

# THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire  
Healthy  
Living and Learning

Issue: March 2025



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## Welcome to the GHLL Bulletin

Welcome to the Spring edition of the bulletin (although I know we have had snow in certain parts of the county this morning!)

This academic year, the GHLL Team have enjoyed working in partnership with our education and health colleagues (Educational Psychologists, Early Help teams, Young Minds Matter, and the Virtual School to name just a few) to develop plans and training to support the health and wellbeing needs of schools and college communities. If you haven't yet completed your Healthy Schools/College Review, please visit our [website](http://www.ghll.org.uk) to get started.

***Continued on page 2 & 3***



[www.ghll.org.uk](http://www.ghll.org.uk)

[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Just a reminder that support from GHLL is totally FREE and for help and guidance, please contact us to arrange a face to face or virtual meeting. It's important to remember we need a collaborative approach to 'whole school health and wellbeing' including normalising mental health within schools/colleges, reducing stigma and raising awareness of self-help and self-management strategies.

As a reminder the Healthy Schools/College programme is a framework based around a whole school approach to physical, social, emotional health and wellbeing. This programme supports you as a school/college to systematically develop and improve health outcomes and embed them into the culture of your setting including a robust spiral curriculum.

The GHLL team can support educational settings in a number of ways:

- Promote healthy school/college activities that directly improve the health and wellbeing of school/college communities
- Provide resources and opportunities that reduce health inequalities
- Support frameworks that provide strong school/college cultures and healthier choices
- Celebrate positive actions and identify next steps in provision – this might be working towards the Mental Health Champions Award.
- Mental health promotion through working to train and upskill school/college staff, young people, and parent/carers.

An example of one of the many resources is an Anxiety Webinar for Young People (developed through Greater Manchester NHS). The video offers a basic understanding of what anxiety is, why we experience it, what we can do about it, along with some useful services who can provide some support. Within the video, evidence-based skills and tools are provided regarding how to effectively work with anxiety, along with some useful exercises which can be practiced at home. The video is designed for young people of all ages to be able to understand.

If you are supporting students with low mood and anxiety, join this free Anna Freud webinar on how to identify the signs and providing early intervention:

26th March, 16:00 - 17:00 via Zoom

For local support please contact [On Your Mind Glos](#) and for more resources [please see our page here](#).

I do hope you enjoy all the updates about what's been happening, along with news of new programmes, resources, and forthcoming training.

Finally, please do take time to read an article from the Art of Brilliance; those of you that attended the GHLL Conference last summer may remember Ollie who was one of our keynote speakers. This article reinforces that happiness, and laughter is infectious and important for every staff room, and we need to create an environment where 'spontaneous silliness has room to bloom.' We know [staff wellbeing](#) is so important, and that school and college staff need to look after their emotional health and wellbeing. Therefore, it's so important that you are aware of the environment you and your colleagues are working in. Is it a place of smiles and fun, or a place of stress and manufactured urgency?

Click on the 'Silly Good Fun' logo to read 😊



As always do get in touch if the GHLL can be of assistance email

[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Best wishes Fiona and the team.

**WELCOME**

# Congratulations

Mental Health Champions Award Achievers



**The Milestone School**



**St White's Primary School**



## **Next Award Submissions Dates**

### **GHLL Healthy Schools/College**

Submit Wednesday 19th March 2025

Submit Wednesday 25th June 2025

### **Mental Health Champions**

Submit Wednesday 4th June 2025



# Dates to remember!

## Big Period Lesson with Lil-Lets - 20th March 2025

 brook

The Big Period Lesson is back! Brook has teamed up with Lil-Lets once again to provide a free, online lesson aimed at years 6 and 7 on **Thursday 20 March**. Led by Brook experts, the lesson will cover the menstrual cycle as well as how to manage the physical and emotional changes young people will experience as they go through puberty.

