

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates Spring and Summer Term 2023

Training and Network dates to support schools meet their PSHE (RSHE statutory) requirements, support the well-being of the whole school community and achieve the North Yorkshire Healthy Schools Award

If you have any questions or would like to discuss any aspects further please contact:

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- PSHE network dates and further PSHE training
- Training and support to achieve a North Yorkshire Healthy Schools Award
- Relevant training opportunities provided by a range of partners
- Signposting to further support resources and awareness weeks/days

Online training available this term

These training sessions provide PSHE and wellbeing leads, pastoral staff and SLT teams with effective learning opportunities to be up-to-date on effective practice to support wellbeing and the statutory relationships, sex education and health education requirements (RSHE).

We also have free training for all North Yorkshire schools (this includes Academies) to enable schools to get started and submit for a **North Yorkshire Healthy schools award**.

The PSHE Network meetings are also free for all North Yorkshire schools (this includes academies and Independent schools).

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 .



**FREE Healthy Schools online pupil event
Focus on Being Active & Healthy Eating
Tuesday 7th March 2023, 1-3pm**

We are pleased to announce that we are hosting another online pupil event for key stage 2 pupils in primary schools

Join us from the comfort of your school for one of our popular online pupil events with a range of interactive workshops for pupils to take part in including:

- Get growing in school with the RHS
- Live cook along with Phunky Foods and learning about healthy snacks
- Active Learning ideas with Let's Move
- Connecting to Nature with the Yorkshire Dales National Park

3,800 pupils joined the last event so don't miss out!

This could be for one class to attend, all your key stage 2 classes, school council – the choice is yours.

Please book your school place through the following link
<https://northyorksbeingactiveandhealthyeating.paperform.co>.

Training and Network Meetings

PSHE and Health and Wellbeing Network meetings for all schools

A learning opportunity for PSHE leads to support the implementation of the statutory relationships and sex education and health education as part of the wider PSHE programme. To gain knowledge, understanding and practical insight from professionals and schools, to enhance effective planned PSHE provision and develop a community of good practice.

There is one free place for North Yorkshire schools on these network meetings (this includes academies and independent schools)

Primary PSHE and Health and Wellbeing Network meeting aimed at the schools PSHE lead

One free place for North Yorkshire schools on this network meeting (this includes academies and independent schools)

Spring term agenda so far:

- Local and national updates (including Ofsted updates)
- Focus on assessment of pupils learning from the planned PSHE curriculum

Each session will be the same so you only need to attend one per term. All sessions will run online: 1:00pm – 3:30pm

Spring Term 2023
Monday 13th March 2023
Course code: SI-0323-T006
OR
Thursday 16th March 2023
Course code: SI- 0323-T007

	<p>Summer Term 2023 Monday 26th June 2023 Course code: SI-0623- T002 OR Thursday 29th June 2023 Course code: SI-0623-T003</p>
<p>Secondary PSHE and Health and Wellbeing Network meeting aimed at the PSHE lead</p> <p>One place free for North Yorkshire secondary schools (this includes academies and independent schools)</p> <p>Spring term agenda so far:</p> <ul style="list-style-type: none"> • Local and national updates (including Ofsted updates) • Focus on assessment of pupils learning from the planned PSHE curriculum 	<p>Spring Term 2023 Tuesday 28th March 2023 1:00-3:30pm Course code: SI-0323-T008</p> <p>Summer Term 2023 Wednesday 28th June 2023 1:00-3:30pm Course code: SI-0623- T004</p>
<p>Special school PSHE and Health and Wellbeing Network meeting. One place free for North Yorkshire special schools (this includes academies and independent schools)</p> <p>Autumn term agenda so far:</p> <ul style="list-style-type: none"> • Local and national updates (including Ofsted updates) • Focus on assessment of pupils learning from the planned PSHE curriculum 	<p>Spring Term 2023 Monday 20th March 2023 1:00-3:30pm Course code: SI-0323-T009</p> <p>Summer term 2023 Monday 19th June 2023 1:00-3:30pm Course Code: SI-0623-T005</p>
<p>Training to support the implementation of PSHE including the statutory Relationships, Sex and Health Education</p> <p>Limited availability for whole staff teams / cluster of schools training or your school may want to consider support for the PSHE subject lead or a PSHE (RSHE) subject review. Please contact Clare Barrowman to discuss these options further, clare.barrowman@northyorks.gov.uk</p>	
<p>Being an effective PSHE curriculum lead (cross phase training)</p> <p>This course aims to support PSHE curriculum leaders in schools with planning and implementing high quality PSHE learning in their school which effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and effective monitoring of the curriculum.</p> <p>This course includes information on the Ofsted and Keeping Children Safe in Education requirements of a well-planned and implemented PSHE curriculum.</p>	<p>Attendance is required at both online training sessions. All the sessions run online from 1:30-3:30pm</p> <p>Spring Term 2023 Thursday 9th March AND Monday 27th March 2023 Course Code: SI-0323-T010</p>

