

Gloucestershire Healthy Living and Learning



A special thank you to everyone for coming to the GHLL 2024 Conference

It's been 5 years since the last conference and it was a privilege to be able to host our Gloucestershire Schools, Colleges and Partners at the Cheltenham Chase Hotel.

There was a real buzz about the place and lots of smiling faces. It was lovely to get you out of your settings for the day for some CPD and networking.

Our guest speakers Jono Baggaley(CEO for the PSHE Association), Beth Bennett-Britton (Public Health) and Oliver Cope (Art of Brilliance) were informative and inspiring and the workshop feedback has been great too. We really hope you enjoyed the day as much as we enjoyed hosting.

If you didn't get chance on the day, please do complete an evaluation so that we can understand what worked well and what didn't. This will greatly support us in planning for future conferences and events.



We are reviewing feedback and GHLL enquiry forms to ensure we take on board your comments and work with you to deliver what we can for your educational settings.

We are now in the stages of planning our training for the next academic year, so please keep an eye on our website for more information in the Autumn Term.

For more information on the conference, [head to our website](#)
With the summer holidays fast approaching we would like to wish you all a wonderful break and look forward to working with you in September.

WHAT'S NEW

LOOK AT OUR WEBSITE

[Home :](#)
[Gloucestershire Healthy Living and Learning](#)
[\(ghll.org.uk\)](#)

SEE OUR TRAINING

[Training :](#)
[Gloucestershire Healthy Living and Learning](#)
[\(ghll.org.uk\)](#)

CATCH UP

[GHLL Bulletins :](#)
[Gloucestershire Healthy Living and Learning](#)



PLAY GLOUCESTERSHIRE'S PLAY RANGERS

FREE You are invited to join us to celebrate: **National Play Day** **New Location**
Wednesday 7th August, 10.30am to 3.30pm
Dowty Sports and Social Club, Gloucester, GL2 9QH

Our Play Rangers will be onsite for a day of activities, adventure and fun. Bring a picnic and spend the day

Den Building Sports Pop Up Activities Junk Model Making Inflatables
Trashion Circus Skills Active Spaces Quiet Spaces Climbing Wall
Access to the field is from the carpark. Indoor and outdoor picnic space
To secure your space, contact Neeta or Courtney by 3rd June:
Neeta.Dhanak@gloucestershire.gov.uk or 07961 305916
Courtney.Hopson@gloucestershire.gov.uk

Thanks to Gloucestershire Virtual School for funding this day
The Virtual School

Our Play Ranger activities take place outdoors in all weathers.
Our Activities are aimed at school aged children. Under 8's are welcome and should be accompanied by an adult.
We believe all children have the right to play. Please talk to us if your child needs additional mobility or other support to enjoy Play Rangers.

Play Gloucestershire
Transforming lives through the power of play
www.playgloucestershire.org.uk
@play_glos playgloucestershire

Mentally Healthy Schools self-care summer toolkit

Our [self-care summer toolkit](#) contains activities, teaching materials and guidance to help support your mental wellbeing over the summer and beyond.

[Download here](#)



NHS Gloucestershire: Whooping Cough



Whooping cough rates have risen sharply in recent months, with more than three times the number of cases already seen this year than in the whole of 2023.

Babies who are too young to start their vaccinations are at greatest risk and young babies with whooping cough often become very unwell, and most will be admitted to hospital. When whooping cough is particularly severe, they can die.

Vaccination is the best defence against whooping cough. Pregnant women can help protect their babies by getting vaccinated.

[Whooping cough vaccine in pregnancy \(youtube.com\)](#)

GET READY FOR A HOT SUMMER campaign live



The new IT STARTS WITH ME summer campaign is here with a range of **FREE** resources available to support your activities and to raise awareness around STIs and the importance of looking after your sexual health.

FREE resources include HOT SUMMER posters with a range of models and informative leaflets about PrEP, chlamydia, gonorrhoea, syphilis and HIV.

[Order your FREE HOT SUMMER materials now.](#)

Charlie Waller Stigma to Strength: Entering the world of work

In our latest episode of Stigma to Strength, Kyanne and Eliza have a special guest Patrick Regan joining them to discuss the world of work. Patrick is a fellow ambassador for the trust and is currently working full time. They have honest conversations about the challenges of applications and dealing with rejection. A huge struggle for young people entering the workplace is comparison to others, they offer their own experience and top tips. Kyanne and Eliza finish by chatting to Patrick about the importance of looking after your mental health when in your job.

[Listen to the podcast](#)

New resource for 9 to 12s launching

Designed for pupils aged 9 to 12,

Connect aims to develop young people's understanding of respectful relationships and to ensure that this key transitional age group know how to respond to pressure and inappropriate behaviours online, including manipulation, peer on peer abuse in group chats and grooming.

Inclusive of 4 lesson plans and 5 situational films, **Connect** aligns to the RSE curriculum and covers a range of themes

Find out more via the link below

<https://www.ceopeducation.co.uk/>



Digital Resilience



Gloucestershire Constabulary are excited to offer a comprehensive presentation designed specifically for parents, providing them with the tools and insights to keep their children safe online.

