





# PSHE and Healthy Schools Training Dates Spring & Summer Term 2025 & Updates

Please find enclosed information about:

- The PSHE network meetings for the 2024-2025 Academic Year
- PSHE specific training
- Healthy Schools training
- Other training opportunities and updates
- Awareness Days, Weeks and Months e.g. Childrens Mental Health Week the 3<sup>rd</sup>-9<sup>th</sup> February 2025

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](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)

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

## FREE PSHE network meeting for primary, secondary and special schools

I am aware we have lots of new PSHE leads in schools so we thought we would provide further information on the networks and hopefully the benefits of attending the termly network meeting which **remain free for all North Yorkshire and York schools (maintained, academy and private 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.

### The network supports PSHE subject leads to:

- **remain up-to-date on national and local aspects** in relation to PSHE, personal development and healthy schools programme and signposting to supporting resources.
- **implement and monitor an effective planned PSHE curriculum** which meets the statutory RSHE curriculum and a safeguarding curriculum.
- **opportunity to access input as part of the network meetings from experts** in their field to remain up to date with current effective practice and gain knowledge, understanding and practical insight from professionals e.g last academic year we have had sessions from money heroes, diversity role models, compass phoenix, picture news etc.
- **network with colleagues** from a range of schools to share good practice and discuss shared challenges.

“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**”

I really appreciate the online meetings as they are **really easy and convenient** to join within the working day. Such a great opportunity to **talk to other PSHE leads** and share ideas”

“Thank you, **Very Informative.** Lots that I can begin to implement in school ”

“**Really beneficial** as I am new to leading the subject it was a great start and gave loads of useful ideas

## Primary PSHE and Wellbeing network meetings 2024-2025

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	
Spring Term 2025	<b>Monday 10th March 2025</b> Course Code: SI-0325-T011 OR <b>Thursday 13th March 2025</b> Course Code: SI-0325-T012
Summer Term 2025	<b>Monday 23rd June 2025</b> Course Code: SI-0625-T009 OR <b>Thursday 26th June 2025</b> Course Code: SI-0625-T010

## Secondary PSHE and Wellbeing Network Meeting 2024- 2025

Spring Term 2025 <ul style="list-style-type: none"> <li>Session provided by Everyone's Invited with updates about online misogyny, online influencers and sextortion alongside feedback from student experiences.</li> </ul>	<b>Tuesday 11<sup>th</sup> February 2025</b> Course code: SI-0225-T008 1-3:30pm online via TEAMS
Summer Term 2025 This will be a face-to-face network meeting at Boroughbridge High School, Wetherby Rd, York YO51 9JX <ul style="list-style-type: none"> <li>Local and national key updates</li> <li>Opportunity to network and share good practice</li> <li>Opportunity to share resources and approaches</li> </ul>	<b>Tuesday 24th June 2025</b> Course Code SI-0625-T012  9:15-3:15pm Please bring your own lunch but refreshments will be provided

## Special School PSHE and Wellbeing Network Meeting 2024

Spring Term 2025 Session provided by Everyone's Invited with updates about online misogyny, online influencers and sextortion alongside feedback from student experiences	<b>Monday 17<sup>th</sup> March 2025</b> Course Code: SI-0325-T013 1-3:30pm online via TEAMS
Summer Term 2024	<b>Monday 30th June 2025</b> Course Code: SI-0625-T011 1-3:30pm online via TEAMS

## PSHE Training Opportunities for all schools

(Training available to book for schools outside North Yorkshire & York)

<b>All Schools</b>	
<ul style="list-style-type: none"> <li>Implementing an effective <b>Safeguarding Curriculum</b> as part of the planned PSHE curriculum - 13<sup>th</sup> February 2025</li> <li>Reviewing and implementing an effective <b>Statutory Relationships and Sex Education Policy</b> - 31st March 2025</li> <li>Training to support <b>PSHE subject leads be an effective curriculum lead</b> - Tuesday 10th June 2025 AND Thursday 3rd July 2025 (Need to attend both sessions for the full training course)</li> <li>How to support and <b>upskill all staff</b> delivering the planned PSHE curriculum - 2nd July 2025</li> </ul>	
<b>Primary Schools</b>	<b>Secondary schools</b>
<ul style="list-style-type: none"> <li>Teaching <b>Puberty Education</b> with Key Stage 2 pupils Thursday 6th March 2025 or Tuesday 20th May 2025</li> </ul>	<ul style="list-style-type: none"> <li>Delivering Effective <b>Relationships and Sex Education</b> in a Secondary School - 28th April 2025</li> </ul>
<ul style="list-style-type: none"> <li>Delivering Effective <b>Relationships and Sex Education</b> in a Primary School - 25th March 2025</li> </ul>	
<p><b>Please see below for more detailed information about each training course</b> To apply for any of the training below please go to North Yorkshire Education Services (NYES) <a href="https://nyes.info/">https://nyes.info/</a> and use the relevant course code.</p>	

