

PSHE, Wellbeing and Healthy Schools Newsletter

Spring Term 2021

Supporting all schools to meet their PSHE (RSHE) requirements and support the well-being of the whole school community.

Welcome back to the new term. We acknowledge this is going to be another difficult term for schools. We hope this newsletter provides PSHE and wellbeing leads, pastoral staff and SLT teams with up-to-date information about wellbeing and the statutory relationships and sex education and health education requirements. An update on the North Yorkshire Healthy schools award and signposting to a range of resources and organisations.

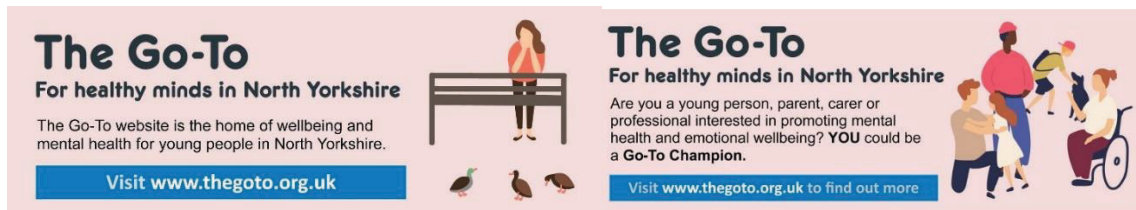
This newsletter also contains details about the online training that is on offer this term

It is important at this time that we prioritise Emotional Health and Wellbeing support for the whole school community.

The following links will hopefully provide you with resources and information that can be used with the whole school community

- [NYCC Mental health toolkit which contains resources, communication and links to share with children, young people and families](#)
- [Public Health England guidance on responding to covid-19 mental health and wellbeing resources and support for children and young people](#)
- [Support for pupils and parents in primary schools during COVID-19 in relation to mental and emotional wellbeing](#) (the support that is signposted is not just available due to covid-19)
- [Support for pupils and parents in secondary schools during COVID-19 in relation to mental and emotional wellbeing](#) (the support that is signposted is not just available due to covid-19)
- A range of resources to [support staff wellbeing](#)
- The [bereavement guidance for schools in relation to COVID-19](#) has also been updated
- The Government have provided COVID-19: [guidance for parents and carers on supporting children and young people's mental health and wellbeing](#), this guidance is available in many languages

 <p>Free <i>Promoting Pupil Wellbeing when School is Online</i> Guide</p>	<p>Free guidance for schools written by Pooky Knightsmith which explores simple steps schools can take to promote pupil wellbeing when learning is happening remotely.</p> <p>https://www.creativeeducation.co.uk/product/promoting-pupil-wellbeing-when-school-is-online/</p>
	<p>Children's Mental Health Week Children's Mental Health Week is taking place on 1-7 February 2021.</p> <p>The theme is <u>Express Yourself</u>.</p> <p>All the free resources can be adapted for use in school, for home-schooling, online lessons or independent learning.</p> <p>https://www.childrensmentalhealthweek.org.uk/</p>



The Go-To
For healthy minds in North Yorkshire

The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

Visit www.thegoto.org.uk

The Go-To
For healthy minds in North Yorkshire

Are you a young person, parent, carer or professional interested in promoting mental health and emotional wellbeing? **YOU** could be a Go-To Champion.

Visit www.thegoto.org.uk to find out more

In North Yorkshire we have the '[Go To website for Healthy Minds](#) in North Yorkshire' which provides a platform for young people, parents/ carers and professionals for information about mental health and signposts to supporting services. Colleagues who work in the Craven area will also find the following website useful for support and information that is specific to Craven, the website is <https://www.healthyminds.services/>.



Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on 07520 631168 a young person will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. For more information please go to their [website](#) . Compass Buzz continue to offer [online training](#) and support to schools.



