





PSHE and Healthy Schools Training and Network Dates Academic Year 2025-2026

Please find enclosed information about training and networks for Academic Year 2025-2026

- The PSHE network meetings which are free to attend for all North Yorkshire & York Schools: Primary, Secondary and Special Schools
- Relationships, Sex and Health Education updated Statutory Guidance Briefing Sessions to support schools implement the updated guidance by September 2026
- PSHE specific training
- Healthy Schools Programme and Training which is free for all North Yorkshire & York Schools
- 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, Personal Development Leads, and SLT with effective learning opportunities to be up-to-date on effective practice to support PSHE, Personal Development 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 have any questions or need help using the site call the NYES team on 01609 533 222 Or email 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
or for the Healthy Schools Programme please email healthyschools@northyorks.gov.uk

Please visit the [NYES website](https://nyes.info/) for further information about the support and bespoke training that can be provided by Clare Barrowman, Senior Health and Wellbeing Adviser for all schools.

The Government have updated the Statutory Relationships, Sex and Health Education Guidance for schools with implementation by September 2026

The aim of the updated guidance document is to support pupils develop **knowledge and skills** that will enable them to make **informed** and **ethical decisions** about their **wellbeing, health and relationships**. Based on **guiding principles** for relationships, sex and health education, **effective teaching, engagement with parents and carers** and a statutory relationships and sex education **policy**.

To support schools effectively implement the changes a range of **briefing sessions, training opportunities** and **in-school support** are available such as a PSHE support visit and / or staff training. For your individual school needs please contact Clare Barrowman, Senior Health and Wellbeing Education Adviser at clare.barrowman@northyorks.gov.uk

| Guidance Briefing Sessions on the Updated Statutory Relationships, Sex and Health Education (RSHE) | |
|---|--|
| These briefing sessions will enable school leaders to understand and respond to the updated statutory RSHE Guidance 2025 highlighting key changes and actions for schools in preparation for statutory implementation by September 2026. | |
| <div style="display: flex; flex-direction: column; align-items: center;">  <p style="margin-top: 100px;">Relationships Education, Relationships and Sex Education (RSE) and Health Education</p> <p style="font-size: small; margin-top: 10px;">Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers</p> <p style="margin-top: 20px;">July 2025</p> </div> | Guidance Briefing Session for Primary Schools <ul style="list-style-type: none"> Thursday 2nd October 1:30-2:45pm Course Code: SI-1025-T004 Monday 6th October 3:45-5pm Course Code: SI-1025-T005 Thursday 9th October 10-11:15am Course Code: SI-1025-T006 Tuesday 18th November 1:30-2:45pm Course Code: SI-1125-T006 |
| | Guidance briefing session for secondary schools <ul style="list-style-type: none"> Thursday 2nd October 10-11:15am Course Code: SI-1025-T007 Thursday 16th October 3:45-5pm Course Code: SI-1025-T008 Tuesday 11th November 1:30-2:45pm Course Code: SI-1125-T007 |
| To apply for any of the training below please go to North Yorkshire Education Services (NYES) https://nyes.info/ . | |

FREE PSHE network meeting for primary, secondary and special schools

The aim of the network meetings is to ensure colleagues remain up-to-date in relation to PSHE and therefore continually support their school effectively deliver a well-planned and monitored PSHE curriculum that is meeting the statutory requirements of the relationships, sex and health education, providing a safeguarding curriculum and meeting the needs of pupils. **A focus this academic year at the network meetings will be support to implement the changes to the curriculum in the updated statutory Relationships, Sex and Health Education curriculum.**

- “Thank you for all the information you give us on the network meetings. We had Ofsted this week and I was able to talk about all the things you share with the PSHE lead teachers during the meetings. It is all immensely valuable”
- “Really enjoyed the input from the external provider - I feel Clare is always very proactive in organising worthwhile training, it is incredibly useful and the resources and ideas given are excellent”
- “Such a great opportunity to talk to other PSHE leads and share ideas”