[Register for the lesson now](#), and join them for the live, interactive broadcast at 10am on Thursday 20 March.

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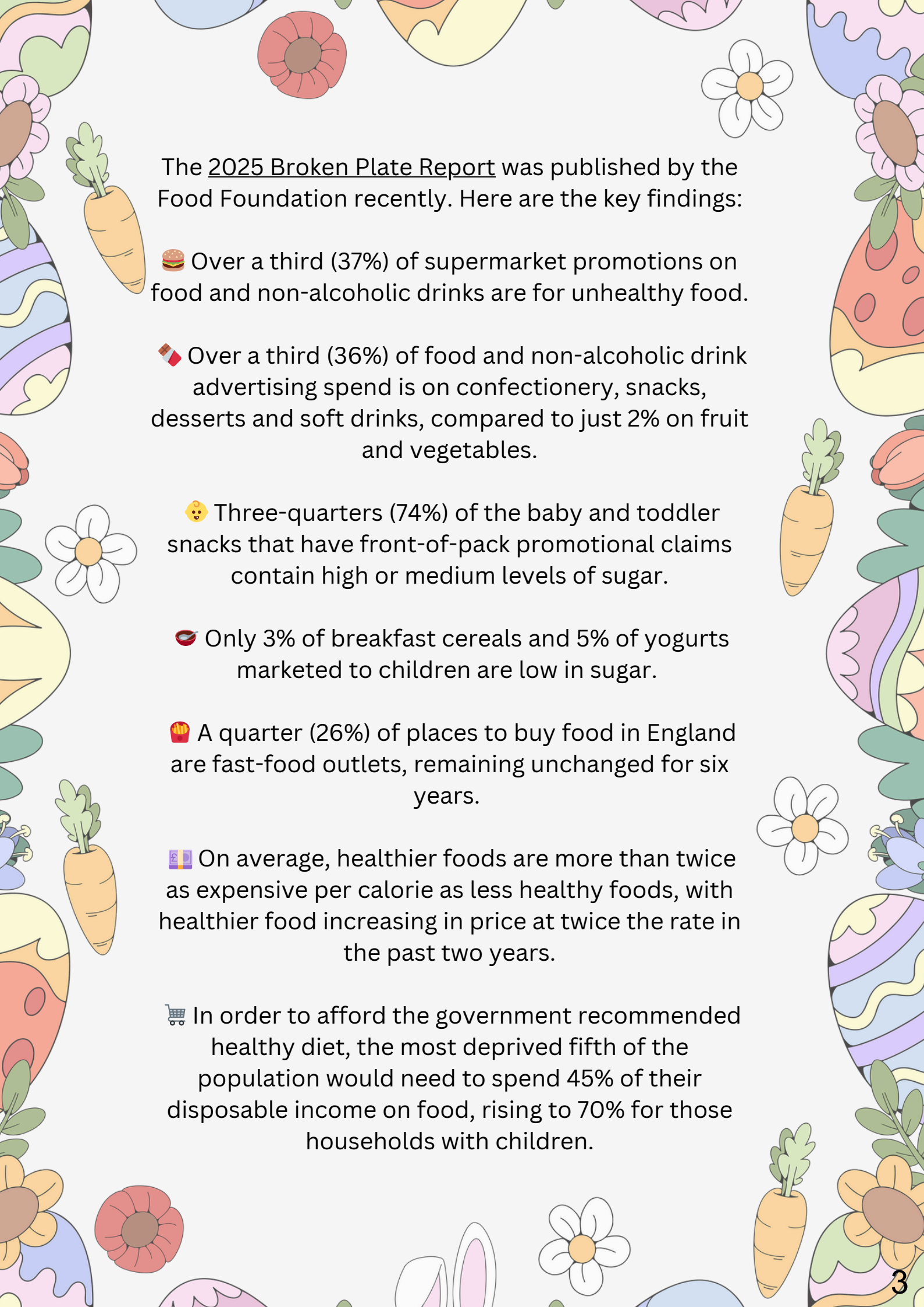
## Neurodiversity Celebration Week 17th - 23rd March 2025

Celebrate neurodiversity in all its forms for the [Anna Freud free toolkits](#) of resources for pupils and staff


[Download the Primary toolkit](#)


[Download the Secondary and FE toolkit](#)








The 2025 Broken Plate Report was published by the Food Foundation recently. Here are the key findings:


 Over a third (37%) of supermarket promotions on food and non-alcoholic drinks are for unhealthy food.


