

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates and updates for the Autumn 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 hope you had a lovely break over the summer. The aim of this newsletter is to provide PSHE and wellbeing leads, pastoral staff and SLT teams with up-to-date information about wellbeing and the statutory relationships, sex education and health education requirements. An update on the North Yorkshire Healthy schools award and signposting to a range of resources and supporting information.

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

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Online training available this term

We hope 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 Professional Practice Groups Network meetings (previously the PSHE network meetings) are also free for all North Yorkshire schools.

If you are interested in any **bespoke training, support for your PSHE lead or a PSHE review** please do get in touch with Clare Barrowman, Senior Health and Wellbeing Adviser at clare.barrowman@northyorks.gov.uk or 07969 103741.

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.

PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE 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	
Primary PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting) One free place for North Yorkshire schools on this network meeting	These sessions will be the same so you only need to attend once Both sessions will run: 1:00pm – 3:30pm Tuesday 23rd November 2021 Course code: SI-1121-T039 Wednesday 24th November 2021 Course code: SI-1121-T041
Secondary PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting) One place free for North Yorkshire secondary schools	Thursday 2nd December 2021 1:00- 3:30pm Course code: SI-1221-T005
Special school PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting) One place free for North Yorkshire special schools	Tuesday 30th November 2021 1:00pm- 3:30pm Course Code: SI-1121-T046

Training to support the implementation of statutory Relationships, Sex and Health Education	
<p>Individual sessions can be run for whole staff teams / cluster of schools 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>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 have implemented and now have in place to meet the statutory RSHE curriculum and signpost to range of supporting resources and materials.</p>	<p>Monday 11th October 2021</p> <p>3:45 – 5:00pm</p> <p>Course code: SI-1021-T027</p>
<p>Effectively implementing the statutory relationships and sex education <u>curriculum</u> for primary schools across all year groups</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><i>“Many thanks for the 2 day RSE training - it was excellent” – PSHE subject lead in a primary school</i></p>	<p>The delegate needs to attend both sessions for the full course</p> <p>Both sessions run from 1:30-3:30pm</p> <p>Monday 15th November 2021 AND Monday 29th November 2021</p> <p>Course code: SI-1121-T022</p>
<p>Implementing a LGBT inclusive relationships, sex and health education curriculum for <u>primary</u> schools</p> <p>This course aims to support schools implement an LGBT inclusive curriculum to support the statutory relationships, sex and health education curriculum and a wider schools approach to support the Equality Act 2010</p>	<p>Wednesday 3rd November 2021</p> <p>3:45 - 5pm</p> <p>Course code: SI-1121-T048</p>
<p>Supporting secondary schools implement an effective LGBT curriculum and wider school approach</p> <p>This course aims to support schools implement an LGBT inclusive curriculum to support the statutory relationships, sex and health education curriculum and a wider school approach to support the Equality Act 2010</p>	<p>Thursday 4th November 2021</p> <p>3:45-5pm</p> <p>Course code: SI-1121-T049</p>

<p>Being an effective PSHE curriculum lead in a school (cross-phase)</p> <p>This course aims to support PSHE curriculum leaders in schools with planning and delivering high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and monitoring of the curriculum</p>	<p>The participants need to attend both sessions for the full course</p> <p>Both sessions are 1:30-3:30pm Wednesday 20th October 2021 AND Thursday 11th November 2021 Course code: SI-1021-T020</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>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>



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
- 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

“Being a Healthy School is really important to us and as a school we have worked really hard on this award and we can see real changes in school which is great” (Primary School)

<p><i>"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"</i> (Secondary School)</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>This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started.</p>	<p>Thursday 7th October 2021 3:45 – 4:45pm Course code: SI-1021-T005</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>Wednesday 13th October 2021 1:30-3:00pm Course code: SI-1021-T013</p>
<p>Growing & using the school grounds for outdoor learning</p> <p>Growing & using the school grounds for outdoor learning Come and join Healthy Schools and Grow 2 School to explore practical ways to develop your school grounds for growing and outdoor learning. Bring along photos of your school grounds to plan development for the future with expert support and advice. Share ideas with other schools. Learn about funding opportunities. Access curriculum resources and ideas.</p> <p>Maximum 15 delegates so book soon to avoid disappointment. NO CHARGE Please attend the October session if you are interested as we plan not to accept new schools on subsequent sessions, with the aim to build on previous learning each time.</p>	<p>All sessions will run from 3:45-4:45pm We aim to hold 5 twilight sessions between October-June to attend with the aim to support developing and using your school grounds throughout the school year.</p> <p>The first two dates are Thursday 14th October 2021 Thursday 25th November 2021 Further dates and times will be agreed with delegates.</p> <p>Course code: SI-1021-T028</p>