Kooth offers young people in North Yorkshire free online counselling and support. Young people aged 11-18 are able to access free online counselling and emotional wellbeing support through the online service. For more information please go to their [website](#)



Anna Freud have developed a 5 steps to mental health and wellbeing framework for schools

Anna Freud have created an evidence-based framework so that schools can decide on their own approach to mental health and wellbeing in 5 simple steps. The 5 Steps Framework is developed by mental health experts and teachers, for teachers. *"It's interactive, it's simple and it's free"*. It will help schools to support staff, lead change, and engage with parents, carers and the community so that you can meet your pupils' and students' needs. For more information please go to their [website](#) and they are providing a range of online seminars to support schools implement the framework.



Relationships and Sex Education and Health Education – statutory for all schools from September 2020

The subjects did become compulsory from 1 September 2020. However, schools have flexibility to decide how they discharge their duties effectively. If a school is unable to begin teaching until summer term 2021 they will need to decide how much of the content they will be able to cover and should still be able to demonstrate how they will cover the entirety of the curriculum in the future. Furthermore, as the subjects will be compulsory from 1 September 2020 the new parental right to withdraw provision will apply. All [Government Guidance is available in the PSHE resource section of the North Yorkshire Healthy Schools website](#)

[The Governments guidance for schools clearly sets out the requirements for a RSE policy and the learning outcomes that must be achieved for all pupils by the time they leave school.](#) Many schools in North Yorkshire are already delivering a planned Personal, Social, Health Education (PSHE) curriculum which will be fully comprehensive of the governments learning outcomes but it is recommended that you review your curriculum to ensure all aspects are being taught across the year groups. If your school is using the [North Yorkshire curriculum entitlement framework](#) this was updated in September 2019 to be fully inclusive of the governments statutory learning outcomes.

The government do state that parents / carers should be consulted on the RSE policy. The government have also produced some supporting information for schools about [effective consultation and supporting information leaflets](#) along with the [PSHE association guidance to parental consultation](#). We have produced a [NYCC RSE guidance](#) for schools which you may also find useful to support you with reviewing your schools RSE policy. You may find the training useful on implementing an effective RSE policy (please see the training section for further information).

Please remember the Government have set up the free period product scheme for schools and colleges in England and products can be ordered for free for all pupils up to the age of 19. Please click [here](#) to find out more details about the scheme and how to order products for your school.

Training opportunities- All training this term will be online

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 There is a cost to attend some training and network meetings .

PSHE and Health and Wellbeing Network meetings for all schools	
<p>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.</p>	
<p>Primary PSHE and Health and Wellbeing Network meeting</p> <p>Free for schools with an SLA with Education and Skills</p>	<p>These sessions will be the same so you only need to attend once</p> <p>1:00pm – 3:30pm</p> <p>Monday 15th March 2021</p> <p>Course code: SI-0321-T042</p> <p>Wednesday 17th March 2021</p> <p>Course code: SI-0321-T043</p>
<p>Secondary PSHE and Health and Wellbeing Network meeting</p> <p>One place free for North Yorkshire secondary schools</p>	<p>Wednesday 24th March 2021</p> <p>1:00- 3:30pm</p> <p>Course code: SI-0321-T045</p>
<p>Special school PSHE and Health and Wellbeing Network Meeting</p> <p>One place free for North Yorkshire special schools</p>	<p>Monday 22nd March 2021</p> <p>1:00pm- 3:30pm</p> <p>Course Code SI-0321-T044</p>
Training to support the implementation of statutory Relationships and Sex and Health Education	
<p>Individual sessions can be run for whole staff teams / cluster of schools please do contact Clare Barrowman to discuss these options further, clare.barrowman@northyorks.gov.uk</p>	

