



PSHE Networks and Training and Healthy Schools Training Sessions

Academic Year 2026-2027

Please find enclosed information about training and networks for the academic year 2026-2027

- The PSHE network meetings 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
- Further training opportunities

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



New for 2026 -2027 academic year



The opportunity to have a bespoke online TEAMS session with Clare Barrowman, Health and Wellbeing Adviser, School Improvement Team

This one-hour session will be bespoke to the needs of your school focused on the PSHE, Relationships, Sex and Health Education (RSHE) and Personal Development and Wellbeing provision in your school.

£65 for a one-hour session.

The session could include:

- Reviewing your schools Relationships and Sex Education Policy (RSE) to ensure it is up-to-date in relation to the 2025 RSHE guidance for schools and reflects the provision your school provides
- Reviewing your schools PSHE curriculum to ensure it is up-to-date in relation to the 2025 RSHE guidance for schools alongside the safeguarding curriculum to meet the needs of your pupils
- Reviewing your school's website to ensure it reflects your schools present provision in relation to the planned PSHE curriculum, RSE policy and Personal Development and Wellbeing provision
- Preparation for the Personal Development and Wellbeing section of an Ofsted Inspection
- Support around effective monitoring of the planned PSHE curriculum (inclusive of the statutory RSHE curriculum)
- Any further support your school has identified in relation to the Personal Development and Wellbeing provision in your school

[Click here for details NYES School Improvement - PSHE & Healthy Schools | NYES Info](#) on how to make this be-spoke request and for more information on Clare and further training that she provides. Alternatively email clare.barrowman@northyorks.gov.uk for further information.

Clare Barrowman is so informative and helpful - always a great session when she is leading it.

Clare always demonstrates excellent knowledge of the PSHE/RSHE curriculum and explained the updates in a professional manner

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 continuing 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 and support schools with the Personal Development and Wellbeing requirements.

- “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 2026-2027

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	Monday 9th November 2026 Course Code: SI-1126-T003 OR Thursday 12th November 2026 Course Code: SI-1126-T004
Spring Term	Monday 8th March 2027 Course Code: SI-0327-T012 OR Thursday 11th March 2027 Course Code: SI-0327-T013
Summer Term 2027	Monday 14th June 2027 Course Code: SI-0627-T004 Or Thursday 17th June 2027 Course Code: SI-0627-T005

Secondary PSHE and Wellbeing network meetings 2026-2027

The summer and autumn term network meetings will be in-person. The spring network meeting will be on-line via TEAMS 1-3:30pm

Autumn Term 2026 The Bee Pavilion, Great Yorkshire Showground , Harrogate HG2 8NZ	Thursday 22nd October 2026 Course Code: SI-1026-T001 9:30-3:15pm Please bring your own lunch but refreshments will be provided.
Spring Term 2027	Tuesday 2nd February 2027 Course Code: SI-0227-T002 Online via TEAMS 1-3:30pm
Summer Term 2027	Wednesday 23rd June 2027 Course Code: SI-0627-T006 Face to face – Venue TBC 9:30-3:15pm

Special School PSHE and Wellbeing network meetings 2026-2027

All sessions will run online via TEAMS: 1:00pm – 3:30pm

Autumn Term 2026	Monday 19th October 2026 Course Code: SI-1026-T002
Spring Term 2027	Monday 15th March 2027 Course code: SI-0327-T014
Summer Term 2027	Monday 28th June 2027 Course Code: SI-0627-T007

Governor Training

Personal Development and Wellbeing Briefing Session for Governors - NYES Professional Governance Service

These briefing sessions will support governors have an understanding of the Personal Development and Wellbeing Provision in a school and consider practice and provision in relation to Ofsted outcomes.

All sessions will run online via TEAMS 4-5:15pm

Tuesday 10th November 2026	Course Code: LAC-1126-T006
Thursday 4th March 2027	Course code: LAC-0327-T007

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 via TEAMS 1:30-3:30pm

Need to attend both sessions for the full training course (e.g the 13th & 19th)

- Tuesday 13th October and Thursday 19th November 2026 Course Code: SI-1026-T003
- OR
- Monday 7th June 2027 and Wednesday 7th July 2027 Course code: SI-0627-T008

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
- Support for PSHE curriculum leads to effectively lead the discussion about the schools planned PSHE curriculum as part of the Professional Development and Wellbeing Ofsted focus

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

Supporting schools implement an effective PSHE curriculum that meets the needs of SEND learners in mainstream schools (cross-phase). Online Via Teams 1:30-3:30pm

- **Tuesday 3rd November 2026 Course Code: SI-1126-T005**
- **OR**
- **Thursday 18th March 2027 Course Code: SI-0327-T015**

Implementing the updated Relationships, Sex and Health Education guidance and a safeguarding curriculum and adapting it for SEND learners in mainstream schools.