<p align="center">Emotional Health and Wellbeing Training Training from Compass Phoenix (previously Compass BUZZ) and Early Help</p> <p align="center">The ASK Suicide Prevention Workshop specifically addresses suicide risk in children and young people aged 5-15</p> <p align="center">All courses are funded by the Wellbeing Return Grant to enable schools to access one place on the training per school</p> <p>Data is showing that suicide behaviour is increasing among young children and that suicide thoughts in childhood can increase suicide risk in adolescence. This training opportunity is aimed at staff who work in North Yorkshire schools and support pupils.</p>

The ASK Suicide Prevention Workshop specifically addresses suicide risk in children and young people aged 5-15 and gives participants developmentally appropriate strategies and tools to identify children and young people at risk of suicide and quickly gather and organise key details needed to assess risk and inform safety planning.

Delegates will:

- Learn about the risk factors and warning flags signalling that a child may be at risk of suicide.
- How a child's death understanding is related to suicide risk.
- What research tells us about a child's risk and protective factors.
- Practice using an evidence based brief screening tool that anyone can use to match a child who needs support or help to the most appropriate helper.
- How to organise what you know about a child to inform planning for immediate safety and longer-term support.
- How to overcome challenges and partner with parents and other professionals.
- Learn from an experienced facilitator using current practice from clinical practice and published research.

The training consists of:

- Two self-paced learning modules that must be completed before the online training and will take about an hour in total, including a quiz that helps consolidate the learning in preparation for the two interactive online training sessions
- Attend two online training sessions, over two consecutive days which will be a mixture of video case studies, facilitator guided simulations, small group discussions, and opportunities to apply your new knowledge using helpful tools and resources.

Dates available- attendance is required on both days from 9:00am – 13:30pm

- **A FEW PLACES are left on Tuesday 23rd November and Wednesday 24th November 2021** Course code: SI-1121-T001
- **Thursday 3rd February 2022 and Friday 4th February 2022** Course code: SI-0222-T001

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

Compass Phoenix provide a wealth of 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/>

Training includes:

- Establishing a School Mental Health & Emotional Wellbeing Policy
- Introducing Emotional Wellbeing Measurement Tools
- Managing School Refusal
- Supporting Children & Young People to Regulate their Emotions & Conduct
- Supporting Children and Young People to Cope with Stress & Anxiety
- Pupil Wellbeing Champions Package
- Student wellbeing Champions Package
- School Staff Wellbeing Training

They continue to have lots of bitesize 'Phoenix Features' (short recorded webinars) which cover a range of mental health presentations and offer helpful advice and practical tools.

Early Help are providing a range of free online training for professionals who work with children and young people. There full training calendar can be accessed <https://www.safeguardingchildren.co.uk/wp-content/uploads/2021/09/Early-Help-Professional-courses-Autumn-2021.pdf>

Training includes (other training available please see the website for further information):

- **Drug and Alcohol Awareness:** This session offers an overview on the local situation regarding young people's drug and alcohol use, practical up-to-date information on the most commonly used drugs, information on the legal, health and social risks of substance misuse, plus details of where to get further information.
- **Operation Choice:** Information on Operation Choice is a process designed for referring children and young people in North Yorkshire who are found in possession of drugs, into a course of Police led educational sessions.
- **Impact of Domestic Abuse on Children and Young People**
- **Supporting LGBTQ+ Children in Schools:** An overview for schools when supporting a child or young person who is exploring their gender and / or sexuality (LGBTQ+) within a whole school approach. This course is appropriate for both primary and secondary schools and will signpost to a range of supportive guidance and resources.
- **Supporting Children & Young People's Mental Health:** This mini marketplace session will provide an overview of the different provision available in North Yorkshire to support children and young people's mental health, including information on how to access the support

The DfE Senior Mental Health Lead Training – grant funding available for all schools to access

The Department for Education (DfE) is offering a senior member of school or college staff the opportunity to get a grant for training to develop the knowledge and skills to implement an effective whole school or college approach to mental health and wellbeing in their setting.

The grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning.

