



# PSHE and Healthy Schools Training Dates Summer Term 2024 and Updates

Please find enclosed information about:

- The PSHE network meetings for the summer term 2024
- PSHE specific training
- Healthy Schools training
- Other training opportunities and updates

The PSHE Network meetings and Healthy Schools Training are free for all North Yorkshire & York schools (this includes academies).

These training and network sessions provide PSHE and wellbeing leads, pastoral staff and SLT with effective learning opportunities to be up-to-date on effective practice to support PSHE and achieving the North Yorkshire & York Healthy Schools Award.



There is lots of information in this update so please do take 5 minutes to look through it all as hopefully it will be useful for you.



To apply for any of the training below please go to North Yorkshire Education Services (NYES) <https://nyes.info/> 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](mailto:nyes@northyorks.gov.uk)

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

Clare Barrowman, Senior Health and Wellbeing Adviser,

[Clare.barrowman@northyorks.gov.uk](mailto:Clare.barrowman@northyorks.gov.uk)

or for the Healthy Schools Programme please email [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

## Primary PSHE and Wellbeing network meetings 2024

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

Summer Term 2024

*The key focus due to popular request will be on financial education for Key stage 1 & 2. The session will be delivered by **Money Heroes' free CPD-certified Financial Education Teacher Training** which will help teachers develop their knowledge, skills, and confidence to deliver high-quality Financial Education and develop children's positive habits and attitudes around money.*

**Monday 24th June 2024**, Course Code: SI-0624-T006

OR

**Thursday 27th June 2024**, Course Code: SI-0624-T008

## Secondary PSHE and Wellbeing Network Meeting 2024

Summer Term 2024

This will be a face-to-face network meeting at Risedale School, Hipswell, Catterick Garrison, North Yorkshire, DL9 4BD

- Local and national key updates
- Opportunity to network and share good practice

**Tuesday 2nd July 2024**

Course Code SI-0724-T001

9:30-3:30pm

Please bring your own lunch but refreshments will be provided

## Special School PSHE and Wellbeing Network Meeting 2024

Summer Term 2024

Online 1-3:30pm

- Local and national key updates
- Opportunity to network and share good practice

**Monday 17th June 2024**

Course Code: SI-0624-T004



A few places  
are still  
available for  
this training

**Teaching Puberty and Relationships education  
with Key Stage 2 pupils**

**Monday 20<sup>th</sup> May 2024**

Online 3:45-5pm

Course Code: SI-0524-T004

This course will enable staff in primary schools to teach the puberty and relationships and sex education learning outcomes effectively with Key Stage 2 pupils.

“Thank you so  
much, that has  
been so useful  
and reassuring”

“Thank you,  
lots of  
invaluable  
information”



**Training to support PSHE subject leads be an effective curriculum lead (cross -phase)**

**Need to attend both sessions for the full training course**

**Tuesday 11th June 2024 AND Wednesday 3<sup>rd</sup> July 2024**

Both online 1:30-3:30pm

Course code: SI-0624-T013

The training aims to:




- Support PSHE curriculum leaders to effectively implement and monitor a planned PSHE curriculum (inclusive of the statutory Relationships, Sex and Health Education curriculum). and raising the quality of PSHE learning in their school
- Support PSHE curriculum leaders in schools with planning, delivering and monitoring high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and the needs of the pupils.
- Support for PSHE curriculum leads to effectively lead the discussion about the schools planned PSHE curriculum as part of the Professional Development focus



## The North Yorkshire & York Healthy Schools Programme

The North Yorkshire & York Healthy Schools Programme goes from strength to strength each academic year. 80% of schools in North Yorkshire have registered with the programme and 120 schools have achieved an award. We welcome York schools some of whom started the award at the end of the summer term. **The Programme is free for all maintained and academy schools in North Yorkshire & York**

**Well-done to the following schools in North Yorkshire & York who achieved an award** this academic year showing their commitment to a whole school approach to health and wellbeing. The next award submission date is **Friday 14<sup>th</sup> June 2024**

 Healthy Schools North Yorkshire	 Healthy Schools North Yorkshire	 Healthy Schools North Yorkshire	Gold Renewal and Platinum award (piloting this academic year)
<ul style="list-style-type: none"> <li>• Archbishop Holgate's School (York)</li> <li>• Askrigg VC primary school</li> <li>• Bainbridge C of E primary</li> <li>• Burton Green Primary School (York)</li> <li>• Colburn Community primary</li> <li>• Cowling community primary</li> <li>• Graham secondary</li> <li>• Ingleby Greenhow</li> <li>• Lady Lumley's school</li> <li>• Our Lady Queen of Martyrs Catholic Primary School (York)</li> <li>• West Burton C of E primary</li> </ul>	<ul style="list-style-type: none"> <li>• Alverton primary</li> <li>• Bedale C of E Primary School</li> <li>• Escrick C of E primary</li> <li>• Goldsborough CE primary</li> <li>• Grove Road primary</li> <li>• Hertford Vale C of E primary</li> <li>• Huntington School (York)</li> <li>• Richard Taylor primary</li> <li>• Ripon Grammar school</li> <li>• Rossett Acre primary</li> <li>• Sicklinghall community primary</li> </ul>	<ul style="list-style-type: none"> <li>• Cayton community primary</li> <li>• Fylingdales C of E primary</li> <li>• Hawsker-cum-Stainsacre C of E primary</li> <li>• Seton community primary</li> </ul>	<ul style="list-style-type: none"> <li>• Coppice Valley Community primary</li> <li>• Kirby Hill C of E primary</li> <li>• Kirk Smeaton C of E primary</li> <li>• Le Cateau community primary</li> <li>• Leyburn community primary</li> <li>• Linton on Ouse primary</li> </ul>

