



# PSHE and Healthy Schools Training Dates Autumn Term 2024 and Updates

Please find enclosed information about:

- The PSHE network meetings for the 2024-2025 Academic Year
- PSHE specific training
- Healthy Schools training
- 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 and wellbeing leads, pastoral staff and SLT with effective learning opportunities to be up-to-date on effective practice to support PSHE 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](#) for further information about the support and bespoke training that can be provided by Clare Barrowman, Senior Health and Wellbeing Adviser for all schools.

## PSHE network meeting for primary, secondary and special schools

I am aware we have lots of new PSHE leads in schools so we thought we would provide further information on the networks and hopefully the benefits of attending the termly network meeting which ***remain free for all North Yorkshire and York schools (maintained, academy and private schools).***

The aim of the network meetings is to provide a focus on the PSHE curriculum, which is inclusive of the statutory Relationships, Sex & Health Education (RSHE) the safeguarding curriculum and personal development provision.

### The network supports PSHE subject leads to:

- **remain up-to-date on national and local aspects** in relation to PSHE, personal development and healthy schools programme and signposting to supporting resources.
- **implement and monitor an effective planned PSHE curriculum** which meets the statutory RSHE curriculum and a safeguarding curriculum.
- **opportunity to access input as part of the network meetings from experts** in their field to remain up to date with current effective practice and gain knowledge, understanding and practical insight from professionals e.g last academic year we have had sessions from money heroes, diversity role models, compass phoenix, picture news etc.
- **network with colleagues** from a range of schools to share good practice and discuss shared challenges.

### Outcomes

As a result of attending, delegates should be able to 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.

Feedback from colleagues who attend the network meetings:

- “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 relevant**, useful and enjoyable session - thank you”
- “Thank you, **really useful** and resources ready to use!”
- “Such a great opportunity to talk to other PSHE leads and share ideas”

## Primary PSHE and Wellbeing network meetings 2024-2025

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	
Autumn Term 2024	<p><b>Monday 11th November 2024</b> Course Code: SI-1124-T013 OR <b>Thursday 14th November 2024</b> Course Code: SI-1124-T014</p>
Spring Term 2025	<p><b>Monday 10th March 2025</b> Course Code: SI-0325-T011 OR <b>Thursday 13th March 2025</b> Course Code: SI-0325-T012</p>
Summer Term 2025	<p><b>Monday 23rd June 2025</b> Course Code: SI-0625-T009 OR <b>Thursday 26th June 2025</b> Course Code: SI-0625-T009</p>

## Secondary PSHE and Wellbeing Network Meeting 2024- 2025

Autumn Term 2024	<p><b>Thursday 17<sup>th</sup> October 2024</b> Course Code: SI-1024-T012 1-3:30pm online via TEAMS</p>
<p>Spring Term 2025</p> <ul style="list-style-type: none"> <li>Session provided by Everyone's Invited with updates about online misogyny, online influencers and sextortion alongside feedback from student experiences.</li> </ul>	<p><b>Tuesday 11<sup>th</sup> February 2025</b> Course code: SI-0225-T008 1-3:30pm online via TEAMS</p>
<p>Summer Term 2025</p> <p>This will be a face-to-face network meeting at Boroughbridge High School, Wetherby Rd, York YO51 9JX</p> <ul style="list-style-type: none"> <li>Local and national key updates</li> <li>Opportunity to network and share good practice</li> <li>Opportunity to share resources and approaches</li> </ul>	<p><b>Tuesday 24th June 2025</b> Course Code SI-0625-T012</p> <p>9:15-3:15pm Please bring your own lunch but refreshments will be provided</p>

## Special School PSHE and Wellbeing Network Meeting 2024


Autumn Term 2024	<b>Monday 21<sup>st</sup> October 2024</b> Course code: SI-1024-T013 1-3:30pm online Via TEAMS
Spring Term 2025 <ul style="list-style-type: none"> <li>Session provided by Everyone's Invited with updates about online misogyny, online influencers and sextortion alongside feedback from student experiences</li> </ul>	<b>Monday 17<sup>th</sup> March 2025</b> Course Code: SI-0325-T013 1-3:30pm online via TEAMS
Summer Term 2024	<b>Monday 30<sup>th</sup> June 2025</b> Course Code: SI-0625-T011 1-3:30pm online via TEAMS



**Training to support PSHE subject leads be an effective curriculum lead (cross -phase)**  
**Need to attend both sessions for the full training course**  
**Tuesday 15<sup>th</sup> October 2024 AND Thursday 7<sup>th</sup> November 2024**  
 Both online 1:30-3:30pm  
 Course code: SI-OM-1024-T001