 Over a third (36%) of food and non-alcoholic drink advertising spend is on confectionery, snacks, desserts and soft drinks, compared to just 2% on fruit and vegetables.

 Three-quarters (74%) of the baby and toddler snacks that have front-of-pack promotional claims contain high or medium levels of sugar.

 Only 3% of breakfast cereals and 5% of yogurts marketed to children are low in sugar.

 A quarter (26%) of places to buy food in England are fast-food outlets, remaining unchanged for six years.

 On average, healthier foods are more than twice as expensive per calorie as less healthy foods, with healthier food increasing in price at twice the rate in the past two years.

 In order to afford the government recommended healthy diet, the most deprived fifth of the population would need to spend 45% of their disposable income on food, rising to 70% for those households with children.

# Learning and Teaching



Schools will be interested to learn that the **‘Breath of Fresh Air’** tobacco resource has recently been updated to include the 2024 Pupil Wellbeing Survey (PWS) data.

This resource aims to provide teachers of Years 5 and 6 with ideas for weaving tobacco education through key curriculum areas such as literacy, science and maths. The main approach has been:

- To focus on the normative behaviour for this country which is being smoke free, in so doing, reinforcing this as a social norm for all
- To identify positive messages about being smoke free
- To discuss the negative effects of smoking in terms of physical appearance in addition to health effects.

Primary schools should all have a hard copy of the resource from when it was first published. The teachers’ ‘book’ and an appendix showing the latest PWS data are the only two documents that have been updated. All the other resources can be used as they are.

The full set of resources, including the updated teachers’ book and PWS data can be downloaded [here](#).

## **Vaping lessons for primary schools**

Whilst smoking rates in the county are generally on the decline there is a concern for the increase in vaping over the past few years. GHLL has produced two lessons which can be used in Key Stage Two to introduce children to the risks and facts about vaping.

You can find the links to those lessons [here](#).

Please note you will need your GHLL login to access all the above resources.

# Learning and Teaching

## 4 ways to tackle misogyny among young people

For the elimination of violence against women, Alice Hoddinott, an Education and Wellbeing specialist at Brook talks about her experience teaching about gender in schools and 4 ways we can tackle misogyny among young people



[Full blog here.](#)

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## Peer Mediation Training for Primary Schools

**‘CPR’ for your playtimes:**

**Circle Time, Peer Mediation and Restorative Practice.**

This course will provide you with a four week training programme to use with Key Stage 1 and Key Stage 2 pupils who you want to train up as peer mediators. Drawing on Circle Time techniques, Restorative Practice and Whole School Approach principles, the training programme is designed to give peer mediators the necessary skills and language to help other pupils resolve conflicts and issues that may arise in school, particularly at playtimes. All course attendees will receive a free hardcopy of GHLL's new ‘Peer Mediation Training’ booklet.

**20th March - Elmbridge  
Primary School**

[Book for free](#)



# RAMADAN

## Ramadan and mental Health

Ramadan is a really significant month in the Islamic calendar. It involves the observation of fasting from sunrise to sunset, which is one of the five pillars of Islam, and is a month of worship, community, and devotion to God (Allah). This holy month offers Muslims a chance to reconnect with their spirituality, reflect on their faith and feel closer to God.

But we also know through our work with [Muslim Youth Helpline](#) that it can be a challenging time for young people's mental health - particularly if they already struggle with mental illness.