| Primary PSHE and Wellbeing network meetings 2025-2026 | |
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| Each session will be the same, so you only need to attend one per term. All sessions will run online via TEAMS: 1:00pm – 3:30pm | |
| Autumn Term 2025 <ul style="list-style-type: none"> • DfE Updated RSHE curriculum • Climate change / sustainability lead • Food Transition Resources and update on healthy eating resources | Monday 10th November 2025 Course Code: SI-OM-1125-T001 OR Thursday 13th November 2025 Course Code: SI-OM-1125-T002 |
| Spring Term 2026 | Monday 9th March 2026 Course Code: SI-OM-0326-T001 OR Thursday 12th March 2026 Course Code: SI-OM-0326-T002 |
| Summer Term 2026 | Monday 22nd June 2026 Course Code: SI-OM-0626-T001 Or Thursday 25th June 2026 Course Code: SI-OM-0626-T002 |

| Secondary PSHE and Wellbeing network meetings 2025-2026 | |
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| The Secondary PSHE network meetings will all be face to face meetings this academic year and will run from 9:30-3:30pm. Refreshments will be provided but please bring your own lunch. | |
| Autumn Term 2025 <ul style="list-style-type: none"> • DfE updated RSHE curriculum • Climate change / sustainability lead updates | Wednesday 22nd October 2025 The Bee Pavilion Great Yorkshire Showground Harrogate HG2 8NZ Course Code: SI-OM-1025-T002 |
| Spring Term 2026 Venue to be confirmed | Tuesday 10th February 2026 Course Code: SI-OM-0226-T001 |
| Summer Term 2026 Venue to be confirmed. | Tuesday 23rd June 2026 Course Code: SI-0626-T001 |

| Special School PSHE and Wellbeing network meetings 2025-2026 | |
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| All sessions will run online via TEAMS: 1:00pm – 3:30pm | |
| Autumn Term 2025 • DfE updated RSHE curriculum | Monday 20th October 2025 Course Code: SI-OM-1025-T003 |
| Spring Term 2026 | Monday 16th March 2026 Course Code: SI-OM-0325-T001 |
| Summer Term 2026 | Monday 29th June 2026 Course Code: SI-OM-0626-T003 |

PSHE Training

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <https://nyes.info/> and use the relevant course code.

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

All online 1:30-3:30pm

Need to attend **both** sessions for the full training course (e.g the 14th & 20th)

Tuesday 14th October and Thursday 20th November 2025 Course Code: SI-OM-1025-T001

OR

Monday 8th June and Thursday 2nd July 2026 Course Code: SI-OM-0626-T004

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 PSHE curriculum leads understand the key updates and actions required from the updated statutory RSHE curriculum for implementation by September 2026
- Support for PSHE curriculum leads to effectively lead the discussion about the schools planned **PSHE curriculum as part of the Professional Development focus**

“Thank you for a very thorough introduction to leading PSHE. A very informative course”

Implementing an effective Safeguarding Curriculum (cross- phase) as part of the planned PSHE curriculum

Two training dates available both 1:30-3:30pm online via TEAMS

Tuesday 21st October 2025, Course code: SI-OM-1025-T004

OR

Thursday 12th February 2026, Course Code: SI-OM-0226-T002

Keeping Children Safe in Education states schools should “ensure that children are taught about how to keep themselves and others safe, including online”

This course aims to support schools with planning, delivering and monitoring a high-quality safeguarding curriculum in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum along with exploring the updates to the RSHE statutory curriculum that need to be implemented by September 2026, the wider PSHE curriculum and the needs of the pupils.

“As always, the content of the course was relevant and informative to my role as Personal Development and PSHE Lead. Thank you”



Teaching Puberty Education with Key Stage 2 pupils

The session will run online via TEAMS 3:45-5pm

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

Thursday 30th April 2026

Course Code: SI-OM-0426-T002

“The signposting to the supportive online material was great”



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 161 schools have achieved an award.. **The Programme is free for all maintained and academy schools in North Yorkshire & York**

The Healthy Schools Programme enables school to audit and evidence their practice against best practice to improve the health and wellbeing of the whole school community across four key themes alongside staff wellbeing. **Schools can work on the themes in any order and is an excellent way to showcase the good practice the school is delivering to support the Personal Development provision.**

- Active Lives
- Food in Schools
- PSHE
- Emotional Health and Wellbeing
- Plus staff wellbeing for the Silver Award

Schools work towards Bronze; one theme, Silver; two themes plus staff wellbeing and Gold being the final two themes. Schools who have achieved the Gold Award can now work towards the Gold Renewal Award (after holding Gold for three years) and a Platinum award.