<p>NSPCC – RSE training for secondary schools https://learning.nspcc.org.uk/services/talk-relationships</p> <p style="text-align: center;">For a limited time there is no cost for this training</p> <p>Talk Relationships is a service to ensure secondary school-aged young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse. Talk Relationships includes:</p> <ul style="list-style-type: none"> • an elearning course to support secondary school educators to feel confident when delivering sex and relationships education and responding to abusive behaviours • a series of 14 lesson plans created by sex and relationships education experts from the PSHE Association and the NSPCC • a dedicated helpline to provide advice and guidance to secondary school educators who deliver sex education 	
<p>Brook provide a range of free e-learning to upskill staff in effective delivery of relationships and sex education and puberty education</p>	<p>https://learn.brook.org.uk/</p>
<p>Building Resilience Around Gaming and Gambling free training for primary and secondary schools</p> <p>Training provided by <u>YGAM</u> a UK charity offering FREE online training to equip professionals with the knowledge and resources to inform, educate and safeguard the young people you work with about gaming and gambling and access to resources that cover KS2 – KS5</p>	<p>A range of online training sessions are available to book on for free</p> <p>https://www.ygam.org/book-a-workshop/</p>
<p>Expect Respect – Healthy Relationships toolkit for both primary and secondary schools from Women’s Aid</p> <p>It contains age-appropriate activities that will support the learning about healthy relationships, the root causes of violence, and educate young people on gender-based violence.</p>	<p>Training is provided to support the toolkit see the website for further information</p> <p>https://www.womensaid.org.uk/what-we-do/education-and-public-awareness/expect-respect/</p>



North Yorkshire Healthy Schools award is free to access for North Yorkshire schools (this includes Academies). It enables schools to work towards achieving a Bronze, Silver and Gold award based on implementing the evidence based criteria for the following themes:

- Personal, Social, Health Education (PSHE) including the statutory relationships, sex and health education curriculum
- Emotional Health and Wellbeing
- Active Lives
- Food in Schools

Over 270 North Yorkshire schools are taking part and over 1/3 have already gained an award
“It has helped us improve our provision with regards to supporting students with their emotional health and wellbeing and the student voice feedback demonstrates the improvements in this area and the positive impact of the provision” (North Yorkshire School)

Please log on to <http://healthyschoolsnorthyorks.org/> for more information or email healthyschools@northyorks.gov.uk and please access the training we are providing set out below.

Healthy schools' submission dates for 2022 -23:

- 24th March 2023
- 16th June 2023

We appreciate that many schools signed up to the Healthy Schools award just as the pandemic impacted on all of us. We know that many schools are now keen to once again become familiar with the award and get started so we really recommend that a member of staff attends the 'Getting started training that is running on Thursday 2nd February to get your school back on track with achieving this really positive award.

All training on the North Yorkshire Healthy Schools award is free for North Yorkshire schools

Getting started on the North Yorkshire Healthy schools award (cross-phase) – online training

The course will provide schools with information to enable them to effectively get started on the North Yorkshire Healthy schools award and work towards the Bronze, Silver and Gold awards

This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started

Tuesday 2nd February 2023

1:30pm – 3:00pm

Course code: SI-0223-T021

Face to Face Healthy Schools Training and Network meeting (cross-phase)

Schools have fed back how they miss networking with schools and being able to share ideas on the wide range of health and wellbeing aspects covered by the North Yorkshire Healthy Schools award.

This face to face session will provide an overview of the Healthy Schools Programme:

- An overview of the Healthy Schools Programme including a 'how to get started' for schools that require this, another session will run alongside this for schools already familiar with the award
- sharing of good practice from a range of schools that have achieved a healthy schools award across the four themes: PSHE, emotional health and wellbeing, active lives, food in schools and staff wellbeing
- a real focus on what is working well and schools being able to share and discuss a range of ideas

Tuesday 14th March

The sessions will cover the same material, so attendance is only required at one session

9:30- 12 noon

Course code: SI-0323-T053

Or

1:00-3:30pm

Course code: SI-0323-T054

Falsgrave Community Resource Centre, Seamer

Road, Scarborough, North Yorkshire, YO12 4DJ

(further face to face meetings will be available around the County in coming terms – the next one will be in Selby District)

Outdoor learning and growing opportunities



Yorkshire Agriculture Society offer free one day courses for staff from Primary Schools, Nurseries and a select few for Secondary School staff.

All are associated with outdoor learning, growing and mental health.

For more information please go to their website <https://yas.co.uk/training-courses/>

Yorkshire Agricultural Society also have a range of other initiatives and activities to support schools for more information see their website <https://yas.co.uk/education/>

Grow to school also provide support for schools on growing and outdoor learning and offer teacher training. Email Ama Chaney, Ama@growtoschool.co.uk

Yorkshire Dales have a range of training to support schools 'get the most of outdoor learning' see their [website for further information](#) about the education offer for schools

North Yorkshire sport offer a wealth of support and CPD for schools including the following opportunities

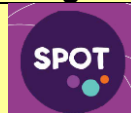
All of the paid courses can be funded through the Primary PE & School Sport premium

Please click on this link to take you to North Yorkshire Sport training information

<https://www.northyorkshiresport.co.uk/courses>

This includes information on the **North Yorkshire & York PE Lead Network Meetings**

Emotional Health and Wellbeing Training and Safeguarding training



All North Yorkshire Secondary Schools and PRUs (maintained, academies and independent) are being offered the opportunity to access FREE training to increase awareness and understanding of eating disorders. This offer is presently available free for primary schools up to the March 2023.

The training is provided through BEAT a nationally recognised charity that provides a wealth of support and information in relation to eating disorders. The training and other supporting information is all accessible via an online portal and there is a range of training available for different staff members in a school. There is no limit to the number of staff who can access the training.

Secondary Schools / PRUs can sign up for the training now and all of it is fully accessible until April 2024 this will enable schools to plan the training requirements in for staff over this and the next academic year and to be able to access further support that is available via the online portal.

Schools Professionals Online Training from BEAT

SPOT encompasses a range of bite sized interactive learning webinar videos delivered by our expert eating disorder clinicians, E-learning modules and weekly Q&A sessions with an eating disorder clinician and Lived Experienced Ambassador. The platform also enables school professionals to post questions on a community forum to share advice with their peers. There are also curriculum supporting materials for use in the classroom as part of a planned PSHE curriculum.

Register for free at elearn.beateatingdisorders.org.uk, or for any further questions please contact the training team at BEAT on training@beateatingdisorders.org.uk or **01925 912829**

Compass Phoenix training to support emotional and mental wellbeing. Free training for all North Yorkshire schools

Compass Phoenix provide free online mental health and wellbeing training for North Yorkshire schools and a range of supporting information and support. For further information please access their website <https://www.compass-uk.org/compass-phoenix-training-webinars/>

A new training course is available “Understanding Children & Young People’s Experience of Bereavement & Loss” and they are an approved provider for the [funded DfE Senior Mental Health Lead training](#)

Training includes:

- Establishing a School Mental Health & Emotional Wellbeing Policy
- Pupil Wellbeing Champions Package
- Student wellbeing Champions Package
- School Staff Wellbeing Training
- Bite size pre-recorded information sessions on a range of topics

Senior mental health lead training for schools

Apply for a grant and access DfE quality assured training to help develop a whole school or college approach to mental health and wellbeing

The Department for Education (DfE) is offering a £1,200 grant for a senior member of school or college staff to access quality assured training to implement an effective whole school or college approach to mental health and wellbeing in your setting. Grants of £1,200 are now available to eligible state schools and colleges in England. This is part of the government’s commitment to offer this training to all eligible schools and colleges by 2025.

The grant is provided to cover (or contribute to) the cost of attending a quality assured course and may also be used to hire supply staff whilst leads are engaged in learning.

More information is available at <https://www.gov.uk/guidance/senior-mental-health-lead-training>

Domestic Abuse Training for professionals who work in North Yorkshire and York

A range of courses have been jointly commissioned by North Yorkshire County Council and City of York Council, therefore are specific to professionals working within the North Yorkshire and City of York areas. To view and book these free courses, please click access through their website:

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

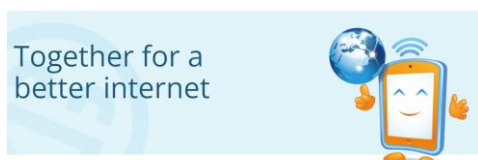
North Yorkshire Children's Safeguarding Partnership Board

NYCC Children and Families' Service, along with partner agencies, are again offering free, virtual courses on a range of topics related to early help and safeguarding. They are open to anyone in North Yorkshire who works with children, young people and families. For a list of the full courses please access their website <https://www.safeguardingchildren.co.uk/professionals/early-help/>

