





## PSHE and Healthy Schools Training and Network Dates 2026

Please find enclosed information about training and networks for 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
- Spring term 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](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](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](mailto: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.	
  <b>Relationships Education, Relationships and Sex Education (RSE) and Health Education</b>  <small>Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers</small>  <small>July 2025</small>	<b>Guidance Briefing Session for Primary Schools:</b> <ul style="list-style-type: none"><li>Monday 2nd February 2026 3:45-5pm Course Code: SI-0226-T004</li><li>Thursday 5th March 2026 1:30-2:45pm Course Code: SI-0326-T015</li></ul>
To book on any of the training please go to North Yorkshire Education Services (NYES) <a href="https://nyes.info/">https://nyes.info/</a> .	

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,**

- “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”

### Sex and Health Education curriculum.


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	
Spring Term 2026 <ul style="list-style-type: none"> <li>• Free Vaping Teaching Resources and training on effective use of the resources</li> <li>• Continued focus on the updated RSHE curriculum</li> </ul>	<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	
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.	
Spring Term 2026 Online via Teams 1pm-3:30pm Updates on snus and vapes and supporting resources Updates from the NSPCC Continued focus on the updated RSHE curriculum	<b>Tuesday 10<sup>th</sup> February 2026</b> Course Code: SI-OM-0226-T001
Summer Term 2026 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	
Autumn Term 2025 • DfE updated RSHE curriculum	<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

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><b>Effective teaching of puberty, relationships and sex education for key stage 2 pupils</b></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"> <li>• Tuesday 24<sup>th</sup> February 2026 1:30-3pm Course Code: SI-0225-T014</li> <li>• Thursday 30<sup>th</sup> April 3:45-5pm Course Code: SI-OM-0426-T002</li> </ul> <p><i>“The signposting to the supportive online material was great”</i></p>
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	<p><b>Delivering Effective Relationships and Sex Education in a Primary School in line with the updated RSHE guidance from the DfE 2025 online via TEAMS</b></p> <ul style="list-style-type: none"> <li>• Thursday 23<sup>rd</sup> April 2026 1:30-3:30pm course code: SI-0426-T001</li> <li>• Wednesday 10<sup>th</sup> June 2026 1:30-3:30pm Course code: SI-0626-T008</li> </ul> <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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**Implementing an effective Safeguarding Curriculum (cross- phase) as part of the planned PSHE curriculum**

**1:30-3:30pm online via TEAMS**

**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 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”*

**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 8<sup>th</sup> & 2<sup>nd</sup>)

**Monday 8<sup>th</sup> June and Thursday 2<sup>nd</sup> 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”*





## 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	
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

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)

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](#)



### **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.

**\*\*NEW for 2026\*\***

### **Climate Change online network meetings (North Yorkshire schools)**

Join us online to keep in touch with the latest resources and available support around Climate Change and Climate Action Planning for schools. We will invite speakers from local and regional organisations to provide updates. We will also share good practice and would welcome input from any schools who would like to tell us more about work in their school around climate change. Please email [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk) if you'd like to share or with any suggestions for topics you'd like us to focus on to help with our planning for the sessions.

- Primary 3.45-5pm: 10<sup>th</sup> March NYES course code SI-0326-T020
- Secondary 3.45-5pm: 12<sup>th</sup> March NYES course code SI-0326-T021

**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 18<sup>th</sup> March 10am-2pm: Skylark centre, Selby (York & North Yorkshire Schools)**

**NYES course code: SI-0326-T018**

Bring along a group of pupils such as your school council, Healthy Schools team or Wellbeing Ambassadors to join us for our first Healthy Schools pupil event in the Selby area.

Take part in three interactive workshops on Healthy Schools themes, including an outdoor workshop with the education team from the Skylark Centre.