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 for PSHE curriculum leads to effectively lead the discussion about the schools planned PSHE curriculum as part of the Professional Development focus

	<p><b>Teaching Puberty and Relationships education with Key Stage 2 pupils</b></p> <p>Both sessions will run online via TEAMS 3:45-5pm</p> <p><b>Thursday 6<sup>th</sup> March 2025</b> Course Code: SI-0325- T022</p> <p><b>OR</b></p> <p><b>Tuesday 20<sup>th</sup> May 2025</b> Course Code: SI- 0525-T003</p> <p>This course will enable staff in primary schools to teach the puberty and relationships and sex education learning outcomes effectively with Key Stage 2 pupils.</p>
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The Government have announced further funding for the **Period product scheme for schools and colleges 2024-2025**. Further information and which schools are eligible is available [here](#)



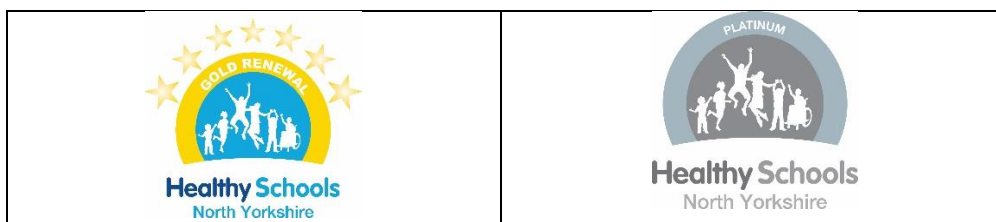
## The North Yorkshire & York Healthy Schools Programme

The North Yorkshire & York Healthy Schools Programme goes from strength to strength each academic year. 80% of schools in North Yorkshire have registered with the programme and 138 schools have achieved an award. We welcome York schools some of whom started the award at the end of the summer term. **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

Schools work towards Bronze; one theme, Silver; two themes plus staff wellbeing and Gold being the final two themes.



We now have the Gold Renewal award for any schools that achieved their Gold award over or within the last three years. Alongside this schools who have achieved the Gold award can work towards the Platinum Award where the school decides on their own health and wellbeing priority.

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.

**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-refresh of how to achieve an award. Schools can get in touch at any time to ask for support at [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

<b>Getting Started on the Healthy Schools Programme</b>	
All training runs online	
Tuesday 8th October 2024, 1:30 -3pm	Course Code: SI-1024-T011

Please book all training via <https://nyes.info/>

**Healthy Schools Website – Have you checked it out yet? The following pages are open access for any school in North Yorkshire & York and have been update over the summer holidays**

- 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.

*“Thank you so much for organising such a brilliant event! The children all really enjoyed it and we've got lots of ideas to enhance our wellbeing here in school.”*



*“Can I just say how amazing the feedback from the children and staff was, they thoroughly enjoyed every workshop and came back to school full of enthusiasm.”*

**Healthy Schools Autumn Pupil Event and Celebration Event Free for North Yorkshire & York primary schools**

**Monday 25<sup>th</sup> November 2024**  
**East Barnby Outdoor Education Centre,**  
East Barnby, Whitby, YO21 3SA  
**10am-2pm**

We're inviting you to come along and bring a group of pupils – numbers to suit you. In the past some schools have just brought a few pupils and others have brought a whole class or school council. It may work well for your Wellbeing Warriors or Eco Champions too.

Places are limited to 75 pupils so please book asap if you would like to attend (due to previous experience we do recommend you secure transport before booking onto this event.)

There will be a range of interactive workshops for pupils to participate in alongside presenting certificates for schools that have recently achieved a Healthy Schools Award.

Workshops will include Being Active, Wellbeing Warriors, Healthy Eating and Learning Outdoors.

Please book [via NYES Info](#) using course code: SI-1124-T012. Please state clearly in the notes section how many pupils and staff you will be bringing and what year groups. This really helps with workshop planning.



**Primary school food & healthy eating Information Session - Free to all North Yorkshire and York schools**  
**24<sup>th</sup> October 2024**  
**1-2:30pm online via TEAMS**

An opportunity to hear from council teams supporting around food in schools. Hear about good practice examples from other schools. Refresh your knowledge of the national School Food Standards. Learn more about resources available to increase healthy eating in your school:

- Find out more about the free school meals opt out project
- Explore resources and support around school food
- Find out more about national school food standards
- Hear about breakfast club schemes and best practice examples
- Learn more about the 'Healthy Schools Food in Schools' theme

Suitable for bursars, headteachers, governors and teachers with a responsibility for school food.