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

**13<sup>th</sup> February 2025** 1:30pm-3:30pm online via TEAMS course code SI-0225-T013

**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, the wider PSHE curriculum and the needs of the pupils.



### **Teaching Puberty Education with Key Stage 2 pupils**

Both sessions will run online via TEAMS 3:45-5pm

**Thursday 6<sup>th</sup> March 2025**

Course Code: SI-0325- T022

**OR**

**Tuesday 20<sup>th</sup> May 2025**

Course Code: SI- 0525-T003

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

### **Delivering Effective Relationships and Sex Education in a Primary School**

**25<sup>th</sup> March 2025** 1:30pm -3:30pm online via TEAMS course code:SI-0325-T028

This course aims to support schools to understand how to effectively implement and monitor the Relationships and Sex Education curriculum that meets the statutory requirements and the needs of the pupils in your school and have increased awareness of teaching and learning methodology for effective learning from the Relationships and Sex Education Curriculum across all the year groups in a primary school

### **Reviewing and implementing an effective Statutory Relationships and Sex Education Policy (cross-phase)**

**31<sup>st</sup> March 2025** 3:45-4:45pm online via TEAMS course code: SI-0325-T029

A Relationships and Sex Education Policy is a statutory policy for schools. This course will provide information and guidance on reviewing or implementing an effective Relationships and Sex Education policy personalised to the needs of the school based on the Relationships Sex, Health Education (RSHE) statutory guidance and best practice, including effective consultation with parents and carers.

### **Delivering Effective Relationships and Sex Education in a Secondary School**

**28<sup>th</sup> April 2025** 1:30pm -3:30pm online via TEAMS course code: SI-0425-T004

This course aims to support schools to understand how to effectively implement and monitor the Relationships and Sex Education curriculum that meets the statutory requirements and the needs of the pupils in your school and have increased awareness of teaching and learning methodology for effective learning from the Relationships and Sex Education Curriculum, including updates on local sexual health services and provision.

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

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

**Tuesday 10<sup>th</sup> June 2025 AND Thursday 3<sup>rd</sup> July 2025**

Both online 1:30-3:30pm

Course code: SI-0625-T019

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

**How to support and upskill all staff delivering the planned PSHE curriculum (cross-phase)**

**2<sup>nd</sup> July 2025** 1:30pm-3:30pm online via TEAMS course code SI-0725-T006

As a result of attending, delegates should be able to facilitate a whole staff training session using the information and tools obtained from the training for all staff who deliver the planned PSHE curriculum on effective PSHE pedagogy.



## **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 159 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

Schools work towards Bronze; one theme, Silver; two themes plus staff wellbeing and Gold being the final two themes.

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-refresh 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 27 <sup>th</sup> March 2025, 3:45-4.45pm	Course Code: SI-0325-T030
Thursday 12 <sup>th</sup> June 2025, 3:45-4.45pm	Course Code: SI-0625-T018

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
- **[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.



**FREE Schools Climate Action Planning event for North Yorkshire school staff  
27<sup>th</sup> February 2025 12.15-4pm**

Allerton Park Visitor Centre, Knaresborough, North Yorkshire HG5 0SD  
Course Code: SI-0225-T014

**Arrivals from 12.15 with FREE lunch provided** and a marketplace of stall holders who support climate change work with schools available to browse. Session runs 1pm-4pm followed by an optional tour of the waste recovery facility 4-5pm.

This session, delivered in conjunction with the University of Leeds who are the DfE regional support hub for climate action plans, will be **launching information and support around the Depart for Education’s requirement for all schools to have Climate Action Plans and a nominated Climate Action lead.**

Partner organisations will present around:

- How to develop your own school Climate Action Plan
- The National Nature park
- Climate Ambassadors programme

**Please book via NYES using course code:** SI-0225-T014

Book your school’s free place ASAP and no later than Friday 14th February 2025. Initially one delegate/ school as numbers are limited, however if you would like extra places should they be available please indicate this in the notes section when booking your place and we will let you know.

NB We will adding information around climate change to the Healthy Schools website this term, look out for new pages highlighting free resources and support.



**FREE Pupil Healthy Schools and Celebration Event for Primary Schools  
18<sup>th</sup> June 2025 10am -2pm**

Harlow Carr Education Centre, RHS Harlow Carr gardens, Harrogate HG3 1QB  
Course code: SI-0625-T020

The annual summer celebration event is open to all Healthy Schools to attend for pupils to take part in a variety of interactive workshops around the Healthy Schools themes.



The summer celebration event is open to all Healthy Schools to attend to take part in a variety of interactive workshops around the Healthy Schools themes. You will also have time over lunchtime to explore the beautiful gardens at RHS Harlow Carr. Schools who have achieved a Healthy Schools award this academic year will be officially presented with their certificates.

