

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates Spring and Summer 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 bespoke training / support, support for your PSHE lead or a PSHE (RSHE) review for your school please get in touch with Clare Barrowman, Senior Health and Wellbeing Adviser, School Improvement

Clare.barrowman@northyorks.gov.uk

01609 536808

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- Training and PSHE network dates, training and training and support to achieve a North Yorkshire Healthy Schools Award
- Relevant training opportunities provided by a range of partners
- **Thursday 7th April FREE pupil online voice event for upper key stage 2 pupils on emotional health and wellbeing**
- 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 Professional Practice Groups Network meetings (previously the PSHE network meetings) are also free for all North Yorkshire 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 .

<p align="center">PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meetings) for all schools</p>	
<p>A learning opportunity for PSHE leads to support the implementation of the statutory relationships and sex education and health education as part of the wider PSHE programme. To gain knowledge, understanding and practical insight from professionals and schools, to enhance effective planned PSHE provision and develop a community of good practice.</p> <p align="center">There is <u>one free place</u> for North Yorkshire schools on these network meetings</p>	
<p>Primary PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting)</p> <p>One free place for North Yorkshire schools on this network meeting</p> <p><i>“Thank you very much - really helpful as always”</i></p> <p><i>“Thank you - love all the signposting to resources and websites”</i></p>	<p>Each term each session will be the same so you only need to attend once. All sessions will run: 1:00pm – 3:30pm</p> <p>Spring Term: Wednesday 16th March 2022 Course code: SI-0322-T019 OR Thursday 17th March 2022 Course code: SI-0322-T021</p> <p>Summer Term: Monday 27th June 2022 Course code: SI-0622-T021 OR Tuesday 28th June 2022 Course code: SI-0622-T022</p>
<p>Secondary PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting)</p> <p>One place free for North Yorkshire secondary schools</p>	<p>Spring term: Tuesday 29th March 2022 1:00- 3:30pm Course code: SI-0322-T012</p> <p>Summer term: Tuesday 5th July 2022 1:00-3:30pm Course code: SI-0722-T010</p>
<p>Special school PSHE and Health and Wellbeing Professional Practice Group (previously the PSHE network meeting)</p> <p>One place free for North Yorkshire special schools</p>	<p>Spring Term: Monday 21st March 2022 1:00pm- 3:30pm Course Code: SI-0322-T012</p> <p>Summer Term: Monday 13th June 2022 1:00-3:30pm Course Code: SI-0622-T020</p>

Training to support the implementation of PSHE including the 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>Effective assessment, monitoring and evidencing the planned PSHE curriculum (cross-phase) The training will cover:</p> <ul style="list-style-type: none"> • Effective ways to assess, monitor and evaluate the planned PSHE curriculum • Share example of good practice from schools • Share information on schools experience of Ofsted Deep Dives in PSHE and how to prepare 	<p>Thursday 26th May 2022 1:30-3:30pm Course code SI-0522-T019</p>
<p>Teaching Puberty and Relationships Education with pupils in Year 5 and 6</p> <p>Following the success of this training last academic year this training is running again to support teacher deliver effective puberty education in Year 5 and 6. The training will cover the key components of an inclusive curriculum, share a range of teaching activities and signpost to supporting resources.</p>	<p>Both sessions are 3:45-5:00pm</p> <p>Monday 9th May 2022 Course code: SI-0522-T004</p> <p>OR</p> <p>Thursday 19th May 2022 Course code: SI-0522-T010</p>
<p>Building Resilience Around Gaming and Gambling <u>free</u> 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 and access to resources that cover KS2 – KS5</p> <p>The Growing up in North Yorkshire survey has asked pupils questions about gambling so we can start to monitor any 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>



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

64% of 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 of those, 34% have achieved an award: 42% have achieved a bronze award, 31% a silver award and 27% a gold award. Well done to those schools.

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)

“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” (Secondary School)

Healthy schools submission dates for 2022:

- 25th March 2022
- 17th June 2022
- 18th November 2022

Getting started on the North Yorkshire Healthy schools award (cross-phase)

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

This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started.

Monday 23rd June 2022

2:00pm – 3:00pm

Course code: SI-0622-T023

Getting ready to submit for a Healthy Schools award (cross-phase)

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 24th May 2022

2:00-3:00pm

Course code: SI-0522-T018

Outdoor learning, growing and cooking 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 grant scheme for schools to fund growing, outdoor areas etc. Email Kate Kirby for more information KateK@yas.co.uk

RHS Harlow Carr, Harrogate have two new education officers, who **offer free workshops at Harlow Carr in the gardens**. Please email Janet Anderson JanetAnderson@rhs.org.uk or Cal Stewart calstewart@rhs.org.uk for more information

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

30 schools in Selby and Harrogate schools can access for FREE a new project offering support for a whole school year in the classroom around healthy eating and cooking which will be delivered by PhunkyFoods in partnership with Leeds University. Please email Karen Vaughan for more information mc17kv@leeds.ac.uk

**Pupil voice online event focused on Emotional Health and Wellbeing
Thursday 7th April 2022, 1-3pm
Upper Key stage 2 pupils**

The FREE online pupil voice event aims to provide pupils in North Yorkshire with an opportunity to learn about how they can support and lead work focused on a whole school approach to emotional wellbeing

North Yorkshire Primary Schools will be able to attend this pupil online event for FREE and participate in two workshops which can be chosen from:

- Introduction to pupil wellbeing champions or Top tips for schools WITH pupil wellbeing champions
- Creating a culture of kindness in your school
- The Emotion Switch Experience
- Stay true to you - it is ok to just be YOU

To sign up for the event and choose your workshops please follow this link

<https://nyorkshealthandwellbeing.paperform.co/>

North Yorkshire Healthy Schools Celebration event

Save the date: Thursday 30th June 2022

This face to face celebration event will run at Harlow Carr for schools that have achieved a North Yorkshire Healthy Schools award. The event will be aimed at a member of staff and four pupils to attend to celebrate their schools achievements but also to take part in range of interactive workshops based on the themes of the Healthy Schools Award.