<p>A briefing to outline what schools need to do to ensure they effectively implement the statutory relationships, sex and health education (RSHE) curriculum (cross- phase) and signposting to supporting resources</p> <p>This briefing will provide an overview of what schools are expected to implement and have in place to meet the statutory RSHE curriculum this academic year and signpost to range of supporting resources and materials. It is aimed at schools that have perhaps not yet had an opportunity to explore how to implement the new statutory curriculum.</p>	<p>Thursday 21st January 2021</p> <p>1:30-3:30pm</p> <p>Course code: SI-0121-T022</p>
<p>Implementing an effective statutory relationships and sex education <u>policy</u> (cross phase training)</p> <p>The course will provide clear information and guidance on implementing an effective relationships and sex education policy personalised to the needs of the school based on the governments guidance and best practice, including effective consultation with parents and carers</p>	<p>This is the same training session running twice- you only need to attend once. Both sessions run from 1:30-3:30pm</p> <p>Thursday 11th February 2021</p> <p>Course Code: SI-0221-T038</p> <p>Wednesday 3rd March 2021</p> <p>Course Code: SI-0321-T040</p>
<p>Effectively implementing the statutory relationships and sex education <u>curriculum</u> for primary schools</p> <p>The course will provide clear information and signpost to a range of resources to cover the statutory learning outcomes for relationships and sex education (RSE) in a primary school and explore how they can be covered across all the year groups to meet the schools safeguarding responsibilities, inclusive RSE and delivering the learning on puberty and sex education</p>	<p>The participate needs to attend both sessions for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Monday 1st February 2021 and</p> <p>Tuesday 2nd February 2021</p> <p>Course code: SI-0221-T021</p>
<p>Effective assessment, monitoring and evidencing the planned PSHE curriculum for primary schools</p> <p>The training will cover:</p> <ul style="list-style-type: none"> • The statutory learning outcomes for relationships, sex and health education (RSHE) and the expected educational outcomes • Effective ways to assess, monitor and evaluate • Share example of good practice from schools • Share information on schools experience of Ofsted Deep Dives in PSHE 	<p>Tuesday 26th January 2021</p> <p>1:30-3:30pm</p> <p>Course code: SI-0121-T025</p>

<p>Being an effective PSHE curriculum lead in a primary school</p> <p>This course aims to support PSHE curriculum leaders in primary schools with planning and delivering high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum and monitoring of the curriculum</p>	<p>The participate needs to attend both sessions for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Monday 1st March 2021 and</p> <p>Tuesday 9th March 2021</p> <p>Course code: SI-0321-T041</p>
<p>Building Resilience Around Gaming and Gambling for primary and secondary schools – free training for primary and secondary schools</p> <p>Training provided by YGAM 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 (this is becoming increasingly common within games and starting to impact on an increasing number of children and young people).</p> <p>The Growing up in North Yorkshire survey has asked pupils questions about gambling so we can start to monitor an emerging issues in North Yorkshire.</p> <p>The aims of the 90-minute interactive session are to:</p> <ul style="list-style-type: none"> • Increase your knowledge and understanding of gaming and gambling-related harm in the UK • Support you with information on how to spot the signs of gaming and gambling-related harm 	<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>Attendance at the session then allows the school to access a digital copy of the, 'In The Know Booklet' with a range of activities, and information about the short follow up session which provides complete access to our full range of resources to cover education and settings.</p> <p>The resources are written by qualified teachers and cover KS2 – KS5 with full SoW, lesson plans and resources for each year group.</p>
<p>The Dfe are providing a range of free support for schools to implement the statutory Relationships and Sex Education and Health Education curriculum.</p>	
<p>The DfE has commissioned “train the trainer” programmes, delivered by selected lead teaching schools, to provide free RSHE training and support for state-funded schools. Participating schools will be expected to cascade the training within their own schools or wider teaching school alliances. In the current circumstances, the lead teaching schools have been developing digital delivery approaches to their training, although they may choose to offer face-to-face training if it becomes feasible to do so at a later stage, or to adopt a blended approach.</p> <p>Click here for more information on the training that Primary schools in North Yorkshire can access until March 2021</p> <p>Click here for more information on the training that Secondary schools in North Yorkshire can access until March 2021</p> <p>The Dfe have developed a range of staff training powerpoints that schools can access to support the delivery of staff training to support the implementation of the statutory relationships, sex and health education curriculum .</p>	



North Yorkshire Healthy Schools award is free to access for North Yorkshire schools. 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
- Staff wellbeing (for a submission at Silver and Gold)

Over 200 schools in North Yorkshire have signed up for the award to enable them to gain the recognition for their whole school approach to health and wellbeing.