We would like all North Yorkshire & York schools to engage in the programme and achieve the recognition for the good work schools are doing in relation to the themes for the award:

- Active Lives
- Food in Schools
- PSHE
- Emotional Health and Wellbeing
- Staff Wellbeing

More information about the Healthy Schools Award is available via the website <https://healthyschoolsnorthyorks.org/> and this is where new schools can register for the award.

**We really recommend that schools attend the FREE ‘Getting Started Training’ to enable a successful submission for a Healthy Schools award.** This training is aimed at schools newly signed up to the programme or schools that have previously registered but need a re-fresh of how to achieve an award. Schools can get in touch at any time to ask for support at [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

<b>Getting Started on the Healthy Schools Programme</b> All training runs online	
Thursday 13th June 2024, 1:30 -3pm	Course Code: SI-0624-T023

Please book all training via <https://nyes.info/>

- Recent evaluation of the programme with schools showed: **98% of schools were either very satisfied or satisfied with the Healthy Schools Programme** “*We enjoyed engaging with the programme - it helped us to look at the gaps in our approach to health and wellbeing and celebrate our achievements*”
- **A recent Ofsted Report from a Gold Healthy School that achieved Outstanding for the Professional Development Judgement**, “*leaders have implemented a meticulous programme of personal, social and health education. This takes into account the local context and the results of the ‘Growing Up in North Yorkshire’ pupil survey. This means that pupils are well equipped to be safe, respectful and responsible members of society. Pupils benefit from regular opportunities to take part in sporting events, clubs and other rich experiences. These include aspirational speakers and opportunities to have individual talents and interests celebrated throughout school.*”
- **[Follow this link](#) to read about Huntington school in York being the first school to achieve a York Healthy Schools Award** – congratulations to all York schools who only started this academic year.



## Healthy Schools Summer Pupil Event and Celebration Event Free for North Yorkshire & York primary schools

**Wednesday 19<sup>th</sup> June 2024**

**Harlow Carr, Harrogate**

**10-2pm**

We're inviting you to come along and bring a group of pupils – numbers to suit you. In the past some schools have just brought a few pupils and others have brought a whole class or school council. It may work well for your Wellbeing Warriors or Eco Champions too.

Places are limited to 90 pupils so please book asap if you would like to attend.

### **This year's hands on and interactive workshops are:**

- **Having a healthy smile** – with Harrogate Oral Health team (free toothbrushing pack for every child)
- **Wellbeing gardening activities** – ideas to take back to school from the RHS Education team
- **Wellbeing Warriors** – activities to take back to school from Compass Phoenix to support pupil mental health

Over lunchtime we will be having additional stalls and activities for pupils to take part in including the popular North Yorkshire Rotters' smoothie bike and badge making with North Yorkshire Youth. Also recently awarded Healthy Schools will be presented with their award certificates.

Please book [via NYES Info](#) using course code: SI-0624-T038. Please state clearly in the notes section how many pupils and staff you will be bringing and what year groups. This really helps with workshop planning.



**Thank you for all the schools who attended the Healthy Schools Online Pupil event.** We had over 4,000 primary school pupils at the event, which was opened by Anna and Thibault, two Members of Youth Parliament for York & North Yorkshire. Pupils then attended workshops focused on

- Resilience [Compass Phoenix](#)
- Diversity [Diversity Role Models](#)
- British Values [Picture News](#)
- Staying Safe whilst gaming online [YGAM](#)



## Growing & outdoor learning training

**Early years/EYFS and nursery schools along with free resources to take away**

**16<sup>th</sup> July 2024: 12:30-3:30pm**

East Barnby Outdoor Education Centre, East Barnby, Whitby, North Yorkshire, YO21 3SA

With Grow 2 School and the Healthy Schools team. FREE to schools and providers signed up to Healthy Schools & Healthy Early Years

Explore ideas and resources for teaching growing & outdoor learning. Find out what's good to plant for a successful harvest. Discover funding opportunities to help get you growing. Discuss ways to work outside safely and confidently in your own setting's grounds to grow and play outdoors.