The grant must be used on training to help develop or introduce your whole school or college approach to mental health and wellbeing, and existing senior leads might wish to:

- develop or refresh their knowledge and skills in specific priority areas
- get more advanced training
- get a relevant qualification

Further information is available at <https://www.gov.uk/guidance/senior-mental-health-lead-training> (this will be where they publish further information about how to access the grant which is due to be available this term)



North Yorkshire Healthy Schools Website provides a wide range of information and supporting information and resources which is FREE for ALL schools to access

<http://healthyschoolsnorthyorks.org/>

[Resource Section of the Healthy Schools Website](#)

A 'one stop shop' for links to a range of resources to support the four themes of the Healthy Schools award and staff wellbeing. This includes government and local guidance alongside other up-to-date information.

County and District reports from the Growing up in North Yorkshire Survey 2020 are now also available

There is also a section aimed at Governors including the [PSHE education guidance for Governors](#) which has been produced in partnership between the PSHE association and National Governance Association. The guidance aims to support Governors have discussions with school leaders about:

- Making PSHE education a fundamental part of a curriculum that supports the educational vision for their school or trust.
- Influencing and supporting the planning and delivery of PSHE education and monitoring its impact.

[Training and Events section of the Healthy Schools Website](#)

Training courses and network meetings available to support Healthy Schools award work and the four key themes, can be found in this section

****NEW****

Links to a range of free e-learning training to support a range of health and wellbeing aspects. For example under Emotional Health and Wellbeing there are links to the following courses:

Free Psychological First Aid online training course for supporting children and young people in emergency and crisis situations

(three hours to complete but split into three sessions and no previous qualifications are required) The free online course offers training for staff on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. As you will be aware, children and young people can be very resilient, but crises such as COVID-19 can severely impact their mental health. Getting the right support early on can help prevent problems occurring or worsening.

[View Webpage](#)

Free Zero Suicide Alliance training

provides a range of awareness training options, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thought.

[View Webpage](#)

****A further NEW page on the healthy schools website****

[Child Health Support](#)

This page includes information for teachers or professionals who work with children and young people on a range of health issues and signposts to supporting information and / or services. The following are the areas that are presently covered in this section of the website.



The Healthy Child Service



Emotional and Mental Health



Vision/ Hearing / Bowel and bladder control



Sleep



Diet/Nutrition



Physical Activity



Alcohol, smoking and substance misuse



Sexual Health



FREE PUPIL VOICE EVENT

focused on climate change

Inspired by the international COP 26 event we would like to invite all North Yorkshire schools to an online event for pupils to attend to explore climate change and what you can do in school to cut carbon and make a difference.

Date: Thursday 18th November 2021, 1-3pm

This event is aimed at Upper Key Stage 2 and secondary students. It is free for any North Yorkshire school to access, including academies. Do not miss out on the opportunity to take part in this amazing free event from the comfort of your own school, saving carbon by not travelling to a venue! Your school needs to be able to link up via a computer as the event will be delivered via Zoom.

This interactive fully online event will enable pupils to take part in two workshops to explore actions surrounding tackling climate change. Pupils will also hear from other schools in North Yorkshire about what they're already doing to make a difference to the planet. Whole classes/ year groups or small groups of pupils can take part, as long as accompanied by an adult.

Schools will have a choice of workshops for pupil's to take part in, delivered by partner organisations including Youth Voice, Craven Development Centre, Allerton Waste Recovery Park, the Energy team and more...

Please book one place for your school and make sure you include an email address which can be contacted with further information. The event link can be shared with teachers and staff throughout your school to enable lots of classes / pupils to take part, **so you only need to BOOK ONE PLACE PER SCHOOL VIA NYES SLA Online (sla-online.co.uk) using course code: NRG-OM-1121-T001.**

If you are unable to make the date but would like to take part, please still book a place for your school as you will be sent an event recording and can watch workshops and speaker videos with pupils afterwards.

For any event enquiries please contact energy.team@northyorks.gov.uk

Ofsted's report into sexual harassment, online sexual abuse and sexual violence

Ofsted was asked by the government to carry out a rapid review of sexual abuse in schools and colleges. The findings from the review can be accessed [here](#).

The **Recommendations for all school and college leaders from the review are:**

School and college leaders should create a culture where sexual harassment and online sexual abuse are not tolerated, and where they identify issues and intervene early to better protect children and young people.