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.

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

<p>Healthy schools – focus on the active lives theme</p> <p>This session will be delivered with along with our project partners from North Yorkshire Sport, to offer support and best practice guidance around this theme.</p>	<p>Tuesday 26th January 2021</p> <p>1:30-3:30pm</p> <p>Course code SI-0121-T032</p>
<p>Healthy schools – focus on food in schools theme</p> <p>Please note this course is repeated from a session run in the Autumn term 2019. It will be delivered along with our project partners from NYCC Catering School Meals to support work on this theme including developing a whole school food policy.</p>	<p>Wednesday 3rd February 2021</p> <p>1:30-3:30pm</p> <p>Course code SI-0221-T026</p>
<p>Healthy Schools - Training to support schools who have already achieved their Bronze Healthy Schools award to move on to achieve their Silver level award.</p>	<p>Monday 8th February 2021</p> <p>1:30-3:30pm</p> <p>Course Code SI-0221-T043</p>
<p>Healthy Schools - Training to support schools who have already achieved their Silver Healthy Schools award to move on to achieve their Gold level award.</p>	<p>Wednesday 10th February 2021</p> <p>1:30-3:30pm</p> <p>Course Code SI-0221-T044</p>
<p>Getting ready to submit for a Healthy Schools award</p>	<p>Thursday 4th March 2021</p> <p>1:30-3pm</p>

<p>The course will provide schools with information to enable them to effectively submit for a North Yorkshire Healthy schools award covering an effective action plan, pupil voice evidence and supporting evidence- This course is aimed at staff who have already attended the getting started training (progressed with the award) and are now ready to submit for an award.</p>	<p>Course code: SI-0321-T013</p>
<p>Getting started on the North Yorkshire Healthy schools award</p> <p>The course will provide schools with information to enable them to effectively get started on the North Yorkshire Healthy schools award which uses an evidence based approach to support schools evidence their practice in the four areas of Active Lifestyles, Food in Schools, Emotional Health and Wellbeing and PSHE and work towards the Bronze, Silver and Gold awards</p>	<p>Monday 8th March 2021</p> <p>1:30-2:30pm</p> <p>Course code: SI-0321- T014</p>
<p>Compass BUZZ training to support emotional and mental wellbeing. Free training for all North Yorkshire schools</p>	
<div style="text-align: center;">  </div> <p>Compass Buzz provide a wealth of free online mental health and wellbeing training for North Yorkshire schools and a range of supporting information and support. Please contact your school's wellbeing worker for more information or for further information please access their website</p>	
<div style="text-align: center;">  </div> <p>North Yorkshire sport have a range of supporting information and provide a range of online CPD opportunities for schools</p>	
<p>Early Help are providing a range of online training for professionals who work with children and young people. Their full training calendar can be accessed here</p> <p>Training includes (along with other aspects):</p> <ul style="list-style-type: none"> • Early Help Overview and Early Help Assessment • Adverse Childhood Experience (ACEs) • School Anxiety and Refusal • Having Difficult Conversations with Parents • Contextual Safeguarding • Strength in Relationships Practice Mode 	



Yorkshire Dales National Park Education Offer to schools in North Yorkshire

The Education & Engagement Team at the Yorkshire Dales National Park have published their first e-newsletter, which describes what local schools have been getting up to in recent months and the education offering to schools for 2021. This is for primary, secondary and special schools within and beyond the Yorkshire Dales National Park.

