

SPECIAL

3rd-9th
February



Gloucestershire
Healthy
Living and Learning

Issue: Jan/Feb 2025

THE PSHE PULSE

A GHLL BULLETIN



Welcome to our Special GHLL Children's Mental Health Week 2025 Bulletin

Inside this issue

Welcome cont. & Award Submission Dates.....Page 2

Children's MH Week Resources...Page 3-14

Local Mental Health Support...Page 15 - 16

Skillzone Article.....Page 17

Vaping Info.....Page 18

Upcoming GHLL Courses.....Page 19-21

GHLL are proud to be supporting Children's Mental Health Week 2025 which will take place from **3-9 February 2025**.

The theme for 2025 is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want Gloucestershire children and young people to discover how getting to know who they are can help them build resilience, grow and develop. **Know Yourself, Grow Yourself** will put a spotlight on how we can build resilience, grow and develop by understanding who we are and what makes us tick.

Continued on page 2...



www.ghll.org.uk

ghll@gloucestershire.gov.uk

Continued from front page...

The more we understand about ourselves, the better we're prepared to tackle life's ups and downs. Schools and colleges can help children and young people in Gloucestershire cope with some of the most challenging times in their lives. By helping them get to understand and accept themselves, they start to build self-awareness. This allows them to develop the skills they need to cope with what life throws at them. We are therefore encouraging all of our schools and colleges to use, and signpost to the fantastic resources that are available through the [GHLL website](#). Other information that you may find useful is available here.

Do please get in touch with us if you need any help or assistance
ghll@gloucestershire.gov.uk

Best wishes

Fiona and the GHLL team.

2025 AWARD SUBMISSION DATES

GHLL Healthy Schools/College

Submit Wednesday 19th March 2025

Submit Wednesday 25th June 2025

[More Details](#)

Mental Health Champions

Submit Wednesday 4th June 2025

[More Details](#)



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ghll@gloucestershire.gov.uk

3rd – 9th February 2025 Children's Mental Health Week

Children's Mental Health Week is a mental health awareness week launched by children's mental health charity, Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK.

Place2Be have partnered with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters to bring you free resources to help your schools take part. Their jam-packed resource pack includes top tips for schools and families around encouraging children and young people to express their emotions. There's also class activities for both primary and secondary / high schools, Inside Out activities, plus a whole lot more!



Check out the next few pages for lots of resources for Children's Mental Health Week and beyond!

3rd – 9th February 2025
Children's Mental Health Week

**Now and
Beyond** >>>

A mental health festival by

Beyond

Mental
Health
UK

In Partnership

Sign up to the Now and Beyond annual, virtual (and free!) mental health and wellbeing festival for educational settings on 5th February to view lesson plans, watch live line-ups and book bespoke online workshops.

the
flappy
Confident
company

This Children's Mental Health Week, in addition to Now and Beyond's Resource Hub (featuring over 50 lesson plans, live content and workshops), The Happy Confident have kindly shared some free downloadables to help all students better Know Themselves and Grow Themselves.

3rd – 9th February 2025 Children's Mental Health Week



Children's Mental Health Week

Mark Children's Mental Health Week in February with assemblies and lesson plans for pupils aged 5-11, inspired by Charlie Mackesy's *The Boy, the Mole, the Fox and the Horse*.

Literacy Trust have partnered with Penguin Random House UK and Charlie Mackesy to create KS1/P2-3 and KS2/P4 - P7 cross-curricular literacy and PSHE resources. View the resources [here](#).

3rd – 9th February 2025 Children's Mental Health Week



B B C

TEACH



BBC Teach have an extensive range of resources around this years theme “know yourself, grow yourself” including videos for assemblies', live lessons, and videos to enhance wellbeing by getting moving and dancing along to catchy songs and easy to follow dance routines. Suitable for Primary and Secondary see the following links over the next few pages.