For schools that have registered with the award and need a quick refresh of how to submit for an award we now have some '**Applying for an award guidance**' available when you log in sign into your school account under each theme section.

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-refresh of how to achieve an award. Please book all training via <https://nyes.info/>

| Getting Started on the Healthy Schools Programme All training runs online 3:45-5pm via TEAMS | |
|--|------------------------------|
| Thursday 27 th November 2025 | Course Code: SI-OM-1125-T003 |
| Tuesday 3 rd February 2026 | Course Code: SI-OM-0226-T003 |
| Wednesday 13 th May 2026 | Course Code: SI-OM-0526-T001 |

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. Schools can get in touch at any time to ask for support at healthyschools@northyorks.gov.uk



Congratulations to the increasing number of schools who have achieved the Gold Renewal Award (after holding the Gold award for three years) and the Platinum Award

Coppice Valley Primary School and Oatlands Infant School are the first schools to achieve the Platinum Award where schools choose their own health and wellbeing priority to focus on. Coppice Valley had a focus on online safety for the whole school community and Oatlands Infant School focused on Being Active especially around increasing the whole school's communities use of bikes.



Climate Action Plan - Follow Up Session (FREE for all schools)

Wednesday 8th October 2025 online via TEAMS 15:45 - 17:00

This is a follow up session for school's who attended Climate Action Planning sessions last school year or for new schools who want to find out more about how to create a plan for their school.

This is to support your school with the DfE requirement for all schools to nominate a Climate lead and to complete a Climate Action plan by the end of December 2025. [Sustainability leadership and climate action plans in education - GOV.UK](#).

Outcomes

- Find out more about the DfE national programmes: Let's Go Zero, Climate Ambassadors and the National Education Nature Park.
- Find out about resources and support for your school to take action on tackling climate change
- Hear about some good practice examples and case studies from other schools
- Share ideas for completing your own school climate action plan and see some completed examples from other schools.
- Discover how to upload your action plan to the North Yorkshire & York Healthy Schools website in order to gain a badge and certificate for creating a Climate Action Plan.

New Sections on the [Healthy Schools Website](#)



Schools can now gain recognition through a logo and certificate for their Climate Change Action plan and Action on Poverty. Further information is available via the [Healthy Schools Website](#) and by attending the Climate Action Plan - Follow Up Session running on the 8th October 2025 (see above for more information) and the free Action in Poverty Training (see below for further information).



Action on Poverty

Free Online Briefing on the 'Action on Poverty Guidance for North Yorkshire Schools' to support schools mitigate the impact of poverty within their school environment

Tuesday 14th October 10-11am course code: SI-1025-T003

Tuesday 11th November 4-5pm course code: SI-1125-T002

The briefing will give an overview of the Action on Poverty guide for North Yorkshire Schools that provides an approach that schools can take to consider every part of school life that may place barriers in the way of children's participation and learning, pose income-related exclusion and stigma or put pressure on low-income families.

It includes assessment tools and examples of practical actions that schools can take to mitigate the impact of poverty within their school environment and improve the school experience for all pupils.

Information will be provided on the free Action on Poverty certification process for schools through engaging with the self-assessment tools

Primary & Secondary School Food Webinar



Online: Thursday October 16th between 1.15-2.45pm, course code: SI-1025-T009

Audience: headteachers, school business managers, governors, catering staff, lead for school food.

This FREE webinar is suitable for both primary and secondary schools. Join colleagues from Public Health and catering for an update on:

- National School Food Standards and allergen information
- Free school meal autoenrollment programme
- Breakfast clubs

- Ideas for encouraging healthy packed lunches
- Healthy Schools food theme
- Rethink Food secondary transition resource around food and healthy choices
- School food pantry pilot overview
- FEAST holiday club programme

Please note this webinar will be recorded but in order to receive the recording please still book a place.

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

Healthy Schools Website –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
- **FAMILY PAGES** signpost to a range of supporting information to support parents e.g. the healthy pack lunch leaflet
- We have also updated the good practice examples under each theme to share completed theme action plans from other schools and examples of what other schools have been achieving in relation to the four themes.