Course Code: SI-0724-T009. Please book all training via <https://nyes.info/>



**[Healthy Schools Website](#) – Have you checked it out yet? The following pages are open access for any school in North Yorkshire & York**

- There is a **[RESOURCE section](#)** for each of the themes and signposts to a wealth of curriculum resources and supporting resources for staff
- **[TRAINING & EVENTS section](#)** signposts to a range of e-learning to support the healthy schools themes as well as North Yorkshire & York specific training from a range of organisations
- **[CHILD HEALTH Support pages](#)** signpost to a wide range of supporting information for all professionals (and parents/carers) to support with children and young people's health e.g. sleep clinic information
- **[PARENT PAGES](#)** signpost to a range of supporting information to support parents e.g. the healthy pack lunch leaflet

### **Short Survey on sustainability and Climate Change – please do complete**

We'd like to encourage you all to take part in our short snap survey on sustainability and climate change to find out what you're already doing and what you would like support with: <https://online1.snapsurveys.com/saj2dg>

We are particularly interested to hear your thoughts about whether to include a new theme on Climate change/ environment as part of the Healthy Schools scheme, which is one of the survey questions.

### **First Aid Teaching Resources**

Several schools have been asking about resources to support teaching about First aid:

- Red Cross have some free online learning resources that support teaching about first aid which are free of charge to access <https://www.redcross.org.uk/first-aid/teach-first-aid>
- St John Ambulance also have free first aid teaching resources <https://www.sja.org.uk/what-we-do/first-aid-in-schools/>



Check out the [Professional resources pages](#) on The Go-To website for Healthy Minds in North Yorkshire as professionals will find a range of useful resources and information on this page about the support already out there for children and young people's mental health in North Yorkshire.

There is a range of [downloadable resources](#) to promote The Go-To Website in your school community & to families





## Walk to School Week 20-24<sup>th</sup> May 2024

- A range of supporting resources for Walk to School Week are available [here](#)
- Modeshift Stars – This is a DFT approved site and all schools are encouraged to register with this site. Schools can work on the active travel initiatives and then can gain accreditation which can be used on all the schools promotion, marketing, Ofsted etc. This is free for all schools in the Country.  
<https://modeshiftstars.org/education>
- The Active Travel Ambassador (ATA) programme provided by Modeshift Stars supports secondary school pupils with the confidence and skills to address transport issues affecting their school community. With support from an ATA Coordinator and school staff, ATA teams research and develop behaviour change campaigns, focusing on active travel and road safety.
- The North Yorkshire Council Sustainable Travel Team primary aim is to encourage and support schools to travel in a more sustainable manner (through walking, cycling or using public transport more). please contact [Chrystal.staveley@northyorks.gov.uk](mailto:Chrystal.staveley@northyorks.gov.uk) for more details about the support they can provide to North Yorkshire schools.

## Further updates and training opportunities

There are a wide range of awareness days and weeks Below are some that are coming up soon but more can be found [here](#)

May 13 - May 19 <a href="#">Mental Health Awareness Week 2024</a> with the theme, 'Movement: Moving more for our mental health'
May 25 - June 2 <a href="#">National Children's Gardening Week 2024</a>
June 3 - June 9 <a href="#">Child Safety Week 2024</a>
June 8 - June 16 <a href="#">Bike Week 2024</a>
June 10 - June 14 <a href="#">BNF Healthy Eating Week 2024</a>
24-28 <sup>th</sup> June <a href="#">Schools Diversity Week</a>



The NCA's CEOP Education programme website domain name has now changed from [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) to [www.ceopeducation.co.uk](http://www.ceopeducation.co.uk). They still have the wide range of online safety resources available.

**Ofcom media use and attitudes report 2024**

Ofcom have published their [media use and attitudes report](#) for 2024. This report looks at media use, attitudes and understanding among children and young people aged 3-17.

It also includes findings on parents' views about their children's media use, and how parents of children and young people aged 3-17 monitor and manage their children's use.

The report provides a comprehensive picture of children's media experiences in 2023

	<p>A range of training to support professionals who work in North Yorkshire &amp; York around domestic abuse  <a href="https://courses.idas.org.uk/north-yorkshire-and-city-of-york-training/">https://courses.idas.org.uk/north-yorkshire-and-city-of-york-training/</a></p>
<p><a href="https://www.compass-uk.org/compass-phoenix-training-webinars/">https://www.compass-uk.org/compass-phoenix-training-webinars/</a></p>	<p>Compass Phoenix continue to offer a range of support to schools around supporting pupils' emotional wellbeing. This includes a comprehensive training plan which is free for North Yorkshire schools. This includes setting up pupil wellbeing champions in both primary and secondary schools.</p>
<p><a href="https://pshe-association.org.uk/">https://pshe-association.org.uk/</a></p>	<p>The PSHE association provides a wealth of guidance and resources for schools in PSHE. They have increased the number of lessons plans available that cover a wide range of PSHE topics some are accessible only as a member but some are freely accessible.</p>

Any questions or you would like to get in touch about any bespoke training / support for your school please contact Clare Barrowman, Senior Health and Wellbeing Adviser at [clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk)