

PSHE (RSHE), Wellbeing and Healthy Schools Training Dates 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 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

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 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>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>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) aimed at the schools PSHE lead</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 session will be the same so you only need to attend once. All sessions will run: 1:00pm – 3:30pm</p> <p>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>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>Monday 13th June 2022 1:00-3:30pm Course Code: SI-0622-T020</p>
<p>Training to support the implementation of PSHE including the statutory Relationships, Sex and Health Education</p> <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>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>Thursday 19th May 2022 Course code: SI-0522-T010</p> <p>3:45-5pm</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>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

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 Thursday 23rd June’ to get your school back on track with achieving this really positive award.

65% 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: 40% have achieved a bronze award, 30% a silver award and 30% 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 -23:

- 17th June 2022
- 18th November 2022
- 24th March 2023
- 16th June 2023

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.

Thursday 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

Yorkshire Dales National Park Authority newsletter with a range of opportunities for schools
<https://mailchi.mp/1b6b2b03ae76/education-engagement-newsletter-for-primary-schools-yorkshire-dailes-national-park-13839016>

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 Summer newsletter and information about all the training they provide <https://www.northyorkshiresport.co.uk/cs-newsletters/view/5586>

This includes information on the North Yorkshire & York PE Lead Network Meeting (FREE) - Monday 27th June

There is also information in the North Yorkshire sport newsletter about the transition workshops that pupils can access

Transition Workshops

There are still two transition workshops for your pupils to sign-up to for this academic year so don't miss out!

These sessions are aimed at any young person from Year 5 to Year 7 who may have to deal with a transition process, whether this be moving from Y6 to Y7, moving to a new school or even moving classrooms. The sessions run online with our inspirational athlete mentor, James Kirton. The remaining sessions are:

- Sign up for Summer
- Prep for Sept

To have your pupils sign-up, visit <https://nysport.typeform.com/to/KdMEbUeY>

Sign-up link



The graphic is a sign-up link for a series of transition workshops. It features a grid background and includes logos for Bradford and Airedale Trailblazer NHS and North Yorkshire Sport. The title is 'A series of Transition Workshops'. Below the title is a list of workshops with their dates and checkboxes for sign-up. The first four workshops are marked with a green checkmark, indicating they are completed. The last two are marked with a white checkbox, indicating they are still available for sign-up. At the bottom, it states 'All of these sessions will be run at 5pm for approximately one hour'.

Workshop Title	Date	Status
An Introduction to Transition	23/08/2021	Completed
Stay true to yourself	03/11/2021	Completed
JUMPING INTO JANUARY	12/01/2022	Completed
ON YOUR MARKS, GET SMART...	06/04/2022	Completed
GO!	27/04/2022	Available
Sign up for summer	06/07/2022	Available
PREP FOR SEPT.	31/08/2022	Available

All of these sessions will be run at 5pm for approximately one hour

Also a reminder that the Anna Freud Centre (supports mental wellbeing) has a transition toolkit for schools for pupils going from Year 6 to Year 7

<https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/>

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:

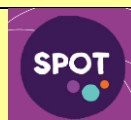
- Learn about the risk factors and warning flags signalling that a child may be at risk of suicide.
- How a child's death understanding is related to suicide risk.
- What research tells us about a child's risk and protective factors.
- Practice using an evidence based brief screening tool that anyone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

- **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 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.

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 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

- 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 who meet the conditions set out below and wish to commence training before 31 May 2022. 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>

Growing up in North Yorkshire Survey 2022

Thank you to all the schools that have signed up to take part in the Growing up in North Yorkshire survey 2022. Schools are running the survey between Tuesday 3rd May until Friday 27th May.

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. ***If you school has not signed up and is interested please do get in touch to see if there is still time to participate. The survey is free for all of North Yorkshire maintained and academies. Contact Clare.Barrowman@northyorks.gov.uk***

The 2020 County and District GUNY reports are accessible at <http://healthyschoolsnorthyorks.org/resources/growing-up-in-north-yorkshire-survey-2020/>

Further supporting resources for schools:

- **Young Citizens are providing free subscription** to their resources for both primary and secondary schools for the 2022-2023 academic year to support with teaching citizenship and linking to British Values <https://www.youngcitizens.org/subscriptions/>
- **Picture news are providing a four week free trial** this term for schools who would like to try their resources: <https://picture-news-online.co.uk/4-week-trial/>
- **The Archbishop of York Youth Trust are offering free resources** at www.abyyt.com/yla-free-resources and they have released their 'Platinum Jubilee Challenge' which asks pupils to consider what they would like to see change for the better over the next 70 years and to think about how they can start to take action towards these changes now and 'be the change

they want to see' in their communities. Schools can download a free activity pack at www.abyyt.com/jubilee

- Information on which organisations have been provided with **government funding to support [anti-bullying work in schools](#)** so schools can access further support and training this includes the Diana award who do also provide a range of free anti-bullying resources for schools <https://www.antibullyingpro.com/resources>
- Children's Commissioner has published a [guide for parents](#) on how to talk to children about **online sexual harassment**
- [Internet Safety Uk](#) range of supporting resources for SEND learners to support online safety

Resources to support delivering of puberty and sex education for primary schools

We are aware many schools use the busy bodies puberty resources please not the link to the videos have been updated [busy bodies puberty supporting resources](#)

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, with supporting teacher notes

Awareness Weeks and Days

- **Walk to school** will take place 16-20 May 2022 <https://www.livingstreets.org.uk/walk-to-school>
- **National Relationships Education day, 30th June 2022.** <https://www.rseday.com/resources>
A wealth of resources and live events on the day that schools can join in with.
- **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/>
- **Bike Week from 6-12 June 2022** <https://www.cyclinguk.org/bikeweek>
- **Healthy Eating Week, Healthy Eating Week, 13 – 17 June 2022**
<https://www.nutrition.org.uk/healthy-eating-week/>

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