Please also access the **Be Aware** part of the Safeguarding website that provides a range of information for professionals, parents/ carers and young people to help prevent and tackle child exploitation <https://www.safeguardingchildren.co.uk/beaware/>

Awareness Weeks and Days

Safer Internet Day Tuesday 7th February 2023



For further information and resources
<https://www.saferinternetday.org/>

Child Mental Health Week 6th –12th February 2023 The theme is Let's Connect



For further information and resources
<https://www.childrensmentalhealthweek.org.uk/>

LGBT+ History Month: Behind the Lens February 2023



For more information and resources
<https://lgbtplushistorymonth.co.uk/lgbt-history-month-2023/>

Young Carers Action Day 15 March 2023

The theme for 2023 is **Make Time for Young Carers.**




For more information and resources please go [here](#)

(Other awareness days and weeks are available)

Resources to support the PSHE curriculum and wider health and wellbeing

<p>Range of resources on the North Yorkshire Healthy Schools website to support a planned PSHE curriculum</p>	<p>https://healthyschoolsnorthyorks.org/resources/ (this includes the start of a list of resources to support SEND learners access the PSHE planned curriculum- suitable for mainstream schools)</p>
<p>PSHE association</p>	<p>They provide a range of free resources (some do require membership)- they consistently uploaded a wide range of new curriculum resources for all Key stages – including key stage 5 https://pshe-association.org.uk/resources-landing</p>
<p>NSPCC</p>	<p>They have updated a range of resources and are developing more resources to support SEND learners around healthy and safe relationships and online safety. https://learning.nspcc.org.uk/safeguarding-child-protection-schools/teaching-resources-lesson-plans</p>
<p>Puberty and Sex Education for primary schools</p>	<p>Operation Ouch have an inclusive programme about how babies are made 'Operation Ouch! How are babies made?' along with shorter clips from the programme designed for use in class, including puberty all with supporting teacher notes</p>
<p>Educate to Empower</p>	<p>A range of resources for schools to support pupils learning about 'their body belongs to them' , consent etc (free resources and some available to purchase) https://e2epublishing.info/</p>
<p>Period product scheme for schools and colleges in England</p>	<p>The period product scheme is available to all state maintained schools and 16 to 19 education organisations in England. It provides free period products to girls who need them in their place of study. The scheme is available for organisations to order until July 2024. https://www.gov.uk/government/publications/period-products-in-schools-and-colleges/period-product-scheme-for-schools-and-colleges-in-england</p>
<p>Stonewall inclusive book list by age groups</p>	<p>Information about a range of inclusive books to support the PSHE curriculum but also the broader curriculum and for the school library https://www.stonewall.org.uk/lgbtq-inclusive-books-children-and-young-people</p>
<p>CEOP / thinkuknow teaching resources</p>	<p>CEOP have updated and developed new resources with a particular focus on healthy relationships including 'Respecting me, you, us: building healthy relationships and creating positive cultures' 8 lessons aimed at 12-14 year olds. https://www.thinkuknow.co.uk/professionals/resources/</p>
<p>Not Just Flirting report and teaching resources which explores young people's experience of, and attitudes towards, sharing nude images</p>	<p>These lesson plans and guidance are informed by Revealing Reality's research, Not Just Flirting. A really interesting up-to-date read and supporting teaching materials from Year 9 onwards https://pshe-association.org.uk/imagesharing</p>

<p>A reminder that young people can get a nude image shared online removed</p>	 <p>https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online</p>
<p>Information and signposting to support the emotional and mental health needs of children and young people in North Yorkshire</p>	<p>Social and emotional mental health guidance for professionals</p> <p>Mini market place provides an overview of services</p> <p>Young people's guidance to mental health service</p>
<p>Health education programme e-bug</p>	<p>Aims to promote positive behaviour change among children and young people to support infection prevention and control efforts. Resources for Early Years up to key stage 4</p> <p>https://ebug.frontend.stg.phedigital.co.uk/home</p>
<p>Healthy Pack Lunch leaflet available for North Yorkshire primary schools to download</p>	<p>A range of supporting information to encourage pupils to bring a healthy pack lunch to school</p> <p>https://healthyschoolsnorthyorks.org/healthy-food/</p>
<p>Sun safety information and supporting resources from the PSHE association</p>	<p>Keeping safe: sun safety: KS1-2 lesson pack</p> <p>https://pshe-association.org.uk/resource/sun-safety-lesson-packs</p>