. By the end of the session, students will be able to:

- Describe how gender stereotypes can negatively affect wellbeing.
- Identify sources of gender stereotypes that put pressure on young people.
- Understand the real-world impacts of misogyny on young people.
- Identify types of online gender-based abuse and ways to tackle it.
- Know where to get help and support with gender pressures and stereotypes.

Brook do have previous Big Lessons available to watch on demand (please do view them before showing to pupils)

- Periods aimed at pupils in year 6 and 7
- Breaking Barriers, aimed at Year 9 and above, focuses on how to ask for help and where to go for support related to all parts of life including sexual health and wellbeing
- The lesson, aimed at Year 9 and above, explores the richness of LGBT+ history with the aim of challenging stereotypes, promoting understanding and celebrating diversity

These can all be accessed at <https://www.brook.org.uk/campaigns/live-lessons/>

Hate Crime Awareness Week 14th-21st October 2023



North Yorkshire Guidelines for dealing with and reporting prejudice based incidents, hate incidents and hate crimes in schools and settings has information about a range of supporting resources <https://cyps.northyorks.gov.uk/equalities-and-diversity>

Vaping resources from Public Health England have been released for key stage three pupils <https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview>



BEAT the eating disorder charity have SPOT training for professionals who work with children and young people. This **online training is free for North Yorkshire secondary schools/ PRUS** until March 2024 so please do make the most of the training for all staff in your school. More information can be accessed here https://beat.contentfiles.net/media/documents/SPOT_leaflet_RGB.pdf



Diversity Role Models have a range of supporting resources for schools to access to support inclusive teaching of the protected characteristics. They have a range of funded training and workshops available for primary and secondary schools as well as links to a wide range of teaching resources <https://www.diversityrolemodels.org/education-services>



The period product scheme provides free period products to girls and women in their place of study. It is available to state-maintained schools and Department for Education (DfE) funded 16 to 19 education organisations in England. The scheme is available for organisations to order until at least July 2024.

<https://www.gov.uk/government/publications/period-products-in-schools-and-colleges/period-product-scheme-for-schools-and-colleges-in-england>



A range of training to support professionals who work in North Yorkshire & York around domestic abuse

<https://courses.idas.org.uk/north-yorkshire-and-city-of-york-training/>

 <p>https://www.compass-uk.org/compass-phoenix-training-webinars/</p>	<p>Compass Phoenix continue to offer a range of support to schools around supporting pupils' emotional wellbeing. This includes a comprehensive training plan which is free for North Yorkshire schools. This includes setting up pupil wellbeing champions in both primary and secondary schools.</p>
 <p>https://pshe-association.org.uk/</p>	<p>The PSHE association provides a wealth of guidance and resources for schools in PSHE. They have increased the number of lessons plans available that cover a wide range of PSHE topics some are accessible only as a member but some are freely accessible.</p>

Any questions or you would like to get in touch about any bespoke training / support for your school please contact Clare Barrowman, Senior Health and Wellbeing Adviser at clare.barrowman@northyorks.gov.uk