

# THE PSHE PULSE

A GHLL BULLETIN



Gloucestershire  
Healthy  
Living and Learning

Issue: November 2024



## Welcome to the GHLL Bulletin

I do hope you all had a relaxing summer, and you were able to recharge your batteries in preparation for the new busy term ahead. From Summer to Autumn, the months have passed so quickly, and we have all 'hit the ground running'. This bulletin is a reminder of all the free support, training and resources that the GHLL team offers. In turn this information and training opportunities will help support Personal Development, PSHE, SEMH, along with pupil/student voice as well as staff wellbeing. We all know the new term brings challenges and new responsibilities; this includes new teachers and leads. Just a reminder that all staff, but especially PSHE/pastoral and mental health leads can all access free support from GHLL. Do get in touch at [ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk) if we can be of assistance.

Last but not least, I would particularly like to highlight all the schools that achieved their Healthy Schools Accreditation at the end of the summer term. Huge congratulations to all your staff, children and young people. Well done to everyone.

We look forward to seeing you all soon.  
Best wishes from Fiona and all the GHLL lead teachers

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

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

## **Celebrating the Gloucestershire Schools that have worked hard to achieve Gloucestershire Healthy Schools Accreditation**

Congratulations to all our schools that achieved their Healthy Schools award at the end of the summer term.

Using the whole school approach and teaching Personal, Social, Health and Economic education, schools and colleges can build on both new and previous developments to actively promote learning and healthy lifestyle choices. Support provided aims to build the capacity of schools and colleges to deliver effective and sustainable interventions for all children and young people.

- Bibury CofE Primary School
- Chalford Hill Primary School
- Dene Magna School
- Denmark Road High School
- Down Ampney CofE Primary School
- Field Court Infant School
- Harewood Infant School
- Hope Brook CofE Primary School
- Leonard Stanley CofE Primary School
- Lydney CofE Community School
- Newnham St Peter's CofE Primary School
- North Cerney CofE Primary School
- Northway Infant School
- Redbrook CofE Primary School
- Rodmarton School
- Ruardean CofE Primary School
- St Briavels Parochial CofE Primary School
- Steam Mills Primary School
- St Catharine's Catholic Primary School
- Stratton CofE Primary School
- The Crypt School
- Tutshill CofE Primary School
- William Morris School



For information on how to enter the Healthy Schools award, visit our [website here.](#)

# Dates for your diary

## 23rd to 27th September: ICON week

ICON Week 2024 is dedicated to raising awareness about infant crying and how to manage it, supporting parents and carers, and preventing serious injuries, illnesses, and even fatalities caused by Abusive Head Trauma, often resulting from shaking a baby.

ICON is a program embraced by health and social care organisations across the UK, providing essential information about infant crying, including coping strategies, parental support, and stress reduction.

This year's ICON Week focuses on sharing ideas and best practices. Friends and relatives play a crucial role in supporting parents and carers during the challenging times when a baby is crying. Explore our new Friends and Family leaflet and other resources on our website [Resources - ICON Cope](#).

**ICON**

**NHS**

**ICON Week 2024**  
23 to 27 September

- I** Infant crying is normal and it will stop
- C** Comfort methods can sometimes soothe a baby and the crying will stop
- O** It's OK to walk away for a few minutes, if you've checked the baby is safe
- N** Never shake or hurt a baby

[www.iconcope.org/iconweek2024](http://www.iconcope.org/iconweek2024)



**October:** Black History Month - Celebrate Black history and culture with the theme 'Reclaiming Narratives'.

**10th October:** World Mental Health Day - This year's theme set by the World Federation of Mental Health is, "it's time to prioritise mental health in the workplace". Visit the Mental Health Foundation [website](#) for ideas on how you can get involved.

**4th - 8th November:** International Stress Awareness Week - The 2024 International Stress Awareness Week will focus on emotional management, particularly loneliness and grief, due to the increase in mental health issues caused by Covid-19.