- To see all Primary and Secondary resources [click here](#)
- EYFS and KS1: Feeling better [-collection of short films exploring feelings and emotions](#)
- KS1/KS2: [Mood boosters collection](#)
- Super movers: [collection of videos with easy to follow dance routines for KS1/KS2 PSE](#)
- [How to be happy assembly for KS2](#)
- [Resources for care-experienced children](#)



3rd – 9th February 2025 Children's Mental Health Week

B B C

TEACH

Key Stage 2 resources:

- KS2: Collection of short films for 7-11 year olds on mindfulness
- KS2 PSHE: Growth mindset
- KS2/KS3: When I worry about things series
- KS2 PSHE: The journey from primary school into adolescence.
- KS2: Bafta winning short drama series about the pressures of moving from primary to secondary school
- KS2 : 5 short dramas exploring a range of emotional issues children might relate to and learn from.
- KS2: Same but different: collection of short films
- KS2/3: Mental and emotional well being- tools for dealing with emotions at difficult times



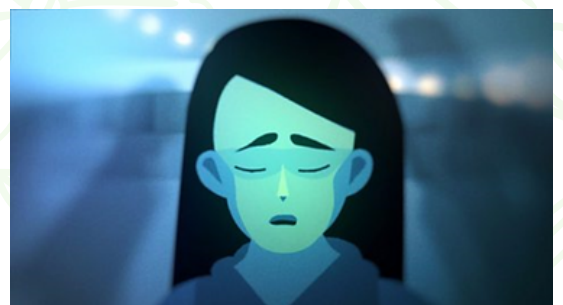
3rd – 9th February 2025 Children's Mental Health Week

B B C

TEACH

Secondary Resources

- KS3/KS4: Time to talk... Collection of films intended to help promote classroom discussions around mental health. (including well known faces above).
- KS3/GCSE PSHE: My troubled mind- powerful animations to explore teenage mental health.
- KS3 PSHE: Growth mindset - short films showing young people demonstrating a growth mindset.
- KS3/KS4 PSHE: L8R Youngers 3 - Drama series exploring sexuality and the pressure to have sex, alcohol abuse, financial pressures and the impact of social media.
- KS4 PSHE: Football, Prince William and our mental health.
- KS3/GCSE PSHE: Your Body, Your Image (short films that bust body image myths and investigate the commercialisation of body image ideals, promoting debate in the classroom)



Trusts

Place2BE's School & Youth Groups Resources

Place2Be's free resources can be adapted for use in school, home-schooling, online lessons or independent learning. There's a variety of activities available, sectioned into primary and secondary. Each package includes assembly guides, class activities, and fundraising ideas.

Place2BE's Parents & Carers Resources

As well as school and youth group resources, Place2Be also have resources for parents and carers. These resources include top tips to help children express themselves, drawing activities, and an art game to encourage expression.

YoungMinds Resources

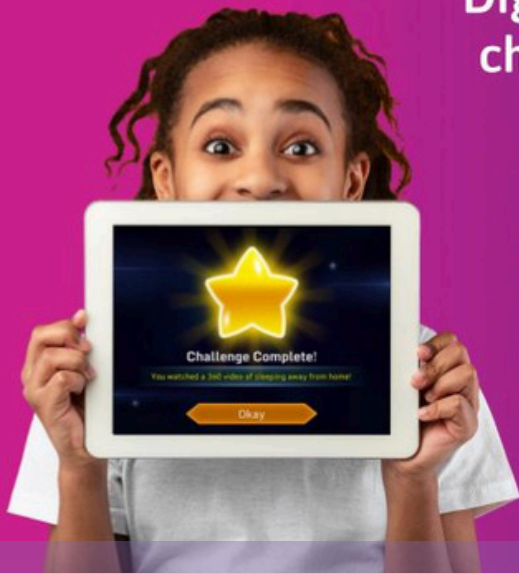
YoungMinds has different tools and resources suitable for children and young people. There are School Resources, books and leaflets, posters, and more for schools to raise awareness.

Anna Freud – Mentally Healthy Schools Resources

Anna Freud's 5 steps to mental health and wellbeing in schools is a vital resource: 1. Leading change, 2. Working together, 3. Understanding need, 4. Promoting well-being and 5. Support staff. This charity has a range of tools and resources – from toolkits to a 'tracking my feelings' tool allowing children to identify trigger points and positivity in their day-to-day lives. It's important that children's voices are heard – and that no child or young person should face mental health problems alone.

GHLL Mental Health Wellbeing

Provides a framework that schools can use as a starting point to adapt and create their own lesson plans.



