

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates Autumn Term 2022

Training and Network dates to support schools meet their PSHE (RSHE statutory) requirements, support the well-being of the whole school community and achieve the North Yorkshire Healthy Schools Award

If you have any questions or would like to discuss any aspects further please contact:

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Contents:

- PSHE network dates and further PSHE training
- Training and support to achieve a North Yorkshire Healthy Schools Award
- Relevant training opportunities provided by a range of partners
- Signposting to further support resources and awareness weeks/days

Online training available this term

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 Network meetings are also free for all North Yorkshire schools (this includes academies and Independent schools).

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <http://www.nyestraining.co.uk/> If you are a school or educational setting your school will have been issued with a username and password, which will enable your school to log in and apply for training. If you have any questions or need help using the site call the NYES team on 01609 533 222 Or email nyes@northyorks.gov.uk .

PSHE and Health and Wellbeing Network meetings for all schools

A learning opportunity for PSHE leads to support the implementation of the statutory relationships and sex education and health education as part of the wider PSHE programme. To gain knowledge, understanding and practical insight from professionals and schools, to enhance effective planned PSHE provision and develop a community of good practice.

There is one free place for North Yorkshire schools on these network meetings (this includes academies and independent schools)

Primary PSHE and Health and Wellbeing Network meeting aimed at the schools PSHE lead

One free place for North Yorkshire schools on this network meeting (this includes academies and independent schools)

Autumn term agenda so far:

- Local and national updates (including Ofsted updates)
- Teaching resources and training available on eating disorders
- Information on the North Yorkshire Safeguarding 'Be Aware' website and what support is needed to support it being used as part of the PSHE curriculum

Each session will be the same so you only need to attend one per term. All sessions will run: 1:00pm – 3:30pm

Autumn term 2022
Monday 21st November 2022
 Course code: SI-1122-T009
OR
Thursday 24th November 2022
 Course code: SI-1122-T010

Spring Term 2023
Monday 13th March 2023
 Course code: SI-0323-T006
OR
Thursday 16th March 2023
 Course code: SI- 0323-T007

Summer Term 2023
Monday 26th June 2023
 Course code: SI-0623- T002
OR
Thursday 29th June 2023
 Course code: SI-0623-T003

Secondary PSHE and Health and Wellbeing Network meeting aimed at the PSHE lead

One place free for North Yorkshire secondary schools (this includes academies and independent schools)

Autumn term agenda so far:

- Local and national updates (including Ofsted updates)
- Teaching resources and training available on eating disorders
- Information on the North Yorkshire Safeguarding 'Be Aware' website and what support is needed to support it being used as part of the PSHE curriculum

Autumn Term 2022
Thursday 1st December 2022
 1:00-3:30pm
 Course code: SI-1222-T002

Spring Term 2023
Tuesday 28th March 2023
 1:00-3:30pm
 Course code: SI-0323-T008

Summer Term 2023
Wednesday 28th June 2023
 1:00-3:30pm
 Course code: SI-0623- T004