## How can Ramadan take a toll on young people's mental health?

Side effects of dietary and sleep changes – Lack of food, sleep and water may understandably cause young people to have less mental and physical energy this month. Their ability to concentrate and cope with difficult emotions may also be reduced, which can make feelings of low mood and anxiety worse.

Certain elements can be unintentionally triggering – Although much joy can be found through the daily rituals of Ramadan, the act of fasting and sharing mealtimes with others can be triggering for young people who have a current or historic eating disorder - or those who are vulnerable to developing one.

Heightened worries about faith – If a young person is unable to participate in fasting or is finding the fasting particularly difficult this year, they may experience feelings of guilt or shame - or thoughts that they aren't a 'good enough' Muslim. This is bound to impact a young person's sense of cultural identity, self-esteem and mental health.

# RAMADAN

## How can you help young people look after their mental health during Ramadan?

Be flexible and accommodating – Young people may need to change up their usual schedule to accommodate having different eating, sleeping and prayer routines this month. Empower and support them in doing so.

Remind them that mental illness is a valid reason not to fast and it doesn't make them any less of a Muslim – Certain people are exempt from fasting during Ramadan, including those who are struggling with a physical or mental illness. It's okay if a young person can't fast (or fast as usual) right now and it doesn't make them less worthy. If they're not fasting, young people can build their spirituality this month through other means, like charity, prayer or study of the Qur-an\*.

\*This can be an incredibly sensitive topic. Ramadan is deeply personal, and a young person could find the decision not to fast really upsetting – even if they know it's technically the “right” decision for their mental health. Support them as you always would – listening and being there as needed.

Be sensitive with your words and actions – Avoid events centred around food and drink at times when Muslim folk will be fasting, obvious questions like ‘Aren't you hungry?’ or mention of weight loss/gain due to fasting.


Learn about Ramadan – So you can avoid questions/behaviours that may unintentionally cause harm and join in the spirit and joy of Ramadan with the young people in your life! To learn more, we recommend starting with [this guide by Islamic Relief](#).

💡 Tip: a simple, respectful way to wish someone a happy Ramadan is to say “Ramadan Mubarak” (Ram-a-dan Moo-ba-rak). This means “Blessed Ramadan” in Arabic.

# Scared to open that can of worms?

It's often *scari*er for a young person to face them *alone*... than to have an emotionally available adult to support them through it.



TRAUMA INFORMED WALES SCHOOLS 

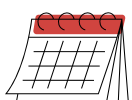
## Join the GHLL Trusted Emotionally Available Adult Training Course

This workshop is offered to ALL staff in every school/college in Gloucestershire. The training compliments other training packages available through GHLL including:

- MHFA (Mental Health First Aid England Training)
- Understanding Self Harm
- Equalities and Transgender Awareness in Schools

The training will enable the development of listening skills and explore good practice. Participants will have the opportunity to share what works well and hear examples from other settings, before considering how to establish a structure within their own setting to ensure there is a TEAA for their pupils. They will also have their own skills reaffirmed by:

- Gaining a greater understanding of their own mental health and the importance of self-care.
- Feeling more supported in their role as a Trusted Emotionally Available Adult.
- Having the opportunity to practise empathetic responses and listening skills



19th June 2025 (9:00 - 12:30) Colwell Arts Centre, Derby Road, Gloucester, GL1 4AD

[Book here](#)



The Asthma Friendly Schools programme sets out clear, effective partnership arrangements between health, education and local authorities for managing children and young people with asthma at primary and secondary schools.

The NHS Gloucestershire Asthma Team are looking into the current management of asthma in schools across the county. We would be very grateful if you could complete this [questionnaire](#).