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

North Yorkshire & York PE Lead Network Meeting (FREE) - Tuesday 29th March (1600-1800 on zoom) The next meeting has a focus on Primary PE assessment and teaching Dance. <https://www.northyorkshiresport.co.uk/events/2022/03/north-yorkshire-and-york-pe-lead-network-meeting4>

This course will focus on ways to make your PE environment more inclusive for all learners.

Inclusion in PE Course (Scarborough).

- <https://www.northyorkshiresport.co.uk/events/2022/03/inclusion-in-pe-scarborough>

Inclusion in PE Course (Harrogate)

- <https://www.northyorkshiresport.co.uk/events/2022/05/inclusion-in-pe-harrogate>

Level 4 - Supporting pupils wellbeing through Physical Education - AfPE and Sports Leaders recognised qualification - <https://www.northyorkshiresport.co.uk/events/2022/03/level-4-qualification-in-supporting-pupils-wellbeing-through-physical-education4>

Teacher of School Swimming qualification (For Teachers, TA's or other staff working in schools)

- <https://www.northyorkshiresport.co.uk/events/2022/04/teacher-of-school-swimming1>

Emotional Health and Wellbeing Training

The ASK Suicide Prevention Workshop specifically addresses suicide risk in children and young people aged 5-15

All courses are 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.

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:

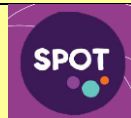
- Learn about the risk factors and warning flags signalling that a child may be at risk of suicide.
- How a child's death understanding is related to suicide risk.
- What research tells us about a child's risk and protective factors.
- Practice using an evidence based brief screening tool that anyone 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.

Please note that attendance is required on both days from 9:00am – 13:30pm and time is needed for the pre learning modules. Please ensure the member of staff attending this training is able to commit to this course.

- **Thursday 31st March and Friday 1st April 2022** Course code: SI-0322-T043
- **Wednesday 6th July and Thursday 7th July 2022** Course code: SI-0722-T008



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

The training has been funded through the Wellbeing Return Grant due to data in North Yorkshire which is indicating an increase in eating disorders in young people.

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 from the 1st March 2022 with access for North Yorkshire schools going live for a full year from April 2022. A year's access will enable schools to plan the training requirements in for staff 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.

While eating disorders can affect anyone of any age, school-age children are a particularly vulnerable group, and potential factors in an eating disorder's development, such as trouble with peers and academic pressure, can appear in the school environment. School staff are ideally placed to spot the early signs of an eating disorder.

School professionals will be taught how to spot the early signs of an eating disorder, talk to a pupil exhibiting them, engage their families, and support them to seek medical assessment.

The downloadable resources available will enable school professionals to cascade learning to students through our tools and ideas on awareness raising events, 3 lesson plans centered around students learning more about mental health including eating disorders, as well as body image and self-esteem. You will also have access to school policies to help ensure that your school has an approach to eating disorders within school, offering guidance for all staff.

SPOT is designed to enable secondary school professionals to help pupils into treatment quickly.

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 (previously BUZZ) 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/>

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.

Growing up in North Yorkshire Survey 2022

Funding has once again been secured to enable schools to be offered free of charge the Growing up in North Yorkshire survey. The survey will continue to provide key information about the learning, safety and wellbeing of children and young people across Years 2, 6, 8, 10 and 12, special schools and PRUs. The outcomes from the survey are used to inform schools self-evaluation and planning as well as the strategic planning of the Children and Young People's Service and Partners. Participation in this survey will really support our understanding of children and young people's wellbeing and any safeguarding issues following the pandemic.

Information will be sent out to all schools asking if you would like to participate in the survey with the intention to run the survey from Monday 2nd May until Friday 27th May 2022 .

When it becomes available further information can be accessed via the North Yorkshire Healthy Schools Website <http://healthyschoolsnorthyorks.org/resources/growing-up-in-north-yorkshire-survey-2020/>

Two free online briefing sessions are running for schools where a new person is leading the implementation of the survey or for anyone who would like a refresh about the survey these can be booked through NYES:

- 4th April 2022, 1:30-2:45pm course code: SI-0422-T005
- 5th April, 3:45-5pm course code: SI-0422-T006

Further supporting resources for schools:

- Children's Commissioner has published a new [guide for parents](#) on how to talk to children about online sexual harassment
- Diana Award provide a range of anti-bullying resources <https://www.antibullyingpro.com/resources>

Awareness Weeks and Days

- **Mental Health Awareness Week** 2022 will take place 9-15 May on the topic of Loneliness <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- **Sun Awareness Week** 2022 will run from Monday 2nd to Sunday 8th May <https://www.skinhealthinfo.org.uk/sun-awareness/>
- **Walk to school** will take place 16-20 May 2022 <https://www.livingstreets.org.uk/walk-to-school>
- **National Children's Gardening Week**, 28th May – 5th June 2022, 'Together, we help children grow' <https://www.childrensgardeningweek.co.uk/>
- **School Diversity Week, 20–24 June 2022**. The UK-wide celebration of LGBT+ equality in primary and secondary schools <https://www.justlikeus.org/home/get-involved/school-diversity-week/>

For any questions or further information please do contact Clare Barrowman, Senior Health and Wellbeing Adviser at clare.barrowman@northyorks.gov.uk or on 01609 536808