Further training, resources and information

Asthma Friendly Schools Award

Schools can access the Asthma Friendly Schools Award at any time via the [healthy school's website](#). The aim of the award is provide schools with a range of tools and policy templates to:

- Improved asthma awareness and management in schools
- Improved support to pupils with asthma encouraging an inclusive environment
- Additional support with the health, safety and wellbeing of pupils
- Ensures the school are implementing current and best practice asthma management strategies
- Enables the school to promote its self-evaluated status to ensure that the community is aware of the school's commitment to asthma friendly strategies

Sexual Health Week 2025, 15-21st September 2025

The focus will be on how being *Chronically Online* is influencing attitudes and behaviours around sex and relationships. Brook is running their Big RSE lesson on the 16th September for Year 9 and above. More information is available [here](#)

DRINK DRUG HUB.

Talking to Children and Young People about Drugs in North Yorkshire

A FREE 2-hour course for parents and professionals answering such questions like: How many children and young people take drugs? What drugs do they use? What risks are they taking? And how do you talk to them at home, school, or wherever they seek support?

Further information and course dates can be accessed [here](#)

NSPCC and Vodafone are offering a range of free one hour information sessions covering a range of online safety aspects for children and young people. More information can be accessed [here](#). The sessions are free, but you do need to book a place.

This an outline of the information sessions being provided:

Introduction from the voice of young people - September

Harmful online content - October

Grooming (part 1): signs and indicators - November

Grooming (part 2): sextortion - January

Supporting young people to navigate social media - February

Radicalisation - February

Online scams and gaming risks - March

Digital footprints and online presence - April

Snacktember

Encourage a healthy return to school by promoting the national 'Snacktember' campaign to pupils and parents. Lots of free resources and ideas are available to use. Register to take part at: [Snack-tember 2025 | British Nutrition Foundation](#)



Vegpower

Free resources and are part of the campaign to encourage healthy snacking.

Sign up to find out more and join the campaign: <https://partners.vegpower.org.uk>

Useful healthy snack resources for parents: [Attack the Snack - Veg Power](#)

WOW Active Travel (PRIMARY) LIMITED FREE PLACES AVAILABLE, GET IN TOUCH ASAP...

The **WOW** package usually costs around £500 for an average-sized primary school but can be offered **fully funded** to your school for the **2025-26** academic year, thanks to funding from Active Travel England.

WOW is a **badge incentivised scheme** where pupils log their journeys, earning collectable badges each month for travelling actively to school. The **WOW** package includes:

- A different **badge each month through to July 2026**, for all children (R-Y6) who travel actively (accessible modes included) at least once a week, for that month.
- Engaging **welcome resources**, classroom guides, templates and shareables.
- Access to our **fun and interactive online Travel Tracker** where pupils **self-report** how they travelled to school each day. The Travel Tracker also encourages friendly competition between classes - who will top the active travel leaderboard each month? The online system enables your school to monitor modes of travel and shifts towards active journeys.
- Further **support to promote walking/active travel** including set-up support, an introductory launch assembly and pupil ambassador training, plus coordinator support. There's lots of opportunities to celebrate your progress, make curriculum links and support your children to arrive at the school gate more alert and ready to learn.

Get in touch to find out more:

Abi Gibbons: Project Coordinator - Walk to School Outreach, Yorkshire and North East
Team email: abigail.gibbons@livingstreets.org.uk

Woodland Trust – Free trees and hedge packs

Order yours for delivery in November or March.

[Free Trees for Schools and Communities - Woodland Trust](#)

FREE CPD from the Yorkshire Agricultural Society

We've released the first two dates for our Autumn term teacher training courses at the Great Yorkshire Showground. Places are **FREE** as part of charitable work to inspire the next generation about the outdoors and all things farming, food and the countryside. Scroll down for more details.

SEND Outdoors

Tuesday 30 September

Led by Zana Wood from Grow to School CIC, this workshop is designed to inform and help Primary teaching staff and SEND support staff create an inclusive outdoor learning environment that benefits all learners.

With a focus on children with additional needs, the workshop looks at a variety of different methods, including a range of activities to raise confidence, to equip staff take all children outdoors.

Book your place here

Muddy Maths: EYFS & Key Stage One

Tuesday 21 October

Get maths ideas and inspiration to take back to school and use in your outdoor spaces.

Led by Phil Lowde from Bear & Lapor, this day long workshop investigates ways to bring maths to the outdoors. Learn different uses for natural materials and ways to use simple equipment in delivering maths games and activities in wooded areas, on playing fields or the playground itself.

Book your place here

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 or visit the [NYES website](#) to find out the support that can be provided.