<p>Special school PSHE and Health and Wellbeing Network meeting. One place free for North Yorkshire special schools (this includes academies and independent schools)</p> <p>Autumn term agenda so far:</p> <ul style="list-style-type: none"> • Local and national updates (including Ofsted updates) • Teaching resources and training available on eating disorders • Information on the North Yorkshire Safeguarding ‘Be Aware’ website and what support is needed to support it being used as part of the PSHE curriculum • Go- to – website for EHWP – how to make it more accessible for SEND young people 	<p>Autumn Term 2022 Monday 28th November 2022 1:00-3:30pm Course Code: SI-1122-T011</p> <p>Spring Term 2023 Monday 20th March 2023 1:00-3:30pm Course code: SI-0323-T009</p> <p>Summer term 2023 Monday 19th June 2023 1:00-3:30pm Course Code: SI-0623-T005</p>
<p align="center">Training to support the implementation of PSHE including the statutory Relationships, Sex and Health Education</p> <p>Limited availability for whole staff teams / cluster of schools training 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>Being an effective PSHE curriculum lead (cross phase training)</p> <p>This course aims to support PSHE curriculum leaders in schools with planning and implementing high quality PSHE learning in their school which effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and effective monitoring of the curriculum. This course includes information on the Ofsted and Keeping Children Safe in Education requirements of a well-planned and implemented PSHE curriculum.</p>	<p>Attendance is required at both online training sessions. All the sessions run from 1:30-3:30pm</p> <p>Autumn Term 2022 Monday 17th October AND Monday 14th November 2022 Course code: SI-1022-T006</p> <p>OR Spring Term 2023 Thursday 9th March AND Monday 27th March 2023 Course Code: SI-0323-T010</p>
<p>NSPCC – RSE training for secondary schools https://learning.nspcc.org.uk/services/talk-relationships</p> <p align="center">*****For a limited time there is no cost for this training*****</p> <p>Talk Relationships is a service to ensure secondary school-aged young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse. Talk Relationships includes:</p> <ul style="list-style-type: none"> • an elearning course to support secondary school educators to feel confident when delivering sex and relationships education and responding to abusive behaviours • a series of 14 lesson plans created by sex and relationships education experts from the PSHE Association and the NSPCC • a dedicated helpline to provide advice and guidance to secondary school educators who deliver sex education 	

<p>Brook provide a range of free e-learning to upskill staff in effective delivery of relationships and sex education and puberty education</p>	<p>https://learn.brook.org.uk/</p>
<p>Building Resilience Around Gaming and Gambling <u>free</u> training for primary and secondary schools</p> <p><u>Training provided by YGAM</u> a UK charity offering FREE online training to equip professionals with the knowledge and resources to inform, educate and safeguard the young people you work with about gaming and gambling and access to resources that cover KS2 – KS5</p>	<p>A range of online training sessions are available to book on for free</p> <p>https://www.ygam.org/book-a-workshop/</p>



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

We appreciate that many schools signed up to the Healthy Schools award just as the pandemic impacted on all of us. We know that many schools are now keen to once again become familiar with the award and get started so we really recommend that a member of staff attends the ‘Getting started training that is running on the Monday 10th October’ to get your school back on track with achieving this really positive award.

Over 260 North Yorkshire schools are taking part and over 1/3 have already gained an award
“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” (North Yorkshire School)

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.

Healthy schools submission dates for 2022 -23:

- 18th November 2022
- 24th March 2023
- 16th June 2023

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 (cross-phase)</p> <p>The course will provide schools with information to enable them to effectively get started on the North Yorkshire Healthy schools award and work towards the Bronze, Silver and Gold awards</p> <p><i>This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started</i></p>	<p>Monday 10th October 2022 1:30pm – 3:00pm Course code: SI-1022-T007</p> <p>Tuesday 29th November 2022 1:30pm-3:00pm Course code:TBC</p>
<p>Healthy Schools Drop in Session to support schools achieve Healthy Schools Status (cross-phase)</p> <p>This is an informal session to enable schools to ask questions and seek support for their healthy schools submission from the Healthy Schools team</p>	<p>Tuesday 18th October 3:45-5pm Course code: SI-1022-T005</p> <p>Tuesday 1st November 3:45-5pm Course code: SI-1122-T012</p>
<p>Getting to Silver and Gold with the North Yorkshire Healthy Schools Award</p> <p>This training is primarily aimed at schools who have achieved the bronze healthy schools award and would now like to progress to the silver and / or gold award. The training will give you an update and helpful hints for your application.</p>	<p>Monday 5th December 2022 1:30-3:00pm Course code: TBC</p>

Outdoor learning and growing opportunities



Yorkshire Agriculture Society offer free one day courses for staff from Primary Schools, Nurseries and a select few for Secondary School staff.

