

PSHE Wellbeing and Healthy Schools Training Dates 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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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 the statutory relationships, sex education and health education requirements (RSHE) and achieving the North Yorkshire Healthy Schools Award.

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

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

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)

<p>Primary PSHE and Health and Wellbeing Network meeting aimed at the schools PSHE lead</p> <p>One free place for North Yorkshire schools on this network meeting (this includes academies and independent schools)</p> <p>Agenda so far:</p> <ul style="list-style-type: none"> Local and national updates (including Ofsted updates) 	<p>Each session will be the same so you only need to attend one per term. All sessions will run online: 1:00pm – 3:30pm</p> <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>Agenda so far:</p> <ul style="list-style-type: none"> Local and national updates (including Ofsted updates) 	<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>Agenda so far:</p> <ul style="list-style-type: none"> Local and national updates (including Ofsted updates) 	<p>Summer term 2023 Monday 19th June 2023 1:00-3:30pm Course Code: SI-0623-T005</p>

Teaching Puberty and Relationships education with Key Stage 2 pupils

The course will support staff effectively teach the statutory learning outcomes for puberty and relationships education for Key Stage 2 pupils and sex education learning outcomes if a school is choosing to teach sex education

Wednesday 17th May 2023
 Online 3:45-5pm
 Course code: SI-0523-T021
 (there is a cost for this training)

Effective Alcohol and Cannabis Education training for professionals who work with young people in PRUS and sixth form and colleges

The Alcohol Education Trust (AET) are offering two FREE online training sessions aiming to improve confidence in facilitating effective alcohol & cannabis education to young people. Please do only book onto these FREE training if you work in one of the identified settings.

Outcome from both training sessions- increased understanding of:

- Different types and strengths of cannabis/synthetic cannabis. Their physical and psychological effects.
- The role of dealers and suppliers and their motivations.
- The relative risks of occasional use/social use to problematic use.
- The law and low risk drinking guidance around alcohol.
- The increase in vulnerability from binge drinking and drunkenness.
- The relative risks of occasional use/social use versus problematic use
- To peer pressure and to have exit strategies for risky situations.
- How to help someone
- Where to go for help and support

More resources for all schools are freely available from the alcohol education trust website

<https://alcoholeducationtrust.org/>

Alcohol and Cannabis Education Training for staff working in Pupil Referral Units

This is an online workshop for staff working directly with young people who attend a PRU. The purpose of the session is to increase staff confidence in facilitating conversations around alcohol and cannabis. The session will look in detail at the resources with a strong emphasis on games, activities and social norms, teaching positive approaches and resilience that engage young people around alcohol and cannabis.

We will be able to support each PRU with one of our Alcohol & Cannabis education tool kits

Thursday 13th July 2023
 online session: 9am – 12noon
 Course code: SI-0723-T010

FREE for North Yorkshire and York PRUs

<p>Alcohol and Cannabis Education Training for staff working with young people in 6th form settings, colleges and all other youth provision</p> <p>This is an online workshop for staff working directly with young people aged 16+ in a variety of settings. The purpose of the session is to increase staff confidence in facilitating conversations around alcohol and cannabis. The session will look in detail at the resources with a strong emphasis on games, activities and social norms, teaching positive approaches and resilience that engage young people around alcohol and cannabis.</p> <p>We will be able to support each agency with one of our 16+ Alcohol & Cannabis education tool kits</p>	<p>Tuesday 11th July 2023 online session: 9am – 12noon Course Code: SI-0723-T011</p> <p>FREE for North Yorkshire and York 16+ sixth form and colleges</p>
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North Yorkshire Healthy Schools Programme

<p>North Yorkshire Healthy Schools award is <u>free to access</u> 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:</p> <ul style="list-style-type: none"> • Personal, Social, Health Education (PSHE) including the statutory relationships, sex and health education curriculum • Emotional Health and Wellbeing • Active Lives • Food in Schools <p>Over 280 North Yorkshire schools are taking part and over 1/3 have already gained an award. The majority of schools engaged in the programme felt that it led to a more whole school approach to health and wellbeing and “<i>great tools to be able to review and improve current practice and achieve recognition for their work</i>”.</p> <p>More information on the programme via the healthy schools website: https://healthyschoolsnorthyorks.org/</p> <p>Next submission dates for the healthy schools programme : Friday 16th June 2023, 17th November 2023, 15th March 2024 and 14th June 2024</p>	
<p>Getting started on the North Yorkshire Healthy schools award (cross-phase) – online training</p>	<p>Tuesday 16th May Online 1:30-3pm Course Code: SI-0523-T020</p>