On booking please specify how many pupils you are bringing along with their year group/s, along with numbers of 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](mailto:healthyschools@northyorks.gov.uk)



**Climate Change key stage 2 pupil event 24<sup>th</sup> 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](mailto:healthyschools@northyorks.gov.uk)

## **Growing up in North Yorkshire Survey 2026**

**In January 2026 all state funded schools and academies in North Yorkshire will be asked to sign up for FREE to take part in the Growing up in North Yorkshire survey 2026.**

The North Yorkshire Children and Young People's Service (CYPS), Public Health and North Yorkshire Police have again commissioned a **survey of children and young people covering aspects of learning, safeguarding and well-being**, to take place in the summer term 2026. The survey will continue to provide key information about the learning, safety and wellbeing of **children and young people across Years 2, 6, 8, 10 and 12, in mainstream schools and in special schools and PRUs**. The outcomes from the survey can be used to inform schools self-evaluation and planning as well as the strategic planning for the Children and Young People's Service and partners. Participation in this survey hugely supports our understanding of children and young people's wellbeing and any safeguarding-related issues across the whole of North Yorkshire.

Information has been sent to schools and all information is accessible via the [GUNY section on the healthy schools website](#). The response form is due back by Friday 27<sup>th</sup> February 2026. Any questions please email [clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk) (Health and Wellbeing Education Adviser)

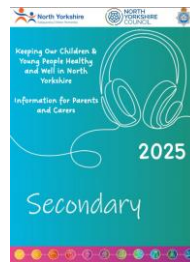
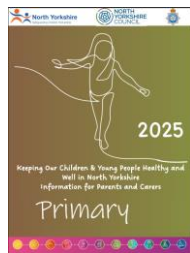
### **Growing up in North Yorkshire briefing seminar**

For schools that are participating in the 2026 Growing up in North Yorkshire survey a free briefing on how to effectively implement the survey and making the most of the data:

**Monday 23rd March 2026, 3:45pm-5pm, Course code: SI-0326-T016**

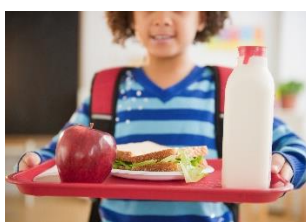
Book your free place through NY Education Services <https://nyestraining.co.uk/>

As a reminder the 2024 County report and locality reports are available [here](#) along with [information flyers for parents & carers](#) on the identified issues from the 2024 data and signposting to key information to support them around the issues.



### Creating a culture and ethos of healthy eating

Updated guidance for schools from the DfE which is accessible [here](#)



The guidance focuses on “Ofsted’s new Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, throughout their entire inspection, inspectors will look at the extent to which schools are successfully supporting pupils to:

- gain knowledge of how to keep themselves healthy
- make informed choices about healthy eating, and fitness

The guidance provides a range of questions and examples of evidence which can help school leaders and governing bodies adopt a whole school approach to food.

### Further training, resources and information

**North Yorkshire and York Healthy Schools website has a range of resources for schools around the four themes and staff wellbeing which are accessible [here](#)**

**Safer Internet Day 2026  
10<sup>th</sup> of February 2026**

**Smart tech, safe choices – Exploring the safe and responsible use of AI**

This Safer Internet Day will explore the impact of AI on all of our lives, looking at how AI can be used for good, and giving advice and guidance that empowers people to use AI safely and responsibly.

The free educational resources will help schools talk about this issue with young people of all ages, covering a range of issues from looking at voice assistants and chatbots, to exploring some of the ethical considerations in responsible use of AI technology. They have also produced top tips and advice for parents, carers and grandparents covering how to talk about AI, helping them to use new technology in safe and responsible ways.

All information and resources are accessed [here](#)

**Children's Mental Health Week  
9-15<sup>th</sup> February 2026**

**The theme of 'This is My Place', with the aim being to support the systems around children and young people to help them feel they belong.**

Resources are available for schools to download [here](#)

**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

**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](#)

**Dental health lesson  
materials for EYFS &  
SEND**

Free materials, co-developed with dentistry experts as part of the BRUSH project.

[Download free lesson materials](#)



[Free lesson plans for EYFS & SEND learners on dental health from the PSHE association.](#)

If a member of the PSHE association there are further dental health lessons for Key stage 1-3.

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.