For more information, please contact:

[Carol Stonham - carol.stonham@nhs.net](mailto:carol.stonham@nhs.net)

[Francesca Mason-Rowland - fran.mason-rowland@nhs.net](mailto:fran.mason-rowland@nhs.net)

[Visit the Asthma Friendly Schools Page on our website](#)

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**BREAKING NEWS**

1 in 7 young people are not in work, education or training, according to recent data from the Office of National Statistics (ONS). This is the highest this figure has been for 11 years.

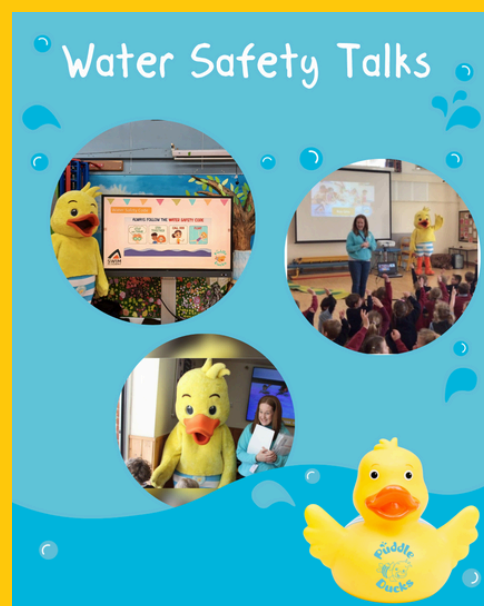
[Read the full story >](#)

# Guest Article



Summer is an amazing time to enjoy the water with family. However warmer weather is directly linked to an increase in fatal drowning incidents. Basic water skills can literally be life-changing. We have lots of safety skills within our lessons, but what about the children who don't come to our lessons to learn these skills? We feel that it is vital to teach primary school aged children how to stay safe in, on and around water. Therefore, in July 2023 we started conducting water safety talks to under 11's in Gloucestershire all for free! Over 3,000 children now have the knowledge to enjoy water safely, to keep their families and friends safe and know what to do in an emergency and we want to reach more children this year.

For more information and to book your schools water safety talks, contact: [chloe.griffiths@puddleducks.com](mailto:chloe.griffiths@puddleducks.com)



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Swimming

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in Gloucestershire!  
use code Nursery15 for  
15% off 1st booking\*



We're a proud member of the  
Swimming Teachers' Association

\* T&Cs apply.

# Could you be a Homes for Ukraine champion?

Join the many generous Gloucestershire people who have opened their homes to those fleeing the war in Ukraine.

We need people who have a spare room or two, an annexe, or even another property, to house a Ukrainian family and help them rebuild their lives.

Hundreds of Ukrainian guests have so far regained their independence and settled in Gloucestershire with the help of our champion hosts, and here's how you can help:

Sign up to express an interest in hosting. Find out more online or book an informal chat with the Gloucestershire Homes for Ukraine team.

The Homes for Ukraine team would then let you know about guests who match your household.

Meet the guests and get to know them before deciding whether to go ahead with hosting.

Hosting agreements are very flexible, and the Homes for Ukraine team are available to assist and advise you every step of the way.

All hosts receive payments of £600 per month to thank you for your help and to cover any additional household expenses. These payments are tax free, and hosting will not impact your council tax.

For more information or if you have any questions, please contact us via [HFUTeam@gloucestershire.gov.uk](mailto:HFUTeam@gloucestershire.gov.uk)



Register your interest today:

Visit <https://apply-to-offer-homes-for-ukraine.service.gov.uk> or scan the QR code to express your interest in becoming a Homes for Ukraine champion!

## TIC+ rebranding to Talk Well

For the last 30 years, we've been proud to serve young people as Teens in Crisis, and more recently as TIC+. However, as times change, so does language. We've come to realise that our name has, in some cases, become a barrier to young people accessing our services. As we've grown and evolved, we've reflected on who we are today and where we're headed—and after 30 years, it's time for a change.

Over the past 15 months, we've worked closely with young people, parents, staff, commissioners, and a talented design agency to ensure our new name truly reflects our mission. We're delighted to share that from 14th April 2025, TIC+ will become **Talk Well**.