<p>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</p> <p><i>This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started</i></p>	<p>FREE for North Yorkshire schools</p>
<p>Working on the North Yorkshire Healthy Schools award (cross phase)</p> <p>This course will provide schools with an overview of the North Yorkshire Healthy Schools Award alongside:</p> <ul style="list-style-type: none"> • 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 focus on what is working well and schools being able to share and discuss a range of ideas • opportunity to ask questions and receive support to enable a school to make a healthy schools submission 	<p>Monday 12th June Online 1:30-3pm Course code: SI-0623-T029</p> <p>Free for North Yorkshire schools</p>
<p style="text-align: center;">Tuesday 6th June 2023</p> <p style="text-align: center;">Healthy Schools Celebration Event at Harlow Carr, Harrogate</p> <p style="text-align: center;">An opportunity for primary school pupils to take part in a variety of interactive workshops around the Healthy School themes (no cost)</p> <p>The annual summer celebration event is open to all Healthy Schools to attend to take part in a variety of interactive workshops around the Healthy Schools themes. This year workshops will include cooking and growing. Schools are welcome to bring up to 10 pupils. All workshops will be aimed at primary aged pupils. You will also have time over lunchtime to explore the beautiful gardens at RHS Harlow Carr. Schools who have achieved a Healthy Schools award this academic year will be officially presented with their certificates.</p> <p>Please book through NYES using the course code: SI-0623-T033 <i>Please clearly state in the notes when booking how many staff and pupils and which year groups you will be bringing.</i></p> <p>Places are limited so priority will be given to schools who have achieved a healthy schools award this year and then on a first booked basis.</p>	



Food Information sessions for secondary schools and practical cooking course for primary staff

<p>Secondary school food session</p> <p>Find out more about school food standards and ideas for improving the healthiness of your school food. Discuss ways to encourage school meal, including free school meal uptake. Discover resources to support changes to lunchtimes in school including whole school food policy templates and a pupil voice survey template. Hear from other secondary schools where changes have already been made. Network with other schools to share ideas. Learn more about the Healthy Schools Food theme and how working on this can help bring about change in your school.</p> <p>This training is suitable for all staff involved in school food, for example school bursars, business managers, catering staff, governors and headteachers. This session is supported by Public Health, the Healthy Schools team, Trading Standards and NYES catering</p>	<p>Thursday 22nd June Online 1:30-3pm Course code: SI-0623-T032</p> <p>FREE training for North Yorkshire schools</p>
<p>Training to support cooking with primary aged pupils with Phunky Foods in partnership with Healthy Schools</p> <p>A practical session to support primary schools to be able to deliver more cooking sessions with pupils with a focus on healthy eating messages.</p> <ul style="list-style-type: none"> • Explore the Healthy Schools Food in Schools themes and discuss food in your schools – including ideas for encouraging healthy packed lunches and increasing school meal uptake • Discover ideas, tips, resources and skills for delivering simple and healthy cooking lessons in your school with minimum equipment and by utilising existing classroom space • Learn how to teach healthy eating messages in a positive way with your pupils • Network and share ideas with other schools around food in school <p>This training is suitable for all primary school staff involved in PHSE health education and cookery sessions including support staff.</p>	<p>Tuesday 27th June Face to Face training session 1-4pm (practical cooking skills) Course code: SI-0623-T034</p> <p>FREE for North Yorkshire schools</p>

Training Available from other Organisations to support PSHE and Health and Wellbeing

<p align="center">New resources to support schools teaching about vaping</p> <p>PSHE association lesson plan for Year 9 pupils (membership needed)</p> <p>Smokefree Sheffield in collaboration with ASH are making children and young people aware of the facts about vaping</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>NSPCC – RSE training for secondary schools</p> <p>https://learning.nspcc.org.uk/services/talk-relationships</p> <p>For a limited time there is no cost for this training</p>
<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 <u>free</u> training for primary and secondary schools and parent/ carers awareness sessions</p> <p><u>Training provided by 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>



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.

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/>

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

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 Prevent Information and Prevent Training opportunities (including education specific training)

<https://www.nypartnerships.org.uk/prevent>

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

Oral Health Promotion Team are commissioned to provide training for all staff working with 0-19-year-olds in North Yorkshire

Upcoming online training sessions for approximately 1 hour on Microsoft Teams for professionals working with 0-19-year-olds.

Training for professional who work with 0-11 year olds:

- Monday 3rd April 11am
- Tuesday 16th May 2pm
- Wednesday 14th June 10am

Training for professionals who work with 11-19:

- Wednesday 29th March 11am
- Tuesday 11th April 2pm
- Monday 17th April 10am

Please contact:

Ruth Harrison

Oral Health Improvement
Practitioner

ruth.harrison18@nhs.net

Awareness Weeks and Days (other days and events are available)



May 16 - June 16
National Smile Month 2023

There are three key messages of National Smile Month, with the first one being that it is essential to brush your teeth at night and at least once during the day using fluoride toothpaste. It is also recommended to visit your dentist regularly and cut the consumption of sugary drinks and foods to an absolute minimum.

<http://www.nationalsmilemonth.org/>



School Diversity Week 2023

26th -30th June 2023

The event is a UK-wide celebration of LGBT+ equality in education. It is organised by Just Like Us, the LGBT+ young people's charity, which provides free resources to schools

<https://www.justlikeus.org/home/get-involved/school-diversity-week/>

National Children's Gardening Week
Together, we help children grow.
27th May – 4th June 2023

<https://www.childrensgardeningweek.co.uk/>

12th -16th June 2023

<https://www.nutrition.org.uk/healthy-eating-week/>