**11th - 15th November:** Anti-Bullying Week - Aims to raise awareness of bullying of young people, with an emphasis on prevention and effective responses to bullying. To access free resources to mark Anti-bullying week in your school, please visit - [Anti-Bullying Week 2024: Choose Respect \(anti-bullyingalliance.org.uk\)](#)

The charity Kidscape have recently updated their website and have a range of free resources to help children, families and staff who work with children to manage bullying. [Help With Bullying](#) | [Bullying Advice](#) | [Kidscape](#)



UK Feminista works to end sexism in schools – including sexual harassment, sexist language and gender stereotyping. They conduct [research](#), deliver [training](#) for teachers, and provide [resources](#) for schools. You can access these resources here - [Classroom activities and guidance for primary schools – UK Feminista](#)

**UK FEMINISTA**

# 2024 / 2025 Calendar

## September 2024:

- 10th - World Suicide Prevention Day
- 12th - End Digital Poverty Day
- 14th - World First Aid Day
- 15th - Int. Day of Democracy
- 21st - Int. Day of Peace
- 22nd - Autumn Equinox
- 26th - European Day of Languages

## October 2024:

ADHD Awareness Month

Black History Month

- 5th - World Teacher Day
- 6th - National Poetry Day
- 10th - World Mental Health Day
- 12th - Hate Crime Awareness Week begins
- 16th - Recycling Week begins
- 17th - World Values Day
- 18th - World Food Day
- 31st - Halloween // Diwali

## November 2024:

Islamophobia Awareness Month

Movember

- 5th - Bonfire Night
- 11th - Armistice Day
- 11th - Anti Bullying Week begins
- 13th - World Kindness Day
- 17th - Road Safety Week begins
- 19th - Int. Men's Day

## December 2024:

- 1st - World AIDS Day
- 2nd - Int. Day for the Abolition of Slavery
- 3rd - Int. Day of People with Disabilities
- 10th - Human Rights Day
- 12th - Christmas Jumper Day 2024
- 22nd - Winter Solstice
- 24 - 25th - Christmas
- 25th - Hanukkah begins
- 31st - Hogmanay

## January 2025:

- 24th - International Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day
- 29th - Lunar New Year

## February 2025:

LGBT+ History Month

- 3rd - Children's Mental Health Week begins
- 6th - Time to Talk Day
- 17th - Int. Day of Women in Science
- 28th - Ramadan begins

## March 2025:

Women's History Month

- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 6th - World Book Day 2025
- 8th - Int. Women's Day (IWD)
- 20th - Int. Day of Happiness // Spring Equinox
- 30th - Eid Al-Fitr begins

## April 2025:

Stress Awareness Month

- 2nd - UN World Autism Day
- 7th - World Health Day
- 12th - Passover begins
- 13th - Sikh New Year
- 20th - Easter
- 22nd - Earth Day // Stephen Lawrence Day

## May 2025:

Exam Season begins

- 12th - Mental Health Awareness Week begins
- 21st - World Meditation Day

## June 2025:

Pride Month

Gypsy, Roma and Traveller History Month

- 1st - Volunteers' Week begins
- 8th - World Oceans Day
- 14th - World Blood Donor Day
- 20th - World Refugee Day
- 21st - Summer Solstice
- 22nd - Windrush Day
- 26th - RSE Day

## July 2025:

- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - International Day of Friendship // World Day Against Human Trafficking

## Headteacher wellbeing: 10 strategies for the new school year

A new school year is upon us and staff wellbeing is high on the agenda. But, as headteachers, you cannot look after your staff if you don't look after yourselves. Gary Murrell offers 10 strategies to protect headteacher wellbeing.

→ [Top 10 Strategies](#)

### Mental Health Foundation

#### How to... Look after you mental health using mindfulness

Mindfulness can be used as a tool to manage your well-being and mental health. While research is still growing in the area of mindfulness, evidence has suggested the benefit of mindfulness to health and wellbeing, with results showing positive effects on several aspects of whole-person health, including the mind, the brain, the body, and behaviour, as well as a person's relationships with others.

The Mental Health Foundation has released a helpful guide on how to look after your mental health using mindfulness. [Download your copy now.](#)





The DfE have a dedicated resource area created by teachers and school leaders with free resources and toolkits to promote staff well being and workload reduction. Visit the [website](#) to find out more



NEW DfE Funded  
**'Embracing  
Difference, Ending  
Bullying'** Research  
& Impact Report  
2024



The [report](#), the result of a 3 year project, reveals the need to bridge the gap between students, parents, carers and school staff to transform anti-bullying strategies in schools.



For more information and resources on health and wellbeing, visit the [GHLL Staff Health and Wellbeing Hub](#), including:

- Support for Senior Leaders
- Healthy Lifestyles
- Education Support
- Physical Health
- Mental Wellbeing
- Support for colleagues





# Help your child feel confident and ready for school!



A fun, therapeutic app to help children self manage their worries:

- ✓ For 7-12 year olds
- ✓ Free instant access
- ✓ Support worries about:

- Going back to school
- Making new friends
- Speaking in front of a group
- Making mistakes and more!