Our new name encapsulates what we do: providing a safe space for children, young people, and families to talk and be heard. This change allows us to better communicate our purpose and connect with those who need us most. While our name, logo, and colours may be changing, our heart remains the same. This is an evolution, not a revolution—our values, ethos, and the support we offer will not change.

To learn more about our rebrand, we invite you to watch our short video [here](#).

For three decades, we've been dedicated to supporting Gloucestershire's young people, and we remain committed to this mission—now as Talk Well—with hope and purpose for the next 30 years.

After 30 years, we're rebranding...



*talkwell*

A new look is coming: 14 April 2025

Phone: 01594 372777

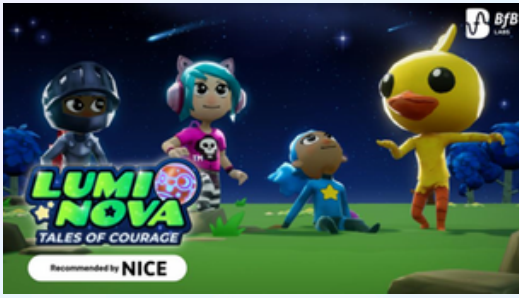
Website: [www.ticplus.org.uk](http://www.ticplus.org.uk)

Address: TIC+ Offices, 4th Floor, Building 7,  
Vantage Point Business Village, Mitcheldean,  
Gloucestershire GL17 0DD

TIC+ is a Registered Charity No. 1045429







## LUMI NOVA UPDATE

The Lumi Nova app is still free for all children in Gloucestershire to access. The app supports children with low to moderate levels of anxiety and is ideally completed at home, with their families. Although aimed at children aged 7-12, it can still be used outside this age range if the parent/carer feels their child would benefit from it.

If you would like more information on Lumi Nova, please visit our [website](#). You will also find a lesson plan and PowerPoint that can be used in school to introduce the app to children and the concept of breaking down their worries into small steps. This lesson is called 'Talking about Worries'.

### **Lumi Nova in Gloucestershire:**

In the year October 2023 to October 2024, over 1500 children in Gloucestershire signed up to use the app. The 3 top worries children in Gloucestershire chose were:

- Worried about going to school
- Worried about making a mistake on their work
- Worried about going to bed on their own

### **Supporting children to access Lumi Nova in school:**

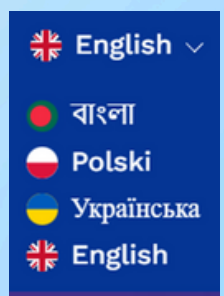
Children can now access their Lumi Nova account on up to 3 devices. This development means that you could support children in your school with accessing the Lumi Nova app or even run a Lumi Nova club.

If you would like support with setting up a Lumi Nova club, please don't hesitate to contact us at GHLL. Equally, if you have already set up a Lumi Nova club and would like to share with us how it has gone, we would love to hear about this!

### **Language update:**

The Lumi Nova website is now available in other languages.

Visit [Lumi Nova](#) and you can select your chosen language from the drop-down menu on the right-hand side of the screen.



# Training Calendar: March 2025



Please see the following pages for details of the GHLL fully funded (**Free Training**) courses we have coming up this academic year. Please click the title, on the left side for more details of the course and if you would like to book a space, click on the Book link, or email your name and course you would like to attend to [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Courses	Dates & Location	Book
<b><u>Peer Mediation Training for Primary Schools</u></b> 09:15-12:00	Thurs 20th March, Elmbridge Primary School	<a href="#">Book</a>
<b><u>Beyond Fed Up</u></b> 14:00-16:00	Thurs 20th March, Dowty Sports & Social Club, Down Hatherley Lane, Gloucester, GL2 9QH	<a href="#">Book</a>
<b><u>EPS Understanding Trauma &amp; Attachment</u></b> 09:00-15:30	Tues 25th March, The Pavilion, Hatherley Lane, Cheltenham, GL51 6PN	<a href="#">Book</a>
<b><u>Trusted Emotionally Available Adult (TEAA)</u></b> 09:00 - 12:30	<b>Fully Booked - join the waiting list</b> Thurs 27th March, Newent Community Pavilion, Newent, GL18 1QA	<a href="#">Book</a>

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

# Training Calendar: April



Places are given on a first come, first served basis. We also ask that any cancellations are made as soon as possible in order so that we can offer them to others.

