

PSHE, Wellbeing and Healthy Schools Newsletter

Autumn 2020

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

Welcome back to the new term after what has been a strange and difficult time for many people. We hope this newsletter provides PSHE and wellbeing leads, pastoral staff and SLT teams with up-to-date information about wellbeing, 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

Emotional Health and wellbeing and the return to school

NYCC have produced a number of supporting resources for schools to signpost to range of teaching and learning resources as well as information and support for children and young people and their families and staff (this support can be signposted at any time not just during covid-19). [The following documents can all be accessed from the North Yorkshire Healthy school site:](#)

- [Support for schools opening to a larger number of pupils during COVID-19 when considering the wellbeing aspects](#). The **last section** of this document signposts to a range of supporting resources to support the delivery of emotional health within the taught curriculum (not just during COVID-19)
- [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)
- 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

Anna Freud have developed a range of supporting toolkits for schools

- [Returning to school toolkit](#)
- [Planning a wellbeing inset day toolkit](#)



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](http://www.thegoto.org.uk) 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/>.

The Go-To for healthy minds in North Yorkshire are presently looking for young people, parent, carers or professionals to be Go-to champions to promote mental and emotional wellbeing. If this is of interest to your school please go to <https://www.thegoto.org.uk/im-a-young-person/the-go-to-champions/> for more information

World Mental Health Day is the 10th October 2020. We acknowledge that schools will have been having a focus on the whole schools mental wellbeing. This could be a further opportunity to focus on mental health.

Anti-Bullying Week 2020: United Against Bullying



Starting 16th November

'This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge. Anti-Bullying Week (starting 16th November 2020) is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference. We're all a piece in the puzzle, and together, we're united against bullying'.

[There are a range of supporting resources and materials for schools to support anti-bullying week](#)



[The Anti-Bullying Alliance as part of their All Together programme](#) have developed a suite of free online training for anyone that works with children and young people. Due to an extension in funding this will continue to be available for all schools to access until March 2021.

Training courses include:

- What is bullying?
- Bullying and the Law
- Bullying and SEN/disability
- 10 principles to reduce bullying

- Preventing bullying
- Responding to bullying
- Cyberbullying (Online bullying)
- Young Carers and Bullying
- Looked After Children and Bullying
- Mental Health and Bullying

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

Relationships and Sex Education and Health Education (RSHE) has become statutory for all schools in September 2020 along with a requirement for a Relationships and Sex Education (RSE) policy that reflects the schools provision.

The Dfe published a further update for schools in June 2020. This is a summary of their update. [It is recommended that you read the full update.](#)

- Schools who assess that they are prepared to deliver teaching and have met the requirements set out in the statutory guidance are encouraged to begin delivering teaching from 1 September 2020, or whenever is practicable to do so within the first few weeks of the new school year.
- Schools that assess that they have been unable to adequately meet the requirements because of the lost time and competing priorities should aim to start preparations to deliver the new curriculum and to commence teaching the new content no later than the start of the summer term 2021.
- To ensure teaching begins as soon as possible, schools are encouraged to take a phased approach (if needed) when introducing these subjects. Schools should consider prioritising curriculum content on mental health and wellbeing, as knowledge on supporting your own and others' wellbeing will be important as pupils return to schools.
- The subjects will still 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.

[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 which we know many schools were planning to do during this summer term but due to the extension provided by the Government this could now been done in the Autumn / Spring term. 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	
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.	
Primary PSHE and Health and Wellbeing Network meeting Free for schools with an SLA with Education and Skills	These sessions will all be the same so you only need to attend once 1:00pm – 3:30pm Monday 16 th November 2020 Course code: SI-1120-T077 Wednesday 18 th November 2020 Course code: SI-1120-T053 Thursday 19 th November 2020 Course code: SI-1120-T054
Secondary PSHE and Health and Wellbeing Network meeting One place free for North Yorkshire secondary schools	Thursday 26 th November 1:00- 3:30pm Course code: SI-1120-T058
Special school PSHE and Health and Wellbeing Network Meeting One place free for North Yorkshire special schools	Monday 12 th October 2020 1:00pm- 3:30pm Course Code SI-1020-T029
Training to support the implementation of statutory Relationships and Sex and Health Education	
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>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 1:30-3pm</p> <p>Wednesday 14th October 2020 Course Code: SI-1020-T031</p> <p>Thursday 22nd October 2020 Course Code: SI-1020-T041</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 participants need to attend both sessions for the full course Both sessions are 1:30-3:30pm</p> <p>Monday 30th November 2020 and Monday 7th December 2020</p> <p>Course code: SI-1120-T044</p>
<p>Teaching an effective statutory emotional and mental wellbeing curriculum as part of a planned PSHE curriculum (cross- phase training for schools)</p> <p>This course will use the DfE Mental Health training module along with supporting materials and resources to enable the delegate who attends the training to be able to effectively disseminate the learning to colleagues who will be delivering the taught planned emotional and mental health curriculum in their school</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>Monday 9th November 2020 Course code: SI-1120-T067</p> <p>Wednesday 11th November 2020 Course code: SI-1120-T068</p>
<p>Supporting emotional well-being during Covid-19 for the Early Years sector</p>	<p>Tuesday 6th October 2020 1:30-3:30pm Course code: SI-1020-T016</p>
<p>The DfE have provided funding to every Local Authority to support the roll of the DfE developed training focused on the wellbeing of pupils with the wider opening of schools. The training will be free for every school and college to access for a lead member of staff with the intention that the member of staff then disseminates to staff in their own school. The training will be delivered locally by professionals who work in North Yorkshire to ensure the training meets the needs of schools and links to local services.</p>	<p>Details of the training will be coming out to schools soon.</p>
<p>Online safety updates for schools to support safeguarding and the taught planned curriculum for pupils (cross phase training for schools)</p> <p>Supporting schools to develop an effective approach to online safety to meet their statutory safeguarding duties that reflect pupil's online behaviours</p>	<p>Thursday 3rd December 2020 1:30-3:30pm Course code: SI-1220-T005</p>


