




## **PSHE and Healthy Schools Training Dates Summer Term 2025 and for the next Academic Year 2025-2026**

Please find enclosed information about training and networks for the summer term 2025 and upcoming training for the Academic Year 2025-2026

- The PSHE network meetings which are free to attend for all North Yorkshire & York Schools: Primary, Secondary and Special Schools
- 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 (YES) <https://nyes.info/>. If you have any questions or need help using the site call the YES 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 [YES 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.

## 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.

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"

"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**"

"**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 2025-2026

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	
<b>Summer Term 2025</b>	<b>Monday 23rd June 2025</b> Course Code: SI-0625-T009 OR <b>Thursday 26th June 2025</b> Course Code: SI-0625-T010
Autumn Term 2025 <ul style="list-style-type: none"> <li>• Climate change / sustainability lead</li> <li>• Food Transition Resources and update on healthy eating resources</li> </ul>	<b>Monday 10<sup>th</sup> November 2025</b> Course Code: SI-OM-1125-T001 OR <b>Thursday 13<sup>th</sup> November 2025</b> Course Code: SI-OM-1125-T002
Spring Term 2026	<b>Monday 9<sup>th</sup> March 2026</b> Course Code: SI-OM-0326-T001 OR <b>Thursday 12<sup>th</sup> March 2026</b> Course Code: SI-OM-0326-T002
Summer Term 2026	<b>Monday 22<sup>nd</sup> June 2026</b> Course Code: SI-OM-0626-T001 Or <b>Thursday 25<sup>th</sup> June 2026</b> Course Code: SI-OM-0626-T002

### Secondary PSHE and Wellbeing network meetings 2025-2026

All sessions apart from the summer event will run online via TEAMS: 1:00pm – 3:30pm	
<b>Summer Term 2025</b> <ul style="list-style-type: none"> <li>• Face to face network meeting</li> <li>• Local and national updates</li> <li>• Time to network and share good practice</li> <li>• Update on the vaping resources been co-developed with young people</li> </ul>	<b>Tuesday 24<sup>th</sup> June 2025</b> Course Code: SI-0625-T012 9:15pm – 3:15pm RHS Gardens, Harlow Carr, Crag Ln, Beckwithshaw, Harrogate HG3 1QB Please bring your own lunch but refreshments will be provided
Autumn Term 2025	<b>Thursday 16<sup>th</sup> October 2025</b> Course Code: SI-OM-1025-T002
Spring Term 2026	<b>Tuesday 10<sup>th</sup> February 2026</b> Course Code: SI-OM-0226-T001
Summer Term 2026- All day face to face network meeting. Venue to be confirmed.	<b>Tuesday 23<sup>rd</sup> June 2026</b> Course Code: SI-0626-T001

<b>Special School PSHE and Wellbeing network meetings 2025-2026</b>	
All sessions will run online via TEAMS: 1:00pm – 3:30pm	
Summer Term 2025 Session provided by Everyone's Invited focused on the Incel Culture along with local and national updates	<b>Monday 30th June 2025</b> Course Code: SI-0625-T011
Autumn Term 2025	<b>Monday 20<sup>th</sup> October 2025</b> Course Code: SI-OM-1025-T003
Spring Term 2026	<b>Monday 16<sup>th</sup> March 2026</b> Course Code: SI-OM-0325-T001
Summer Term 2026	<b>Monday 29<sup>th</sup> June 2026</b> Course Code: SI-OM-0626-T003

## PSHE Training Opportunities for all schools

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

### All Schools

- Training to support **PSHE subject leads be an effective curriculum lead** - (Need to attend both sessions for the full training course)
- Implementing an effective **Safeguarding Curriculum** as part of the planned PSHE curriculum
- How to support and **upskill all staff** delivering the planned PSHE curriculum

**Primary Schools:** Teaching Puberty Education with Key Stage 2 pupils

**Please see below for more detailed information about each training course**

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)

**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**

*"Thank you for a very thorough introduction to leading PSHE. A very informative course"*

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

**This training will be running again in the Academic Year 2025-2026 either:**

- Tuesday 14<sup>th</sup> October and Thursday 20<sup>th</sup> November 2025 Course Code: SI-OM-1025-T001
- Monday 8<sup>th</sup> June and Thursday 2<sup>nd</sup> July 2026 Course Code: SI-OM-0626-T004

**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 21<sup>st</sup> October 2025**, Course code: SI-OM-1025-T004

**OR**

**Thursday 12<sup>th</sup> 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, 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.