Courses	Dates & Location	Book
<p><b><u>Primary R(S)HE Curriculum Training</u></b> 09:30-12:00</p>	<p>Weds 2nd April, Gloucestershire Deaf Association, Colin Road, Gloucester, GL4 3JL</p> <p>*Please note AM &amp; PM Session- Welcome to book onto either or both- please let us know at time of booking.</p>	<p><a href="#">Book</a></p>
<p><b><u>Primary Resources Overview</u></b> 13:15-15:15</p>	<p>Weds 2nd April, Gloucestershire Deaf Association, Colin Road, Gloucester, GL4 3JL</p> <p>*Please note AM &amp; PM Session- Welcome to book onto either or both- please let us know at time of booking.</p>	<p><a href="#">Book</a></p>
<p><b><u>Whole School Approach to Vaping</u></b> 15:45-17:15</p>	<p>Thurs 3rd April. ONLINE via TEAMS</p>	<p><a href="#">Book</a></p>

To book a space, click on the Book links above, or email your name and course you would like to attend to [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

# Training Calendar: May



Places are given on a first come, first served basis. We also ask that any cancellations are made as soon as possible in order so that we can offer them to others.

Courses	Dates & Location	Book
<b><u>EPS- Emotional Literacy</u></b> <b>09:30-12:30</b> <b>YMM ONLY</b>	Thurs 8th May, Colwell Arts Centre, Derby Road, Gloucester, GL1 4AD	<a href="#">Book</a>
<b><u>Self Harm Awareness Training</u></b> <b>09:30-16:00</b>	Friday 16th May, Colwell Arts Centre, Derby Road, Gloucester, GL1 4AD	<a href="#">Book</a>
<b><u>Mental Health First Aid Youth 2 Day</u></b> <b>09:00-17:00</b>	Tues 20th & Weds 21st May, Painswick RFC, Stroud Road, Painswick, GL6 6RS	<a href="#">Book</a>
<b><u>EPS Removing Barriers to School Attendance</u></b> <b>09:30-12:30</b>	Tues 20th May, Newent Community Pavilion, Newent, GL18 1QA	<a href="#">Book</a>

# Training Calendar: May - June



Places are given on a first come, first served basis. We also ask that any cancellations are made as soon as possible in order so that we can offer them to others.

To book your space, click on the Book links below, or email your name and course you would like to attend to [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

Courses	Dates & Location	Book
<p><b><u>British Values and Protected Characteristics in Primary Education</u></b> 09:00-15:30</p>	<p>Thurs 22nd May, Colwell Arts Centre, Derby Road, Gloucester, GL1 4AD</p>	<p><a href="#">Book</a></p>
<p><b><u>Trusted Emotionally Available Adult (TEAA)</u></b> 09:00 - 12:30</p>	<p>Thurs 19th June, Colwell Arts Centre, Derby Road, Gloucester, GL1 4AD</p>	<p><a href="#">Book</a></p>

Check out our regularly updated [training calendar](#) for all GHLL courses and courses from our partners, all of which are **FREE.**



# THE PHSE PULSE

A GHLL BULLETIN



Gloucestershire  
Healthy  
Living and Learning



## Contact Details

We would love to hear from you...

Contact us by:



[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)



01452 426322/01452 426320



[www.ghll.org.uk](http://www.ghll.org.uk)