<p>The course is aimed at Designated Safeguarding Leads (DSL), Online safety leads, PSHE curriculum leads and pastoral leaders in schools</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 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>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>Free online sessions for all of North Yorkshire schools to access (cross phase). It is the same training session running a number of times- you only need to attend once. Running time 1:30-3pm</p> <p>Thursday 15th October Course code: SI-1020-T044</p> <p>Monday 19th October Course Code: SI-1020-T045</p> <p>Friday 23rd October Course code: SI-1020-T046</p>

The Dfe are starting to provide a range of free support for schools to implement the statutory Relationships and Sex Education and Health Education curriculum.

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.

Click [here](#) for more information on the training that Primary schools in North Yorkshire can access.

The Dfe have developed a range of 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 . This presently includes a [Dfe Mental Health training power point for schools](#) (at time of writing they have released no further PPTs). There is a PPT and then some films of teachers delivering a mental health lesson across the key stages with links to the lesson they are teaching. The Dfe are not stating this is best practice just one example of a lesson, as I know many schools are already doing some excellent teaching and activities to support learning about mental wellbeing.

<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>Free training for North Yorkshire schools to attend</p>	<p>This is the same training session - you only need to attend once. All sessions run 1:30-3:30pm</p> <p>Wednesday 7th October 2020 Course code: SI-1020-T025</p> <p>Thursday 5th November 2020 Course Code: SI-1120-T039</p>
<p>Getting ready to submit for a Healthy Schools award</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>Free training for North Yorkshire schools to attend</p>	<p>This is the same training session - you only need to attend once. All sessions run 1:30-3:30pm</p> <p>Thursday 8th October 2020 Course code: SI-1020-T026</p> <p>Thursday 12th November 2020 Course Code: SI-1120-T049</p>
<p>Training to support effective implementation of the Growing up in North Yorkshire survey – free for all North Yorkshire schools</p>	
<p>Growing up in North Yorkshire survey training</p> <p>This course aims to support schools effectively manage and run the Growing up in North Yorkshire survey 2020. The course is aimed at new members of staff managing and supervising the 2020 questionnaire. However, all schools are invited to enable a member of staff to attend, as refresher training.</p> <p>Free training for North Yorkshire schools to attend</p>	<p>This is the same training session running twice - you only need to attend once. It will be an online training course. The session runs from 1:30-3:30pm</p> <p>Monday 28th September 2020 Course Code: SI-0920-T001</p> <p>Monday 5th October 2020 Course code: SI-1020-T001</p>
<p>Compass BUZZ training to support emotional and mental wellbeing. Free training for all North Yorkshire schools</p>	
 <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>	
<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. There full training calendar can be accessed here</p>	



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 to North Yorkshire schools (small cost for independent schools) as it is presently funded through public health.

We only re-launched the award in October 2019 and we now have 170 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.

“We are thrilled to receive the gold award as we have worked really hard to embed the principles of maintaining a healthy lifestyle across all that we do in school. Our children know that a healthy body contributes to a healthy mind. We prioritise mental health and wellbeing across the school because we acknowledge that children and staff need to feel safe and happy before they can be ready to learn and do their best.” Headteacher of Kirby Hill Church of England Primary School

The Healthy Schools website is how schools sign up and submit for the award and access a wide range of supporting materials. **North Yorkshire Healthy Schools Website** <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 levels this includes so far a secondary school, 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.