Please clearly state in the notes when booking how many staff and pupils and which year groups you will be bringing. Places are limited so priority will be given to schools who have achieved a healthy schools award this year and then on a first booked basis. Any queries please contact: [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

## Further updates, training opportunities and Awareness Days / Weeks

### Safer Internet Day - Tuesday 11th February 2025



<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025>

### Children's Mental Health Week 2025 will take place from 3-9th February 2025.



The theme for 2025 is focus is Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop. A range of resources are available and partnered with 'Inside Out'

<https://www.childrensmentalhealthweek.org.uk/>

### February 2025 LGBT History Month



The focus is 'Activism and Social Change'

<https://lgbtplushistorymonth.co.uk/lgbt-history-month-2025/>

### NSPCC secondary education service **Talk Relationships**

Talk Relationships supports secondary school teachers and leaders to confidently deliver effective and inclusive sex and relationships education. It ensures young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse.

NSPCC want all young people to understand healthy behaviours in relationships and recognise their right to be safe, heard, and respected. And we want them to know how to get help from a trusted adult if they need it.

Talk Relationships includes:

- A **free** e-learning course for teachers available from 9<sup>th</sup> September, that addresses their specific needs when delivering sex and relationships education.
- A **free** e-learning course, specifically tailored to school leaders, on implementing a whole-school approach to sex and relationships education.
- 14 free, ready-to-teach lesson plans and resources, also available in Welsh.
- 6 SEND-specific lesson plans, adaptable for the needs of different students.
- A helpline dedicated to supporting secondary school educators with help and advice to deliver effective sex and relationships education.
- We have recently released a Whole-School Approach Framework to sex and relationships education. The framework is made up of 5 **free** documents that, when used together, will support school leaders to implement a whole-school approach to sex and relationships education based on evidence and best practice.

You can visit [Talk Relationships: resources to deliver sex and relationships education | NSPCC Learning](#) where you can access the lesson plans and sign up to the e-learning.

If you have any questions about Talk Relationships then please do not hesitate to contact Jeanette Hague, NSPCC Schools Coordinator for North Yorkshire

[Jeanette.hague1@nspcc.org.uk](mailto:Jeanette.hague1@nspcc.org.uk) or Sarah Lonsdale for York [Sarah.Lonsdale@nspcc.org.uk](mailto:Sarah.Lonsdale@nspcc.org.uk)

Dogs Trust free workshops and resources around being safe around dogs



LEARN WITH DOGS TRUST

<https://www.learnwithdogstrust.org.uk/>

**Age awareness workshops and materials for primary schools**

Including teaching resources and being able to book for free Simulation Equipment to really help pupils understand some of the ageing process.

<https://www.ageingawareness.org/teacher-resources>

**PSHE association**

Updated **drug, alcohol, tobacco and vaping teaching resources for primary and secondary schools**. FREELY available for all schools <https://pshe-association.org.uk/drugeducation>

These materials update and extend the 2020 suite. Starting in KS1 with a lesson on how to manage risk in relation to household products and medicines, and finishing in KS5 with a lesson on the risks and consequences of substance use when travelling — with lessons on everything in between.

**Media Smart’s ‘Scam Flags Add up to a Scam’** initiative helps 13–25-year-olds identify scams, how to avoid them and where to go for support if you or someone you know has been affected by them.

**What’s Included:**

➡ **A practical guide** for reporting scams, taking action, and where to take the following steps to safeguard personal information.

📺 **Engaging, informative videos** that reveal how scammers operate and how to stay protected online.



<https://mediasmart.uk.com/scams/>

**Register for NewsWise in the spring term! For primary schools**

NewsWise — a national news literacy initiative for primary schools — alongside the Guardian Foundation and National Literacy Trust, and have produced various PSHE education lessons for the project which are accessible for all schools. [Visit the NewsWise site](#)

**An opportunity is open to schools across the UK who meet any of the following criteria: high rates of free school meals, small rural schools, schools with Service Children** include: an immersive fake news detective workshop, expert news literacy CPD for teachers, a journalist visit, resources to transform your classroom into a newsroom, and a fully planned and resourced news writing unit of work for the classroom. [Find out more and register.](#)



[A range of training](#) to support professionals who work in North Yorkshire & York around domestic abuse

	<p>Compass Phoenix continue to offer a range of <a href="#">support to schools around supporting pupils' emotional wellbeing</a>. This includes a free and confidential consultation phone line alongside a <a href="#">comprehensive training plan</a> which is free for North Yorkshire schools. This includes setting up pupil wellbeing champions in both primary and secondary schools.</p>
<p>Be Aware</p>  	<p>Be Aware, an online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle child exploitation. A wide range a downloadable resources are available.</p>
 <p><a href="https://pshe-association.org.uk/">https://pshe-association.org.uk/</a></p>	<p><a href="#">The PSHE association</a> 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) or visit the [NYES website](#) to find out the support that can be provided.