Digital therapy enabling children to self manage their worries.



- ✓ For ages 7-12 yrs
- ✓ Suitable for children with mild - moderate anxiety*
- ✓ NICE recommended

Get free Access

luminova.app/get-access



Kindness and Children's Mental Health

Why Kindness?

Kindness is a simple way to help EVERYONE. When we are kind to each other, it helps us to feel connected, which means we forge new friendships or deepen existing ones.

Choosing to approach your day with a mindset of kindness and empathy is an incredibly powerful thing that can change lives and create a kinder world. What we do matters.

Research has also shown that when we're kind, when someone is kind to us or even if we just witness kindness, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'.

It's also been shown that people who are kind have much lower stress levels, age more slowly and have healthier hearts.

Kindness isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. And

Children's Mental Health Week is a perfect time to start!

 **DID YOU KNOW?**

Kindness causes elevated levels of dopamine in the brain, helping us feel happier.

#MentalHealthAwarenessWeek



YOUNG Mi MINDS

Support for Staff

Download this poster and share with colleagues to suggest times when it might be good to check in with each other.



YOUNG Mi MINDS

Support for Pupils

Telling young people that it's okay to ask for help is great! But teaching them how to ask for help could have a long-lasting, positive impact on their lives.

Their guide to reaching out for help gives young people advice on who to talk to and how to ask for the help – as well as tips from other young people who have been in their shoes. [Share the guide with your pupils.](#)

Reflection exercise: help every pupil feel supported

Every young person deserves to feel safe and supported when they talk about their mental health. However, this isn't always the case. The Someone To Turn To report found that Black and minoritised young people are more likely to experience racism, stigma and discrimination – alongside systemic barriers – when reaching out for help.

YoungMinds collaborated with a poetry collective, Poetic Unity, to increase awareness and understanding of this issue. Using the [resources](#) they created, take a few minutes today to learn and reflect on how you can respond well to Black and minoritised pupils who are struggling.

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



5 Ways to Wellbeing

Project OAKS is a Gloucestershire mental health initiative created by a multi-agency team, working together to improve mental health outcomes for Gloucestershire families. It has been designed on the principle that when children do better, so will parents and when parents do better, so will their children.

The intervention activity is simple to set up in schools with a scripted assembly PowerPoint to explore what we mean by 'family' and to introduce the 'Feel Good Five'. Using the Five Ways to Well-being model, the children and young people take home an activity task sheet to complete over a period of time with their families. The children hand in their task sheet for the teachers to collect, each one has a simply measured survey question providing a baseline and impact data point. When compiled, the data will provide evidence of both mental health work that promotes pupil premium considerations and parental engagement making it a terrific intervention towards your GHLL accreditation or simply as evidence of great practice in your school.

For more details visit the resource on the [GHLL website](#).

Trusted Emotional Available Adult resource Children and young people have improved mental health and wellbeing as a result of positive relationships with adults in their school and community. Supportive adults keep children and young people safe and let them know that they have somewhere to turn to when needed. Free training available contact ghll@gloucestershire.gov.uk for further details.

WELLBEING MENU

Starters

Takes 2-5 Minutes

BOX BREATHING

Calming technique with four equal steps: inhale, hold, exhale, and hold, each for a count of four.

1-2-3-4-5 GROUNDING

Identify 5 things you see, 4 things you feel, 3 things you hear, 2 you smell and 1 you taste.

HUG A PET

Releases oxytocin (the bonding hormone) for both yourself and the pet soothing you neurochemically.

Sides

Alongside other items on the menu

STRETCH

To relieve stress and tension and increase awareness of the body.

HAVE A WARM DRINK

Soothes the senses, provides comfort, and releases feel-good neurochemicals.

LISTEN TO A FAVOURITE SONG

Increase your dopamine levels and decrease stress chemicals.

Mains

Take up to 40-90 minutes

SPEAK TO A LOVED ONE

Connecting, being listened to and empathised with can help to bring down levels of toxic stress.

GO FOR A WALK IN NATURE

Triggering oxytocin and decreasing cortisol levels.

READ A BOOK

Can help focus and engage the brain, activate dopamine and sooth, to bring down cortisol.