Recommended by

**NICE** National Institute for Health and Care Excellence

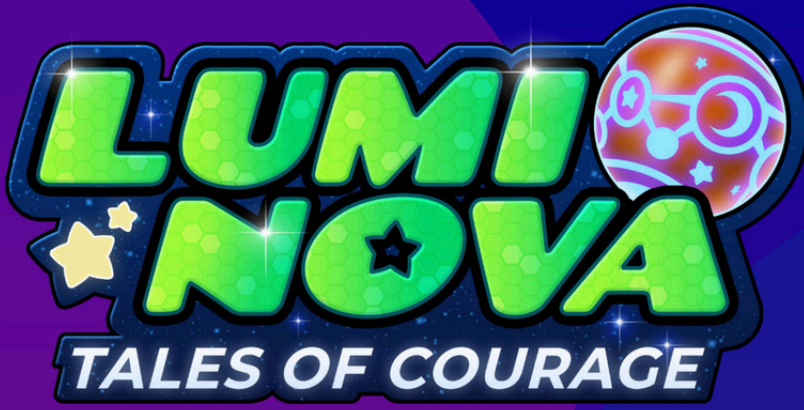
For more information or help on the Lumi Nova program, please contact us on:  
[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

To get instant access visit:

[luminova.app/gloucestershire](https://luminova.app/gloucestershire)







In partnership with



Gloucestershire

**Have you used Lumi Nova?  
We would like your feedback.**



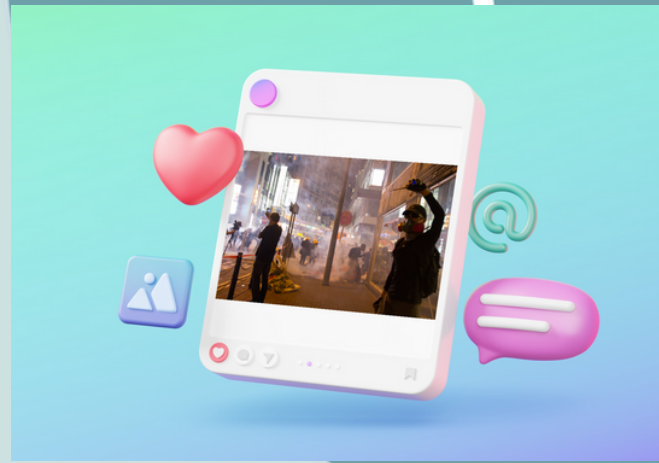
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[luminova.app](https://luminova.app)

# Learning and Teaching

## Discussing the riots and ensuring a safe environment for all students



Here are some collated resources for you to help discuss the recent disturbing riots with your students:

- The Educate Against Hate website has a dedicated resource page on [online misinformation and the UK riots](#). There are also lots of [free resources](#), to help teachers and school leaders teach students about extremism, conflict, spotting mis and disinformation, online safety, and our shared fundamental British values
- The Educate Against Hate website has a new blog from Joanna Fitsimmons, Liverpool Prevent Education Officer on her experiences of [supporting schools after the Southport attack](#) which you may find interesting
- [The BBC Bitesize 'Other Side of The Story'](#) has videos, articles and guides for you to use in your classroom to help students reflect on what they heard and saw online about the riots
- [The Education Hub blog](#) brings together support on how to speak to children and young people about violent disorder and the Southport attack.

Diversity Role Models are a dynamic charity whose vision is a world where everyone embraces diversity and can thrive. Their mission is to promote understanding and acceptance of individual differences and end LGBTQ+ bullying in schools. Check out their [website](#) for their great Upstander animations videos and resources for years 1 to 6



**NSPCC**  
**'Learning'**

NSPCC are able to offer 'Speak out, Stay safe', a school-led programme of interactive safeguarding assembly videos and supporting resources for free, on an annual basis. To sign up to use the programme resources visit their [website](#).



# RAIL SAFETY

Increasing incidents of trespass on the railway have led 'Learn Live' to promote their FREE 15 minute safety videos. Teachers can show in class and send to parents to watch at home.