The session lasts approximately 1hr 15 minutes and contains topics such as:

- Understanding Online Risks – Identify the various dangers your children may encounter online, including cyberbullying, predators and harmful content.
- Social Media and Apps safety – Learn best practices for social media and applications. How to configure privacy settings and protect your child's information.
- Parental Control Tools – Explore tools and settings to monitor and control your child's online activities.
- Encouraging Open Communications – Gain tips on fostering honest conversations about internet use and creating a supportive environment.

The presentation is of course free of charge and can be presented at any time of the schools choosing, preferably whenever will encourage the best turnout of parents.

For bookings, please contact Pc Simon Williams of the Gloucestershire Digital Investigations Unit by email on simon.williams@gloucestershire.police.uk

Are you under 25?

Do you want to improve your independent life skills and your employability?

Join us at the **Life Skills Forum**... a 4 day workshop covering preparation for work, health and wellbeing, community engagement and more!

Monday 5 - Thursday 8 August
10am-2.30pm

For more information
T: 07768 637065
E: forwardseducation@gloucestershire.gov.uk



Lumi Nova: Feedback wanted.



We are asking for feedback from schools and families who have used the Lumi Nova app or the Lumi Nova lesson 'Talking about Worries'.

If you have any insights to share, please email

mel.turner@gloucestershire.gov.uk

Getting Court: Class Session on the justice system.

The High Sheriff - Mark Hurrell, and his wife Julia, a serving magistrate in Cheltenham, would like to go into schools across the county to run a session on the justice system and the role of the High Sheriff.

The session can be tailored to suit the needs of your students and could support students in Citizenship or other relevant subjects. It would also sit well in PSHE, looking at British values, choices and or crime. It would also be beneficial to students who have, or who are visiting the Crown Court. The session can also be adapted for key stages 3, 4 and 5.

If you are interested in booking this session, please contact Mark Hurrell

mhsglos24@gmail.com or Di Harrill di.harrill@ghll.org.uk



LUMI NOVA

TALES OF COURAGE



Help your child build confidence over the Summer Holidays



- ✓ For 7-12 year olds
- ✓ Free instant access
- ✓ Support worries about:
 - **Going to school**
 - **Making new friends**
 - **Speaking in front of a group**
 - **and more!**

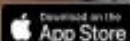
Recommended by

NICE National Institute for
Health and Care Excellence



To get instant access visit:

luminova.app/glos



In partnership with
NHS
Gloucestershire

Spotlight Article: Staff Wellbeing at Sir William Romney

Thankfully due to a number of national factors, staff wellbeing in schools has really had the spotlight shone on it in recent years. Whilst school leaders try to keep plates spinning navigating a recruitment crisis, managing very tight budgets amidst external service cuts and high demand and wading through the fallout of covid in terms of the attendance, behaviour and mental wellbeing of our students – staff wellbeing being on the agenda is essential. At SWR, staff wellbeing has always featured on our School Improvement Document and this year has been no different – morally it is essential, however never before has retention been so important. At SWR our mission is to ‘*Strive for Excellence Together*’, strive acknowledges that everyone in our school community will face challenges, it is important that we equip our staff and students to be able to be resilient and continue to move forward and recognise that we are all doing that together – collaboratively supporting each other on our journey.

In September 2023 we started to address some of the areas we felt that we could improve on in terms of staff wellbeing:

- 1) **Staff Personal Day**, all staff are entitled to one personal day a year, a day within the school year that can be booked in advance. Staff use their personal day in a variety of different ways, whether that be to have a long weekend away, a music festival or a family celebration.
- 2) **Staff Wellbeing Inset day**, in which we have a range of different activities (ran with an extremely small budget), such as woodland campfires, Men’s mental health talks or springtime crafting. This is finished off by a bring and share lunch together and party games.
‘An absolutely fabulous day that makes me proud to be part of SWR. The time and effort put in to ensure everyone had their wellbeing met was massive. It really had a family feel across the whole day - being nurtured and cared for.’
- 3) We’re part of the **Athelstan Trust** who are a **Flexible Working Champion** for the South West. Out of 74 staff 27 work part time or have flexible working arrangements in place.
- 4) Introduced a **staff weekly news bulletin** compiled by the Headteacher Will Ruscoe, this has helped to significantly cut down on whole staff emails and provides one place for staff to go to find out relevant information for the week ahead.
- 5) We have a very **active book club** called page turners, which is supported by our ‘loo lit’, a range of extracts from books staff have recommended. Plus, a dedicated **staff running team**, 9 of whom recently completed the Reading Half Marathon.
- 6) **‘In it together support group’** a group that meets monthly to support each other, many staff who have underlying health issues have found this group extremely supportive.
- 7) Produced a **‘Welcome to SWR Everything and Anything’** document based on new starter feedback, this document simply signposts where new staff can find answers to logistical style issues that cause huge amounts of stress in the first term of employment.
- 8) Re write of our **behaviour policy** and procedures in consultation with staff, parents and students brought about a number of changes for example centralised detentions run by SLT to ensure that staff could have a lunch break.

All of the above initiatives have had a really positive impact on staff wellbeing and staff retention. We have used the work that we have undertaken to form part of our Mental Health Award application. Mental Wellbeing at SWR is recognised as a whole school responsibility and staff recognise that it is the responsibility of us all to support our own and the mental wellbeing of those around us.