In order to do this, they should assume that sexual harassment and online sexual abuse are happening in their setting, even when there are no specific reports, and put in place a whole-school approach to address them. This should include:

- a carefully sequenced RSHE curriculum, based on the Department for Education's (DfE's) statutory guidance, that specifically includes sexual harassment and sexual violence, including online. This should include time for open discussion of topics that children and young people tell us they find particularly difficult, such as consent and the sending of 'nudes'
- high-quality training for teachers delivering RSHE
- routine record-keeping and analysis of sexual harassment and sexual violence, including online, to identify patterns and intervene early to prevent abuse
- a behavioural approach, including sanctions when appropriate, to reinforce a culture where sexual harassment and online sexual abuse are not tolerated
- working closely with LSPs in the area where the school or college is located so they are aware of the range of support available to children and young people who are victims or who perpetrate harmful sexual behaviour
- support for designated safeguarding leads (DSLs), such as protected time in timetables to engage with LSPs
- training to ensure that all staff (and governors, where relevant) are able to:
 - better understand the definitions of sexual harassment and sexual violence, including online sexual abuse
 - identify early signs of peer-on-peer sexual abuse

- consistently uphold standards in their responses to sexual harassment and online sexual abuse

The Dfe have updated the Sexual violence and sexual harassment between children in schools and colleges, September 2021. Advice for governing bodies, proprietors, headteachers, principals, senior leadership teams and designated safeguarding leads which can be accessed [here](#)

Ofsted have made changes to the inspection framework and changes have been made to Keeping Children Safe in Education (KCSIE), September 2021 to incorporate these recommendations.

Support for schools:

- There is a range of training and network opportunities to support schools ensure they have a carefully sequenced RSHE curriculum in place (please see the training section of this newsletter). Further support is available to access high-quality training for teachers delivering RSHE, support for the PSHE curriculum lead and / or a PSHE (RSHE) curriculum review from Clare Barrowman, Health and Wellbeing Advisor in School Improvement. If you would like to discuss your schools needs further please do contact at clare.barrowman@northyorks.gov.uk or 01609 536808
- The NYCC Child protection policy and manual have been updated to be fully inclusive of the changes to KCSIE September 2021 this includes supporting material to focus specifically on the aspects from this review. It is available here <https://www.safeguardingchildren.co.uk/news/new-schools-child-protection-manual-which-replaces-the-sample-school-child-protection-policy/>
- The NSPCC have put together a range of supporting information to support schools with these aspects which is available here <https://learning.nspcc.org.uk/research-resources/schools/resources-sexual-abuse-education-healthy-relationships>

NYCC Guidelines for dealing with and reporting prejudice based incidents, hate incidents and hate crimes in schools and settings

These guidelines will help schools fulfil their duty to eliminate discrimination, harassment and victimisation and their duty to foster good relations, under the Equalities Act (2010) and the Public Sector Equalities Duties (2012). It provides schools with information about how to deal with and report on the frequency and extent of prejudiced based incidents within school. All guidance documents are available here <https://cyps.northyorks.gov.uk/hate-incident>

We do ask that ALL schools should report all incidents to the Local Authority through the online reporting form: <https://consult.northyorks.gov.uk/snapwebhost/s.asp?k=146952740744>

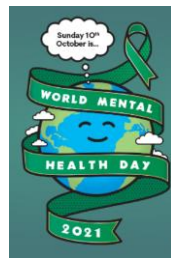
Ofsted have produced some supporting information for schools on how they inspect protected characteristics, “ No matter what type of school they attend, it is important that all children gain an understanding of the world they are growing up in, and learn how to live alongside, and show respect for, a diverse range of people. When we inspect schools, we assess how well they equip children to do this”. The guidance is available here <https://www.gov.uk/government/publications/inspecting-teaching-of-the-protected-characteristics-in-schools/inspecting-teaching-of-the-protected-characteristics-in-schools>

Awareness Weeks and Days



National Hate Crime Awareness Week is 9th-16th October 2021

Further information on how to support the week is available at the [Stop Hate UK site](#) and also visit the [National Hate Crime Awareness Week](#) website for more details for ideas on getting involved



10th October 2021 is **World Mental Health Day**
This year's theme is 'Mental Health in an Unequal World'.

For further information on how to support the day, please go [here](#)

B:IM2021

DIG DEEPER, LOOK CLOSER, THINK BIGGER

Black History Month is October. For further information, please go [here](#)



Anti-Bullying week is the 15th – 19th November 2021 with the theme, 'One Kind Word'

For further information on how to support the week, please go [here](#)