Primary school KS1 version: <https://learnliveuk.com/ks1-primary-school-safety-talk/>

Primary school KS2 version: <https://learnliveuk.com/network-rail-primary-school-safety-talk>

Secondary school version: Age 11-16

<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

College & University version: Age 16 plus

<https://learnliveuk.com/network-rail-college-safety-talk-lnw>

You will need to register to be able to watch the free live streams

Selection of Free downloadable PSHE resources including a "Pancake positivity" activity to encourage 'positive self talk' and create a bank of positive phrases and affirmations for children to use in trickier times.

'The Exciting Teacher' also has a leaflet for parents and carers "5 Tips to Support Your Child to Feel Heard" which can be downloaded here.



# RAIL SAFETY

# Platform

Platform is an exciting, dynamic scheme offering rail education to schools on behalf of Severnside, Gloucestershire, TransWilts and Worcestershire Community Rail Partnerships.

It is run by qualified, experienced teachers with a current, working knowledge of classroom requirements, and intends to form a bridge between schools, curriculums, and the rail industry. Staff at Platform are passionate about connecting young people to their local railways and communities, and empowering them to make life choices that are healthy, sustainable, aspirational and ethical.

As part of their offer to schools, Platform provides:

- Free resources
- Free rail-familiarisation trips
- Free in-school workshops

[View Platform's promotional flyer.](#)

## **Contact details**

Email: [info@raileducation.org.uk](mailto:info@raileducation.org.uk)

Telephone: 07464 953914

Website: [platformrail.org](http://platformrail.org)

# Meet Gloucestershire Police's School Beat Team



**PC Laura Jones - Cheltenham**  
[laura.jones@gloucestershire.police.uk](mailto:laura.jones@gloucestershire.police.uk)



**PC Candice Palmer- Cheltenham,  
Gloucester**  
[candice.palmer@gloucestershire.police.uk](mailto:candice.palmer@gloucestershire.police.uk)



**PC Leah Davis – Cotswolds**  
[leah.davis@gloucestershire.police.uk](mailto:leah.davis@gloucestershire.police.uk)



**PC Kim Murphy – Gloucester**  
[kimberley.murphy@gloucestershire.police.uk](mailto:kimberley.murphy@gloucestershire.police.uk)



**PC Pete Curtis - Tewkesbury**  
[peter.curtis@gloucestershire.police.uk](mailto:peter.curtis@gloucestershire.police.uk)



**PC Hannah Coll - Stroud**  
[hannah.coll@gloucestershire.police.uk](mailto:hannah.coll@gloucestershire.police.uk)

The School Beat team are designated to certain areas across the county, covering the majority of both primary and secondary schools. The main aim is to build trusting relationships with students from Year 6 through to Year 9. They do this through many different roles including delivering training on Drugs Education, Bullying and more. To find out more please visit their page on the [GHLL website](#) and/or contact your School beat officer via the email address opposite.



Police Officer for  
Forest of Dean  
coming soon

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](mailto:simon.williams@gloucestershire.police.uk)



## City & Guilds assured gaming and gambling awareness and harm prevention workshop



Join the next Ygam free of charge training that will inform you about gambling and gambling harm, and help support you to start conversations and signpost for early intervention, with children and young people.



**24th October 2024**  
**3.30 - 5.30pm**

[Book Now](#)

## NSPCC Talk Relationships Gloucestershire Launch Meetings:



**Thurs 17th October/Thurs 21st November 3.45pm - Microsoft Teams**

[Book Now](#)

Talk Relationships is a free NSPCC programme supporting secondary schools to confidently deliver inclusive sex and relationships education. GHLL is co-hosting an online launch meeting with Lizzie Coburn, our Gloucestershire NSPCC Schools Coordinator. Lizzie will walk you through the programme with helpful advice about how to sign up and get the most out of this valuable resource. For a limited time, the teachers' and leaders' e-courses are being funded by the NSPCC, making the entire programme completely free to all schools. To book your place, click the link above to be directed to the GHLL booking form. For more information, contact [elizabeth.coburn@nspcc.org.uk](mailto:elizabeth.coburn@nspcc.org.uk)



# STREET

## GLOUCESTERSHIRE

### Supporting healthy teenage relationships

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‘STREET provides specialist support to young people affected by domestic and teenage relationship abuse. This service is open to young people aged 13 – 19 living or being educated in Gloucestershire. Support is provided for those who historically or currently are affected by abuse and also those who are displaying harmful behaviours towards their family members or partner. Those displaying harmful behaviours towards a family member, must have a history of witnessing domestic abuse.