Since September 2019 we now have 51 schools with an award which includes 9 schools achieving GOLD. **Congratulations to the following schools who achieved healthy school's status in July 2020.**

 <p>Healthy Schools North Yorkshire</p>	<p style="text-align: center;">Gold award</p> <p>Coppice Valley Community primary Glasshouses Community primary Kirby Hill C of E primary Leyburn primary Scarborough PRS Westcliff primary</p>
 <p>Healthy Schools North Yorkshire</p>	<p style="text-align: center;">Silver award</p> <p>Barwic Parade Community primary Brompton Community primary Burnsall C of E VA primary Cracoe & Rylstone C of E VC primary Grassington C of E VC primary Kettlewell primary Kirk Smeaton C of E VC primary Longmans Hill, Selby Community primary Seamer and Irton Community primary Seton Community primary St Cuthbert's C of E primary Upper Wharfedale Secondary</p>
 <p>Healthy Schools North Yorkshire</p>	<p style="text-align: center;">Bronze award</p> <p>Aiskew Leeming Bar C of E primary Barlow C of E primary Bentham primary school Bishop Monkton primary Burton Salmon Community primary Cayton primary Christ Church C of E VC primary Chapel Haddlesley C of E VC primary Oatlands Community Juniors Pickering Community Juniors Ravensworth primary school Roecliffe primary school St Peter's Brafferton C of E VA primary Western primary</p>

We will be **running training in the autumn 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 about how to book onto the free training.

North Yorkshire Healthy Schools Award – free for all North Yorkshire state funded schools	
<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>Free training for North Yorkshire schools to attend</p>	<p>This is the same training session - you only need to attend once. All sessions run 1:30-3:30pm</p> <p>Wednesday 7th October 2020 Course code: SI-1020-T025</p> <p>Thursday 5th November 2020 Course Code: SI-1120-T039</p>
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Growing up in North Yorkshire survey 2020

Due to covid-19 we postponed running the Growing up in North Yorkshire survey. We intend to run the survey a week after October half term, 10th November till Friday 4th December. Though we are mindful that it is a moving situation with covid-19 and the GUNY survey should NOT be given as home learning, so we will keep a watching brief on the situation.

For schools that signed up to do the survey in March we have retained the information and will be contacting you about the survey but we would like to encourage all schools to take part in the survey which is free for all North Yorkshire schools to participate in.

We would actively encourage all schools to sign up to take part in the survey which is aimed at Year 2, 6, 8, 10 and 12 pupils. There is also a survey for special schools. The survey will benefit schools in terms of school improvement, covid-19 responses, Ofsted requirements, curriculum planning, target setting and evaluation in many areas of pupils' personal and social development, safety and learning. If you would like to register your school to take part in the survey please contact, School Improvement Business Support team, 01609 798864 or by email eands@northyorks.gov.uk

If you require more information about the survey or have any questions, please contact Clare Barrowman, Senior Health and Wellbeing adviser 01609 536808 or by e-mail: clare.barrowman@northyorks.gov.uk

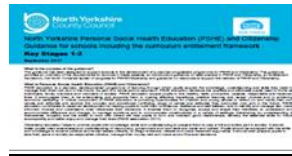
Please note we are running an online seminar to support schools implement the Growing up in North Yorkshire survey in your school and how to get the most out of the data. This seminar is free to attend and is aimed at colleagues who have not managed the survey in their school before though anyone is welcome to attend for a refresher.

The online seminar is running twice but you only need to attend one of the sessions:

- Monday 28th September 2020 1:30-3:30pm , Course Code: SI-0920-T001
- Monday 5th October 2020 1:30-3:30pm , Course code: SI-1020-T001





To book onto one of these seminars please go to North Yorkshire Education Services (NYES) <http://www.nyestraining.co.uk/>

PSHE and resources updates



All NYCC PSHE and Citizenship Guidance documents can all be accessed [here](#) or 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.

Reminder about a range of resources for all schools	
	<p>Send me a pic? Three sessions for 12-14 year olds on issues around nude image sharing that have been developed by thinkuknow</p> <p>This resource has the PSHE association quality mark</p>
	<p>London Grid for Learning has a range of excellent online safety policies and practice and resources including a resource aimed at young children about not getting undressed when on camera</p> <p>London Grid for learning signposts to a range of teaching resources for all age groups to consider 'real news V fake news' and critical thinking when online such as their Trust Me resources for both primary and secondary schools</p> <p>London Grid for learning signposts to a range of resources to support the Prevent agenda and Educate Against Hate</p>

	<p>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>
	<p>Sex Education Forum have developed a free resource to support the teaching of relationships and sex education to pupils with SEND – this guidance document is not just aimed at special schools but for all schools who support pupils with SEND</p>
	<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>An Introduction to UK Parliament online workshop</p>	<p>School Workshop online – Parliament UK Education</p> <p>Schools can book a free online workshop about Parliament. The sessions are suitable for primary and secondary schools.</p> <p>The session will cover:</p> <ul style="list-style-type: none"> • An introduction to how UK Parliament works • What MPs do • The work of members of the House of Lords • How laws are made <p>The session is designed to be broadcast live and students will have discussion opportunities in relation to the content.</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

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 01609 536808

You can also follow Clare Barrowman on Twitter at @ClareHealth