



PSHE and Healthy Schools Training and Network

March – July 2026

Please find enclosed information about training and networks for the remainder of 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
- Pupil events
- 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](#) 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.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025

Guidance Briefing Session for Primary Schools online via TEAMS:

- Thursday 7th May course code: SI-0326-T022 1:30-2:45pm
- Tuesday 2nd June Course Code: SI-0626-T010 3:45-5pm

To book on any of the training please go to North Yorkshire Education Services (NYES) <https://nyes.info/>.

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

A really clear update to ensure that schools are ready for the implementation of the new guidance

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	
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	
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	
The Summer Secondary PSHE network meeting will be a face to face meeting this academic year and will run from 9:30-3:30pm. Refreshments will be provided but please bring your own lunch.	
Summer Term 2026 Time to network in person with PSHE leads from other secondary schools and focus on key issues and the updated RSHE guidance	Tuesday 23rd June 2026, 9:15am – 3pm Course Code: SI-0626-T001 In-Person Ripon Grammar School 16 Clothholme Rd Ripon HG4 2DG Please bring your own lunch but refreshments will be provided

Special School PSHE and Wellbeing network meetings 2025-2026	
All sessions will run online via TEAMS: 1:00pm – 3:30pm	
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.

	<p>Effective teaching of puberty, relationships and sex education for key stage 2 pupils</p> <p>The session will run online via TEAMS</p> <p>This course will enable staff in primary schools to specifically teach the puberty and sex education learning outcomes effectively with Key Stage 2 pupils.</p> <ul style="list-style-type: none"> • Thursday 30th April 3:45-5pm Course Code: SI-OM-0426-T002 <p><i>“The signposting to the supportive online material was great”</i></p>
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	<p>Delivering Effective Relationships and Sex Education in a Primary School in line with the updated RSHE guidance from the DfE 2025 online via TEAMS</p> <ul style="list-style-type: none"> • Thursday 23rd April 2026 1:30-3:30pm course code: SI-0426-T001 OR • Wednesday 10th June 2026 1:30-3:30pm Course code: SI-0626-T008 <p>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.</p>
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<p>Reviewing and implementing an effective Statutory Relationships and Sex Education Policy and consulting with parents & carers (cross-phase). Delivered via TEAMS</p> <ul style="list-style-type: none"> • Thursday 16th April Course Code: SI-0426-T003 3:45-5pm OR • Monday 18th May Course Code: 1:30-2:45pm
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The course will provide clear guidance on reviewing and updating the statutory Relationships and Sex Education policy in-line with the updated Relationships Sex, Health Education (RSHE) statutory guidance (July 2025) alongside effective consultation with parents and carers.

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 8th & 2nd)

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”

Supporting schools implement an effective PSHE and safeguarding curriculum that meets the needs of SEND learners in mainstream schools (cross-phase). Online Via Teams

- **Tuesday 16th June course code: SI-0626-T009 1:30-3:30pm**

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



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.**

- 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-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

Wednesday 13th 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

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.

[Healthy Schools Website](#)



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Climate Action Plan



Growing up in North Yorkshire Survey



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 process for schools through engaging with the self-assessment tools.

[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.

Come and join us at one of our popular pupil events this term, book your places soon to avoid disappointment



Healthy Schools primary school pupil event Friday 12th June, 10am-2pm: Harlow Carr Gardens, Harrogate (York & North Yorkshire Schools)

NYES course code: SI-0626-T011

- Pupils will take part in interactive hands on workshops on a variety of Healthy Schools related themes.
- Over lunchtime schools will have time to explore the gardens and participate in activities from partner organisations.
- Schools who have recently achieved a Healthy Schools award will be officially presented with their certificates at the event

Climate Change key stage 2 pupil event 24th March 10am-2pm: Allerton Waste recovery centre (York & North Yorkshire schools) NYES course code: SI-0326-T019



Bring along a group of pupils such as your school council, Healthy Schools or Eco Schools team to join us for our Healthy Schools climate change pupil event.

Take part in three interactive workshops on Climate Change themes, including a tour of the Allerton park waste recovery centre to find out what happens to our waste in North Yorkshire.

On booking please specify how many pupils you are bringing along with their year group/s (please note Key Stage two only) and the number of accompanying adults.

Maximum number for the event is 50 pupils so please book soon to avoid disappointment.

Please bring all lunch and drinks with you, please help and encourage pupils to bring a zero/ low waste lunch. Any queries please email: healthyschools@northyorks.gov.uk