Support available includes:

- Young Peoples Domestic Violence Advisor (YPVA): Provide one to one support to young people who are at higher risk of harm.
- Group Work – The Recovery Toolkit: 8 week trauma informed programme for those who have witnessed and experienced domestic and relationship abuse, focused on developing coping strategies and self-esteem, understanding healthy relationships and gender roles.
- Group Work – The Dating Detox: 11 week trauma informed programme for those who are displaying harmful behaviours, focused on exploring anger and developing new healthy coping strategies.
- One To One: For those who are unable to access group work.

For advice or a referral form, please email [STREETreferrals@victimsupport.org.uk](mailto:STREETreferrals@victimsupport.org.uk) or contact 01452 228802. Young people must consent to a referral being made and those under the age of 18 must have parental/carer consent.’

# STREET

## GLOUCESTERSHIRE

### Supporting healthy teenage relationships

Building Connections is a free NSPCC service for young people aged 10-19, empowering them to find a way through loneliness. A trained NSPCC befriender guides and champions the young person through online sessions over 11 weeks, giving them tools that can help them build their confidence and better equip them to manage loneliness. For more information and to make a referral, visit [www.nspcc.org.uk/buildingconnections](http://www.nspcc.org.uk/buildingconnections)



#### **Whole School and Family website section – NSPCC online safety info and links**

The NSPCC recognises that we all have a part to play in keeping children safe online. Our resources support parents, carers and professionals with online safety advice, and we're here for children – to protect them and help them recover from abuse. Click the links below to access the NSPCCs wealth of advice, toolkits and resources:

- [Online safety advice](#)
- [Our online safety work](#)
- [Inappropriate and sexual behaviour](#)
- [Worried about something online?](#)
- [Online safety guides for parents](#)
- [Resources for professionals](#)
- [Resources for children](#)
- [Resources for children with SEND](#)
- [Help us keep children safe online](#)

## Statutory RSHE Guidance - A Quick Reminder

After all the commotion and discussions, the consultation period for the updated draft of the statutory RSHE guidance concluded in July. At present, the Government has not provided any clear signals regarding its stance on the proposed changes in the draft or how it plans to incorporate the public's feedback from the consultation.

In short, nothing has really changed. The draft guidance has stirred some debate and uncertainty among schools, so it's essential to emphasise a few important points about the provision of statutory RHE at the primary level and statutory RSHE at the secondary level for the upcoming year.

- Do not alter your current practice or planned delivery based on the draft guidance from May 2024. The 2019 guidance, in effect since 2020, remains in place.
- Schools should continue following the current RSHE statutory guidance. Revisit it to refresh your knowledge; you can find it [here](#) if needed.
- Ensure your RSE policy (and related policies like RSHE or PSHE) is up to date and aligned with the current guidance. Updating it annually or at least every two years is best practice.



- Review your curriculum to make sure it meets statutory requirements and addresses the specific needs of your school community.
- Engage with parents! Use your website to clearly communicate your PSHE/RSHE provision, especially on RSE topics, and ensure your RSE policy is easily accessible. Organise regular parent engagement events if possible.
- Support teachers in delivering effective RSHE sessions. Offer training and make sure your subject leader can plan, monitor, and evaluate the subject thoroughly.
- Clearly link RSHE to safeguarding and other statutory duties, teaching students how to stay safe according to the latest KCSiE guidance.

## **New RSHE guidance:**

What it means for  
sex education lessons  
in schools



# Training Calendar: October - December



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

Courses	Dates & Location	Book
<b>Mental Health Youth First Aid Lite</b>	Fri 11th October, The Pavilion, Cheltenham  Tues 5th November, Maisemore Village Hall, Maisemore	<a href="#">Book</a>
<b>Mental Health First Aid Youth 2-Day</b>	Wed 27th / Thurs 28th November, Highnam Community Centre, Highnam	<a href="#">Book</a>
<b>Trusted Emotionally Available Adult (TEAA)</b>	Thurs 24th October, Colwell Arts Centre, Gloucester	<a href="#">Book</a>
<b>Primary Relationships (Sex) and Health Education</b>	Thurs 21st November, SkillZone, Gloucester	<a href="#">Book</a>
<b>Primary Resources Overview</b>	Thurs 21st November, SkillZone, Gloucester	<a href="#">Book</a>
<b>Implementing Effective PSHE</b>	Thurs 7th November, Virtual	<a href="#">Book</a>

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

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## Contact Details

We would love to hear from you!

Contact us by:



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



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