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

Course Code: SI- 0525-T003

**Thursday 30<sup>th</sup> April 2026**

Course Code: SI-OM-0426-T002

**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 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.

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](mailto:healthyschools@northyorks.gov.uk)

**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/>

<b>Getting Started on the Healthy Schools Programme</b> All training runs online 3:45-5pm via TEAMS	
Thursday 12 <sup>th</sup> June 2025	Course Code: SI-0625-T018
Thursday 27 <sup>th</sup> November 2025	Course Code: SI-OM-1125-T003
Tuesday 3 <sup>rd</sup> February 2026	Course Code: SI-OM-0226-T003
Wednesday 13 <sup>th</sup> May 2026	Course Code: SI-OM-0526-T001





**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 North Yorkshire & York Healthy Schools to attend for pupils to take part in a variety of interactive workshops around the Healthy Schools themes.

Schools 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)

**NEW VENUE FOR 2025 for a Pupil Healthy Schools Event**

**FREE Pupil Healthy Schools and Celebration Event for Primary Schools**  
**13th October 2025 10am -2pm**  
**New Earswick Folk Hall Hawthorn Terrace New Earswick York YO32 4AQ**  
**Course Code: SI-1025-T001**

The new celebration event is open to all North Yorkshire & York Healthy Schools to attend for pupils to take part in a variety of interactive workshops around the Healthy Schools themes.

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)



**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.
- A new section on the Healthy Schools Website is focused on **climate change and sustainability** to support the Depart for Education's requirement for all schools to have Climate Action Plans and a nominated Climate Action lead.

**Further updates, free resources and training opportunities**

**FREE primary transition online game style resource around healthy eating and making good food choices when moving to secondary school**

North Yorkshire Council Public Health Team and Rethink Food have partnered together to bring you the **High School Ready resource**. This free programme is aimed at strengthening your Year 6 into 7 transition offer through an interactive virtual game and resources to support pupils to make healthy food choices in their journey into and through secondary school.

It is **free** to join and **easy** to access the programme. Explore the fully-funded resource here **[High School Ready – Rethink Food – Food Education](#)** Once you have registered on the website you will be able to access lessons plans, the interactive food game and resources for activities in the classroom. The programme is flexible, and schools can choose when and what to deliver. It is perfect for delivering in your classroom after Year 6 SATs are out of the way!

Let's get your Year 6 students confident, excited, and High School Ready!

Explore the full programme and download the resources on the **[High School Ready page](#)**.



## 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, 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)





## Growing Up in North Yorkshire Survey 2024

Thank you to all schools who took part in the Growing up In North Yorkshire Survey in 2024. Just a reminder that the County report and Area Reports are freely available via the [Healthy Schools Website](#)

The identified priorities from the County data are:

- Though some improvements have been seen in **children and young people's resilience and emotional wellbeing this is not consistent between genders, the older age groups and social identity groups**, therefore it needs to continue as a priority.
- Respond to the **emerging data about young people not always seeking out either a trusted adult or service for support** and information about things that may be worrying them

<ul style="list-style-type: none"> <li>Continue to respond to <b>online safety risks including a focus on primary-aged pupils who have unsupervised access to technology / TVs</b> in their room after they have gone to bed and who <b>communicate online with people they don't know</b>.</li> <li>Promote a <b>healthy bedtime routine for children and young people</b>, including information on the correct amount of sleep for their age and promoting technology-free bedrooms.</li> <li>Though some improvements have been seen in <b>supporting and encouraging a healthy lifestyle and positive body image</b> there needs to be a continued focus on hand washing, oral health, healthy eating (especially for secondary school pupils), the gender imbalance in relation to physical activity, and ensuring all pupils have access to swimming.</li> <li>Continue to respond to the number of children and young people <b>using vapes and the emerging data around snus and cali pens</b></li> <li>Continue to support all schools to implement an <b>effective and well planned PSHE curriculum but with a focus on the secondary curriculum</b></li> <li><b>Continue to support schools and partners to reduce bullying and prejudice-based incidents</b> in schools and the wider community through developing effective inclusive practice including a focus on identified groups of young people who continue to have more negative outcomes against a wide range of indicators</li> </ul>	
<p>Dogs Trust free workshops and resources around being safe around dogs</p>  <p>LEARN WITH DOGS TRUST</p>	<p><a href="https://www.learnwithdogstrust.org.uk/">https://www.learnwithdogstrust.org.uk/</a></p>
<p><b>Age awareness workshops and materials for primary schools</b></p> <p>Including teaching resources and being able to book for free Simulation Equipment to really help pupils understand some of the ageing process.</p>	<p><a href="https://www.ageingawareness.org/teacher-resources">https://www.ageingawareness.org/teacher-resources</a></p>
<p><b>PSHE association</b></p> <p>Updated <b>drug, alcohol, tobacco and vaping teaching resources for primary and secondary schools</b>. FREELY available for all schools <a href="https://pshe-association.org.uk/drugeducation">https://pshe-association.org.uk/drugeducation</a></p> <p>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.</p>	

 <p>ONLINE COURSES TRAINING EVENTS</p>	<p><a href="#">A range of training</a> to support professionals who work in North Yorkshire &amp; York around domestic abuse</p>
	<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.