WATCH A COMFORTING FILM

A go-to comfort film can bring about feelings of safety, nostalgia and the experience can be shared with others in a contained way.

Dessert

Best in moderation

PLAY A GAME

Either with others i.e. two truths, one lie or on own, it can increase feel-good chemicals.

TAKE A SHORT NAP

To help restore energy levels and take some time to yourself.

Taken from (and adapted slightly) Trauma Informed Schools Wales.

**TRAUMA
INFORMED
SCHOOLS** WALES


Gloucestershire
Healthy
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Local Mental Health Support for Children and Young people

- **Chat Health** - Send a text message to 07507 333351 for advice and support from a school nurse. For young people aged 11-19.
- **Young Minds Matter** - [View information on their service](#)
- **On Your Mind Glos** - www.onyourmindglos.nhs.uk for teachers and professionals to help guide children, young people and families.
- **Childline** - 0800 11 11 (free)
- **Young Gloucestershire** - Helping young people gain confidence and develop skills. Fill in the [referral form](#) to access support.
- **Tic+** provides confidential counselling, support and care for young people and their families. www.ticplus.org.uk or call 01594 372777
- **Tic+chat** anonymous, safe, confidential 1-2-1 live message chat support service for young people aged 9-21 living in the county. Sunday - Thursday 5pm - 9pm access via www.ticplus.org.uk or by calling 0300 303 8080.
- **Tic+ Parent and Carer** support including support groups, family counselling information and online chat service is available www.ticplus.org.uk or by calling 0800 625675
- **The Cavern (Gloucester)** - mental health drop in (under 18s) open 5pm - 9pm, 365 days a year
- If a child or young person is experiencing mental health difficulties you can [get support from NHS services here](#).



The Children & Young People's Mental Health Team, from NHS Gloucestershire ICB, produce a brilliant monthly newsletter packed with lots of useful information to support children and young people's mental health and well-being in Gloucestershire (including the following links on this page). See the latest and previous editions [here](#).



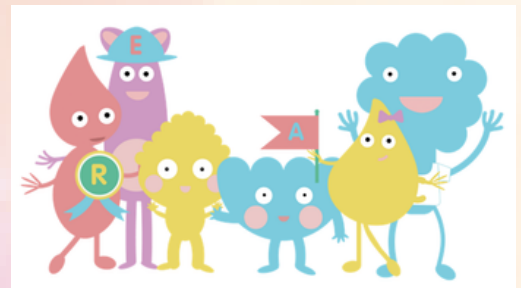
myHappyMind is an award-winning programme designed to promote mental well-being in schools, nurseries, families, and organisations.

Delivered through five engaging modules by class teachers, it provides children with the knowledge and habits needed to support their mental health. Grounded in scientific research, the programme uses a technology platform to make learning accessible and enjoyable. It adopts a whole-school approach, catering to all children, including those who are neurodiverse or have special educational needs.

For more information, contact the Children & Young People's mental Health Team: glicb.onyourmind@nhs.net



Young Gloucestershire supports young people aged 11–25 facing challenges such as mental health struggles, unemployment, or family issues.



Services include youth work, counselling, mentoring, and employability training. YG helps build resilience, confidence, and life skills in a safe, inclusive environment.

For more details, visit: [Young Gloucestershire](#)

Schools visiting -

SkillZONE

Safety Education Centre



SkillZONE offers more than just an interesting school trip; the lessons students learn in our interactive village could be lifesaving for your pupils, helping them to stay safe. You may be eligible for subsidised travel to SkillZONE (terms and conditions apply)

SkillZONE helps your pupils recognise dangers and dilemmas in everyday situations and empowers them to make good choices about their own safety. There are 18 zones inside the life skills village allowing them to learn about making safer choices in different scenarios whether that is at home, while travelling or taking part in activities.

The safety scenarios align with the PHSE curriculum and demonstrate to OFSTED the commitment you are making to your students' overall health and wellbeing. With over 90% of participants making safer choices in our post visit quiz.

Introducing StreetWIZE

This project concentrates on the tougher conversations and scenarios around grooming, county lines, and knife crime. These scenarios ask appropriate yet thought-provoking questions to give children and young people the power to speak up, report, and protect themselves from these crimes. Streetwize is primarily aimed at Key Stage 3 (KS3) students but can also be presented to Key Stage 2 (KS2) students (years 5 and 6) if deemed necessary. As well as our important safety scenarios students cover Sam's Alley (Criminal exploitation and County Lines) and our Knife Board (discussing safe choices around knife crime). These sessions can be booked on our website.