All are associated with outdoor learning, growing and mental health.
For more information please go to their website <https://yas.co.uk/training-courses/>
Yorkshire Agricultural Society also have a range of other initiatives and activities to support schools for more information see their website <https://yas.co.uk/education/>

Grow to school also provide support for schools on growing and outdoor learning and offer teacher training. Email Ama Chaney, Ama@growtoschool.co.uk

North Yorkshire sport offer a wealth of support and CPD for schools including the following opportunities

All of the paid courses can be funded through the Primary PE & School Sport premium

Please click on this link to take you to North Yorkshire Sport training information
<https://www.northyorkshiresport.co.uk/courses>

This includes information on the **North Yorkshire & York PE Lead Network Meeting** - Tuesday 18th October 2022
and

Level 4 Qualification in Supporting Pupils Wellbeing through Physical Education

Mon, 03 Oct 2022 - Mon, 05 Dec 2022

A nationally-recognised qualification, created in partnership with the Association for Physical Education (afPE), enables delegates to become specialists in supporting the emotional and social wellbeing of pupils through Physical Education at a time when this couldn't be more important in Primary and Secondary Schools.

Emotional Health and Wellbeing Training and Safeguarding training

*****Limited availability left on the ASIST training course*****

What is ASIST?

An accredited two day, interactive training that prepares professionals to provide suicide first aid interventions

This is a face to face training event over two days and attendance at both days is required on Wednesday 23rd and Thursday 24th November 2022. Course Code: SI-1122-T001

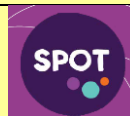
This course is funded by the Wellbeing Return Grant to enable schools to access one place on the training per school

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.

What will you learn as an ASIST trained first aider?

After taking ASIST, you will be better able to:

- Be suicide alert – identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Assess risk and safety – develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- Effectively apply a suicide intervention model
- Link people with community resources



All North Yorkshire Schools (including primary schools) and PRUs (maintained, academies and independent) are being offered the opportunity to access FREE training to increase awareness and understanding of eating disorders.

The training is provided through BEAT a nationally recognised charity that provides a wealth of support and information in relation to eating disorders. The training and other supporting information is all accessible via an online portal and there is a range of training available for different staff members in a school. There is no limit to the number of staff who can access the training.

Schools can sign up for the training now and all of it is fully accessible until April 2023 this will enable schools to plan the training requirements in for staff over this and the next academic year and to be able to access further support that is available via the online portal.

Schools Professionals Online Training from BEAT

SPOT encompasses a range of bite sized interactive learning webinar videos delivered by our expert eating disorder clinicians, E-learning modules and weekly Q&A sessions with an eating disorder clinician and Lived Experienced Ambassador. The platform also enables school professionals to post questions on a community forum to share advice with their peers. There are also curriculum supporting materials for use in the classroom as part of a planned PSHE curriculum.

Register for free at elearn.beateatingdisorders.org.uk, or for any further questions please contact the training team at BEAT on training@beateatingdisorders.org.uk or **01925 912829**

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

Compass Phoenix provide free online mental health and wellbeing training for North Yorkshire schools and a range of supporting information and support. For further information please access their website <https://www.compass-uk.org/compass-phoenix-training-webinars/>

A new training course is available “Understanding Children & Young People's Experience of Bereavement & Loss” and they are an approved provider for the [funded DfE Senior Mental Health Lead training](#)

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
- Bite size pre-recorded information sessions on a range of topics

Senior mental health lead training for schools

Apply for a grant and access DfE quality assured training to help develop a whole school or college approach to mental health and wellbeing

The Department for Education (DfE) is offering a £1,200 grant for a senior member of school or college staff to access quality assured training to implement an effective whole school or college approach to mental health and wellbeing in your setting. Grants of £1,200 are now available to eligible state schools and colleges in England. This is part of the government's commitment to offer this training to all eligible schools and colleges by 2025.

The grant is provided to cover (or contribute to) the cost of attending a quality assured course and may also be used to hire supply staff whilst leads are engaged in learning.