Newsletter is here: <https://mailchi.mp/d5ba67470db7/education-engagement-newsletter>

If you would like to sign up to receive future editions go here: <http://eepurl.com/hk0QIT>

Yorkshire Dales National Park are providing 1 hour zoom session for staff in schools on how they can support your teaching and your pupils' learning. The sessions will be particularly valuable to geography, science, citizenship and history subject leaders. *This will include information on how schools can access the transport fund to enable schools to visit the Yorkshire Dales (limited funds are available).*

Tuesday January 19th 2021 4-5pm for primary schools

Click on the link to book now and reserve your place

<https://www.eventbrite.co.uk/e/ydnpa-primary-education-zoom-network-meeting-tickets-131341673481>

Wednesday January 20th 2021 4-5pm for secondary schools

Click on the link to book now and reserve your place

<https://www.eventbrite.co.uk/e/ydnpa-secondary-education-zoom-network-meeting-tickets-131347559085>

Special schools please choose which you think would be the most appropriate session for your school or contact Rebecca Swift, Education Officer, Rebecca.Swift@yorkshiredales.org.uk



North Yorkshire Healthy Schools award

We are actively encouraging all North Yorkshire schools to sign up and work towards the [North Yorkshire Healthy Schools Award](#) which is FREE for all North Yorkshire schools as it is presently funded through public health.

We re-launched the award in October 2019 and we now have 200 schools sign up to show their commitment to the health and wellbeing of the whole school community.

We really hope that all North Yorkshire schools will sign up for the award over the coming academic year as it is a great way to showcase the good work that so many schools are

engaged in to support the wellbeing of the whole school community. Schools can achieve the award at Bronze, Silver and Gold for the following themes which can be done in any order:

- Active Lives
- Food in School
- Emotional Health and Wellbeing
- PSHE (including the statutory relationships, sex and health education curriculum)
- For schools submitting at silver there is also a staff wellbeing theme

Schools achieve each of these themes by providing evidence and information about the provision and practice in their school against an evidence based criteria for each theme.

The Healthy Schools website is how schools sign up and submit for the award and access a wide range of supporting materials <http://healthyschoolsnorthyorks.org/> . We do have a section on the website which explains in more details about the [award](#) and schools do need to register with a school email address.

Congratulations to schools that achieved one of the awards so far. We have such a range of schools engaging in the award and achieving one of the awards, including secondary schools, a special school, infant schools, small rural primary schools and our larger more urban primary schools – the shows that the award enables all schools in North Yorkshire to celebrate their achievements. Unfortunately, we could not have a ‘real life’ celebration event but we do have a [Hall of Fame](#) on the healthy schools website to showcase the 53 schools who have achieved an award so far.

Congratulations to the following schools who achieved healthy school’s status in November 2020.

	<p style="text-align: center;">Gold award</p> <p>Linton on Ouse primary school Sutton on the Forest primary school</p>
	<p style="text-align: center;">Silver award</p> <p>Cayton primary school Christchurch primary school Mowbray school Outwood academy Greystone primary school Seamer and Irton primary school St Martins Primary school</p>
	<p style="text-align: center;">Bronze award</p> <p>Dacre Braithwaite primary school Nawton primary school</p>

We will be **running training in the spring term** to support schools get started on the award and those who are ready to submit for an award and we are here to support and help so do get in


touch through the healthy schools email address healthyschools@northyorks.gov.uk and Ruth Stacey, Healthy Schools co-ordinator or Clare Barrowman, Senior Health and Wellbeing Adviser will get back to you. Please see the training section above to see what training we are running and how to book onto the free training.

Online Safety Updates

Safety Internet Day- 9th February 2021

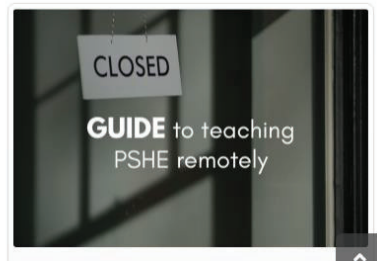
An internet we trust: exploring reliability in the online world

Safer Internet Day 2021 celebrates the amazing range of information and opportunities online, and its potential to inform, connect and inspire us, whilst also looking at how young people can separate fact from fiction. For further information and resources [please visit the website](#)