Bookings:

To check dates or book your visit please see our website.

For volunteering enquiries please contact :01452 834162

Email: Skillzone@glosfire.gov.uk

Visit our volunteering page here:

<https://skillzone.glosfire.gov.uk/volunteer/>

Post : SkillZONE, Tuffley Lane, Gloucester, GL4 0AS

Vaping

“

A number of long-term studies have shown that young people who have never smoked but who use vaping devices are more likely to start tobacco smoking and become regular smokers than those who have not used vapes. There is emerging evidence that also suggests young people who vape are at an increased risk of addiction to other substances in the future.

”

View the latest studies and information from Public Health Wales on young people and vaping:

- [Information and Guidance on Vaping for Schools](#)
- [Young people and vaping information for parents and carers](#)



Visit the [One Gloucestershire website](#) for more information on young people and vaping and where individuals and schools can get support within Gloucestershire.

Training Calendar: February - April



Please see a list below of GHLL fully funded (**Free Training**) courses that we are offering. If you would like to book a space, click on the link, or email your name and what course you would like to attend to ghll@gloucestershire.gov.uk

Courses	Dates & Location	Book
It's more than just banter! - Sexual Harassment (Secondary & FE)	6th February: 14:00 - 16:00 Colwell Arts Centre Derby Road Gloucester, GL1 4AD	Book
Mental Health First Aid Youth	24th & 25th February: 09:00 - 17:00 Glebe Chapel Kelmscott Ross Road Newent, GL18 1BD	Book
EPS: Removing Barriers to school attendance	25th February: 09:30 - 12:30 Colwell Arts Centre Derby Road Gloucester, GL1 4AD	Book
Getting Court	7th March: 09:30 - 12:30 Gloucester Crown Court Longsmith Street Gloucester, GL1 2TS	Book

Cancellations or amendments must be made 48 hours before the course takes place.

Training Calendar: February - April



Please see a list below of GHLL fully funded (**Free Training**) courses that we are offering. If you would like to book a space, click on the link, or email your name and what course you would like to attend to ghll@gloucestershire.gov.uk

Courses	Dates & Location	Book
Self Harm Awareness	12th March: 09:30 - 16:00 Colwell Arts Centre Derby Road Gloucester, GL1 4AD	Book
Mental Health First Aid Youth - Full, join the waiting list or book onto one of our other dates	19th & 20th March: 09:00 - 17:00 The Pavilion Hatherley Lane Cheltenham, GL51 6PN	Book
Peer Mediation	20th March: 09:15 - 12:00 Elmbridge Primary School Elmbridge Rd Gloucester, GL2 0PE	Book
Beyond Fed Up	20th March: 14:00 - 16:00 Dowty Sports & Social Ltd Down Hatherley Lane Down Hatherley Staverton GL2 9QH	Book

Cancellations or amendments must be made 48 hours before the course takes place.

Training Calendar: February - April

Courses	Dates & Location	Book
EPS: Trauma and Attachment - Young Mind Matter Schools Only	25th March: 09:00 - 15:30 The Pavilion Hatherley Lane Cheltenham GL51 6PN	Book
Trusted Emotionally Available Adult (TEAA)	27th March: 09:00 - 12:30 Newent Community Pavilion Newent GL18 1QA	Book
Primary R(S)HE Curriculum training	2nd April: 09:30 - 12:00 Gloucester Deaf Association Colin Road Gloucester GL4 3JL	Book
Primary Resources Overview	2nd April: 13:15-15:15 Gloucester Deaf Association Colin Road Gloucester GL4 3JL	Book
Whole School Approach to Reducing Vaping	3rd April: 15:45 - 17:15 ONLINE	Book

Cancellations or amendments must be made 48 hours before the course takes place.

THE PHSE PULSE

A GHLL BULLETIN



Gloucestershire
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Contact Details

We would love to hear from you!

Contact us by:



ghll@gloucestershire.gov.uk



01452 426322/01452 426320



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