- The curriculum updates from the RSHE guidance (July 2025) for schools alongside a safeguarding curriculum and how these can be adapted for SEND learners
- Effective monitoring of the planned PSHE curriculum to support SEND learners
- The vulnerability of SEND learners and key components of the PSHE curriculum
- Signposting to a range of supporting resources

	Effective teaching of puberty and sex education for key stage 2 pupils The session will run online via TEAMS This course will enable staff in primary schools to specifically teach the puberty and sex education learning outcomes effectively with Key Stage 2 pupils. • Thursday 29th April 2027 3:45-5pm Course Code: SI-0427-T001 OR • Wednesday 26th May 2027 1:30-2:45pm Course Code: SI-0627-T009 <i>“The signposting to the supportive online material was great”</i>
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	Delivering Effective Relationships and Sex Education in a Primary School in line with the updated RSHE guidance from the DfE 2025 online via TEAMS 1:30-3:30pm • Tuesday 1st December 2026 Course Code: SI-1226-T002 This course aims to support primary schools with planning, delivering and monitoring a high-quality relationships and sex education curriculum in their school from Early Years to Year 6, that effectively meets the updated statutory relationships, sex and health education (RSHE) curriculum 2025, a safeguarding curriculum and the needs of the pupils.
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Free Resources and training to support education on vaping for primary and secondary schools

- **Secondary schools** can freely access vaping resources for key stage 3 that have been developed through insight from North Yorkshire pupils and piloting the resources in our secondary schools. [The final resources are accessible here](#)
- **Primary schools** can access [free vaping resources](#) alongside some free on-line training to support effective implementation of the resources throughout the 2026-2027 academic year. The training dates and key contact [information is accessible here](#)

To support schools, **teach pupils about allergy safety** to support the Allergy Safety in Schools statutory guidance lessons plans and supporting resources are available for all key stages from [Allergy School](#)



The North Yorkshire & York Healthy Schools Programme

The North Yorkshire & York Healthy Schools Programme goes from strength to strength each academic year. Over 80% of schools in North Yorkshire have registered with the programme and 168 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. Increasingly we are finding that Gold and Gold Renewal Schools are achieving a Strong Standard for Personal Development and Wellbeing.**

Schools work towards Bronze; one theme, Silver; two themes plus staff wellbeing and

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

Gold being the final two themes. Schools who have achieved the Gold Award will be asked to achieve the Gold Renewal award after three years. Both Gold and Gold Renewal schools can work towards 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-fresh 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 15 th October 2026	Course code: SI-1026-T007
Tuesday 26 th January 2027	Course Code: SI-0127-T007
Monday 24 th May 2027	Course Code: SI-0527-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

Schools can now gain recognition through a logo and certificate for their [Climate Change Action plan](#) and [Action on Poverty](#). Information is available via the Healthy Schools Website.



Action on Poverty

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

The guidance provides self-evaluation 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. There is a free Action on Poverty certification for schools who engage and submit the self-assessment tools. There is an increasing number of [supporting resources on the website](#) for schools to support them consider the cost of living and provide support and information to families.



Congratulations to the schools who have achieved the Action on Poverty certificate and have showcased some lovely examples of how they are supporting families with the cost of living:

- Coppice Valley Primary School
- Longman's Hill Community Primary School. [They have a 'Cost of Living' section on their school website](#)
- Selby High School. [They have a 'Supporting Every Family' section on their school website](#)
- Stokesley School & Sixth Form College

[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.

Any questions or you would like to get in touch about any PSHE and Personal Development and Wellbeing aspects 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.

RHS Garden Harlow Carr School Visits

As a new school year begins and you're building those learning opportunities, keep your students connected to the outdoors. You can get them gardening in this horticulturally diverse setting and discover an inspiring garden where children can let their imagination grow.

Educational visits to RHS Garden Harlow Carr are currently fully funded, meaning there's **no cost** for either self-guided visits or workshops. Our exciting workshops offer hands-on sessions for children at Foundation Stage, in Primary and in Secondary schools (KS1-5), including those with special educational needs (SEND).

New for 2026 Secondary small group '**Gardens are Good for You**' workshop -

Science says that gardens are good for you! Considering the garden as a wellbeing science lab, this session will promote wellbeing by connecting with nature through a garden experience. Learners will give their senses a workout with a variety of interactive activities, supporting them to discover, describe and connect with the world around them and to appreciate gardens as an inspiring space. We will investigate how interacting with nature makes us feel and learn how caring for plants helps us to care for ourselves - healthy plants and healthy humans need similar things!

Other great workshops for the months ahead are:

Primary

- Signs of the Season
- Fantastic Food
- Woodland Explorers

Secondary

- Blooming Botanists
- Planting for the Planet – Soil health

You can make a booking by visiting our website: [Bring your school on a visit to RHS Garden Harlow Carr / RHS](#)