<p>Online Safety Guidance for Schools and in North Yorkshire Updated September 2020 to include some specific guidance for remote learning in response to covid-19</p>	<p>This was updated in September 2019 to include information about supporting safeguarding and good practice when delivering remote learning. NYCC online safety guidance for schools.</p>
	<p>North Yorkshire Safeguarding Children Partnership have developed some supporting information that parent and carers could be signposted to around supporting their child in relation to online safety.</p> <p>The Partnership group have also developed a Be Aware section of their website an online knowledge hub set up and ran by NYSCP to help prevent and tackle Child Exploitation.</p>

PSHE and resources updates

Delivering PSHE remotely



The PSHE association have created a [coronavirus hub](#) to help schools provide high quality PSHE, both to pupils back in school or to those being taught remotely. This includes guidance on adapting lessons for home learning and a guide to teaching PSHE remotely.

All NYCC PSHE and Guidance documents can all be accessed on the resource section of the [North Yorkshire Healthy schools website](#). The NYCC PSHE guidance document does signpost to a range of supporting teaching and learning resources which in the main are free for schools to access.

Range of new resources or a reminder of resources for schools



Primary

Discover activities to teach first aid skills, kindness and coping, safety and share learning, for children aged 5-11.

Secondary

Discover activities to teach first aid skills, helping others, and safety and wellbeing, for children aged 11-18.

[Red Cross First aid champions](#), a new first aid teaching site for learners aged 5-18. First aid education is now on the RSE and health curriculum in England, and First aid champions can be used by all schools in the UK to teach the skills children and young people need to save a life.

The resource contains activities, films, PowerPoints and quizzes. Staff won't need any extra training to use the site, and there are resources for children and young people to learn independently, too.



Donation teaching resources: KS3 and KS4
[Curriculum-linked resources to help teachers in England educate their students about blood, organ and stem cell donation.](#)

This is a sensitive topic so there is guidance on how to introduce this sensitive topic with young people



[Speak Out Stay Safe](#)
 Speak out Stay safe is a safeguarding programme for children aged 5- to 11-years-old. It is available via an online platform for free for all primary schools in the UK

The programme helps children understand:

- abuse in all its forms and how to recognise signs of abuse
- that abuse is never a child's fault and that they have the right to be safe
- where to get help and the sources of help available to them, including our Childline service.

Versions are available in British Sign Language (BSL) for d/Deaf children. They also have a programme for children with special educational needs and disability (SEND). Please contact schools@nspcc.org.uk if you're school is interested in the SEND programme.

NSPCC Learning also have a range of curriculum teaching resources to support a range of safeguarding aspects for primary and secondary schools

- [PANTS \(the Underwear Rule\)](#)
- [Sex and relationships](#)
- [Online safety](#)
- [Bullying](#)
- [Childline](#)



[Project Evolve](#) are producing an ever increasing number of teaching resources to support the online safety framework '[Educated for a Connected World](#)' which goes from early years through all the key stages

	<p>Every Mind Matters has replaced the public health rise above resources</p> <p>Every Mind Matters have a range of supporting resources focused on wellbeing including self-care videos for young people</p>
	<p>Building connections</p> <p>To support pupils explore the meaning of loneliness and connection.</p> <p>Lesson plans and supporting resources for Year 6 and Key stage 3 and 4 pupils</p> <p>Resources from Every Mind Matters which also includes resources to explore worry, online stress and many more</p>
	<p>The PSHE Association drug and alcohol schemes of work for key stages 1-4. This free pack includes lesson plans and resources for each key stage — with knowledge organisers included — as well as a comprehensive teacher guidance document, a briefing on the evidence base underpinning effective drug and alcohol education, and governors' briefing</p>
<p>PSHE association has a range of resources that have been quality assured – some are free and some do have a cost.</p>	

Keeping in touch, any questions or would like to discuss any further training / support needs for your school please get in touch

Clare Barrowman
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You can also follow Clare Barrowman on Twitter at [@ClareHealth](#)