More information is available at <https://www.gov.uk/guidance/senior-mental-health-lead-training>

Domestic Abuse Training for professionals who work in North Yorkshire and York

A range of courses have been jointly commissioned by North Yorkshire County Council and City of York Council, therefore are specific to professionals working within the North Yorkshire and City of York areas. To view and book these free courses, please click access through their website:

<https://courses.idas.org.uk/north-yorkshire-and-city-of-york-training/>

North Yorkshire Children’s Safeguarding Partnership Board

NYCC Children and Families’ Service, along with partner agencies, are again offering free, virtual courses on a range of topics related to early help and safeguarding. These courses start on 20th September and run throughout the Autumn term. They are open to anyone in North Yorkshire who works with children, young people and families. For a list of the full courses please access their website <https://www.safeguardingchildren.co.uk/news/10510/>

Growing up in North Yorkshire Survey 2022

Thank you to all the schools that took part in the Growing up in North Yorkshire survey 2022. If your pupils took part via the online survey you should be able to log back in with your schools log in and password and see the responses from your pupils but all schools should be emailed their school report by the end of September 2022.

The 2020 County and District GUNY reports are accessible at

<http://healthyschoolsnorthyorks.org/resources/growing-up-in-north-yorkshire-survey-2020/>

Resources to support delivery of the planned PSHE curriculum

Updated resources on the North Yorkshire Healthy Schools website to support a planned PSHE curriculum	https://healthyschoolsnorthyorks.org/resources/ (this includes the start of a list of resources to support SEND learners access the PSHE planned curriculum- suitable for mainstream schools)
PSHE association	They provide a range of free resources (some do require membership)- they have uploaded a wide range of new curriculum resources over the summer for all Key stages – including key stage 5 https://pshe-association.org.uk/resources-landing
NSPCC	They have updated a range of resources and are developing more resources to support SEND learners around healthy and safe relationships and online safety. https://learning.nspcc.org.uk/safeguarding-child-protection-schools/teaching-resources-lesson-plans
Puberty and Sex Education for primary schools	Operation Ouch have an inclusive programme about how babies are made ‘ Operation Ouch! How are babies made? ’ along with shorter clips from the programme designed for use in class, including puberty all with supporting teacher notes
Period product scheme for schools and colleges in England	The period product scheme is available to all state maintained schools and 16 to 19 education organisations in England. It provides free period products to girls who need them in their place of study. The scheme is available for

	<p>organisations to order until July 2024. https://www.gov.uk/government/publications/period-products-in-schools-and-colleges/period-product-scheme-for-schools-and-colleges-in-england</p>
Stonewall inclusive book list by age groups	<p>Information about a range of inclusive books to support the PSHE curriculum but also the broader curriculum and for the school library https://www.stonewall.org.uk/lgbtq-inclusive-books-children-and-young-people</p>
CEOP / thinkuknow teaching resources	<p>CEOP have updated and developed new resources with a particular focus on healthy relationships including 'Respecting me, you, us: building healthy relationships and creating positive cultures' 8 lessons aimed at 12-14 year olds. https://www.thinkuknow.co.uk/professionals/resources/</p>
Not Just Flirting report and teaching resources which explores young people's experience of, and attitudes towards, sharing nude images	<p>These lesson plans and guidance are informed by Revealing Reality's research, Not Just Flirting. A really interesting up-to-date read and supporting teaching materials from Year 9 onwards https://pshe-association.org.uk/imagesharing</p>
A reminder that young people can get a nude image shared online removed	<div data-bbox="742 855 1284 1077" data-label="Image"> </div> <p>https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online</p>
Information and signposting to support the emotional and mental health needs of children and young people in North Yorkshire	<p>Social and emotional mental health guidance for professionals</p> <p>Mini market place provides an overview of services</p> <p>Young people's guidance to mental health service</p>
Health education programme e-bug	<p>Aims to promote positive behaviour change among children and young people to support infection prevention and control efforts. Resources for Early Years up to key stage 4 https://ebug.frontend.stg.phedigital.co.uk/home</p>

Awareness Weeks and Days



**Anti-Bullying week, 14th – 18th
November 2022**

A range of information and resources available at <https://anti-bullyingalliance.org.uk/anti-bullying-week>



**National Hate Crime Awareness Week,
8th - 15th October 2022**

Further information available at <https://nationalhcaw.uk/> and <https://www.stophateuk.org/national-hate-crime-awareness-week/>



Black History Month – October 2022

Further information available at <https://www.blackhistorymonth.org.uk/>



**World Mental Health Day
10th October 2022**

Further information available at <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

(Other awareness days and weeks are available)