

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates for the summer term 2021

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

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**.

If you are interested in any **bespoke training to support your schools / staff training needs** please do get in touch with Clare Barrowman, Health and Wellbeing Adviser at clare.barrowman@northyorks.gov.uk or 07969 103741. *A popular whole staff training session now is effective teaching of the relationships and sex education curriculum from EYFS to Year 6, "the training went extremely well and everyone has commented on it today"- Headteacher of a primary school in North Yorkshire*

Supporting guidance documents and signposting to resources

Resources and support

Resources, links and contacts for support and referral services can be found by clicking on the relevant theme icon below.



We have a range of freely accessible guidance documents and signposting to a range of resources for all schools on the North Yorkshire healthy schools website in the resource section <http://healthyschoolsnorthyorks.org/resources/>. For example in the PSHE resource section there are links to all the DfE documents related to the statutory relationships, sex and health education curriculum alongside all the supporting North Yorkshire guidance documents including the NYCC PSHE and Citizenship guidance for schools and RSE guidance for schools (to name just a few). Please do take a look and if you think we are missing anything please do let us know.

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 Professional Practice Group (previously the 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>	
Primary PSHE and Health and Wellbeing Professional Practice Group Free for schools with an SLA with Education and Skills	These sessions will be the same so you only need to attend once Both sessions will run: 1:00pm – 3:30pm Monday 14th June 2021 Course code: SI-0621-T021 Wednesday 16th June 2021 Course code: SI-0621-T021
Secondary PSHE and Health and Wellbeing Professional Practice Group One place free for North Yorkshire secondary schools	Wednesday 30th June 2021 1:00- 3:30pm Course code: SI-0621-T024
Special school PSHE and Health and Wellbeing Professional Practice Group One place free for North Yorkshire special schools	Monday 21st June 2021 1:00pm- 3:30pm Course Code SI-0621-T022
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	
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 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.	Tuesday 20th April 2021 1:30-3:30pm Course code: SI-0421-T006

<p>It is aimed at schools that have perhaps not yet had an opportunity to explore how to implement the new statutory curriculum.</p>	
<p>Effectively implementing the statutory relationships and sex education curriculum 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 participant needs to attend both sessions for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Monday 26th April 2021 and Wednesday 5th May 2021</p> <p>Course code: SI-0421-T008</p>
<p>**NEW COURSE due to requests from schools***</p> <p>Teaching Puberty and Relationships Education with pupils in Year 5 and 6 (and sex education if your school is choosing to teach it)</p> <p>As a result of attending, delegates should be more confident to effectively teach the puberty, relationships and sex education learning outcomes with pupils in Year 5 and 6.</p>	<p>Monday 10th May 2021</p> <p>3:45-5:00pm</p> <p>Course code: SI-0521-T019</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>Monday 17th May 2021</p> <p>1:30-3:30pm</p> <p>Course code: SI-0521-T002</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 and monitoring of the curriculum</p>	<p>The participant needs to attend both sessions for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Wednesday 26th May 2021 and Thursday 10th June 2021</p> <p>Course code: SI-0521-T001</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>
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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

<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 is the same course running twice so you only need to attend once</p> <p>Thursday 22nd April 1:30-3:30pm Course code: SI- 0421-T007</p> <p>Monday 28th June 1:30-3:30pm Course code: SI-0621-T023</p>
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Getting ready to submit for a Healthy Schools award

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.

Tuesday 11th May 2021

1:30-3:30pm

Course code: SI-0521-T009