Course Code: SI-1024-T014 Please book all training via <https://nyes.info/>

### Outdoor learning training & free trees

Please find below some links to Beach School and Forest Schools training run by our Outdoor Education centre at East Barnby, near Whitby in October:



Beach schools: [Beach Schools Training | NYES Info](#)

Forest Schools: [Forest School Leader Training \(5 Day\) | NYES Info](#)

**FREE TREES and hedging plants** (great for wilding around your play areas) are available via the Woodland Trust, sign up now for delivery in March 2025 (NB packs do run out so sign up asap):

[Free Trees for Schools and Communities - Woodland Trust](#)

### Being Active

	<p>North Yorkshire Sport are keen to run the Level 5 Certificate in Primary School Physical Education Specialism in 2024 -25 but are keen to understand schools interest before setting dates. Please record your schools expression of interest <a href="#">here</a></p>
	<p>The Daily Mile have produced some back-to- school resources which are available <a href="#">here</a></p>



## Supporting Information following events over the summer

Whilst PSHE education should follow a planned programme, we recognise that PSHE and Citizenship provide space and opportunity for timely support for children and young people when difficult and upsetting things happen in our world.

Pupils may have recently seen news items / social media about the recent disorder, including violent attacks on police colleagues and arson attacks on hotels that host asylum seekers. The BBC reports that the violent disorder in towns and cities is in part due to false claims on social media.

The following information, advice and resources may help professionals manage conversations with children and young people about these events and also increase digital literacy to help children and young people identify misinformation and fake news:

- The importance of establishing a safe learning environment from the [PSHE association](#) alongside '[Safe classroom](#)' and '[effective teaching](#)' [interactive posters](#)
- [Educate against Hate](#) Government advice and trusted resources to help safeguard students from radicalisation, build resilience to all types of extremism and to promote British Values . **They have put specific information and support together focused on the events over the summer which is accessible [here](#)**
- [Newswise for 7-11 year olds \(NewsWise | The Guardian Foundation\)](#) NewsWise aims to empower children with the skills and knowledge to engage with and enjoy news, to feel confident to ask questions and to challenge misinformation, and to have their own values and opinions. This includes a lesson on managing feelings about the news and identifying the difference between fact and opinion. The resource is suitable for upper primary and lower secondary pupils.
- [Primary and Secondary Find the Fake](#) (Find the fake quiz - Internet Matters)
- Secondary school - [Going Too Far?](#) is an interactive classroom resource developed by the Department for Education and London Grid for Learning, which aims to help students understand extremism and how certain online behaviour may be illegal or dangerous. The resource for secondary school pupils aims to promote critical thinking and build resilience.
- [Reliability Online](#): An interactive resource from Childnet co-produced with their Youth Advisory Board to help young people aged 13-16 decide what they can trust when they are online

Some suggested books for primary schools

- The perfect fit by Naomi Jones and James Jones
- I am Nefertiti by AnneMarie Anang and Natelle Quek
- My shadow is pink by Scott Stuart
- The Boy at the Back of the Class by Onjali Rauf



## Journey into the outdoors with free primary and secondary school workshops at RHS Garden Harlow Carr

Start the new school year building new connections to nature through discovery and learning. You can empower your students to learn vital skills needed to create new wildlife habitats and improve their physical and mental wellbeing. Bring your students to RHS Garden Harlow Carr for an **inspirational free new workshop** linked to the National Education Nature Park programme.



This DfE funded programme aims to embed nature-based learning in the curriculum and encourage children and young people, all over the country, to take action to improve their own school site for people and wildlife. By taking part in the nature park, young people will lead the way following a five-step cycle which can be built upon year-by-year. Whether your school is already part-way through that journey or if you're just considering signing up, this free workshop will provide you with the inspiration, support and guidance you need.

Other great workshops for the months ahead are:

### Primary

- Signs of the Season
- Fantastic Food

### Secondary

- Blooming Botanists
- Planting for the Planet – Soil health

As well as our workshops, the Garden and Bramhall Learning Centre are available to use for self-guided activities.

Visit our [website](#) to find out about how to book your free educational visit.

Contact us on 01423 724646 or by email: [schoolsharlowcarr@rhs.org.uk](mailto:schoolsharlowcarr@rhs.org.uk)



## Further updates and training opportunities

There are a wide range of awareness days and weeks Below are some that are coming up soon but more can be found [here](#)

### [World Mental Health Day](#)

10<sup>th</sup> October 2024

The North Yorkshire [Go-To-Website for Healthy Minds](#) has a range of supporting resources to promote mental wellbeing.

### [Anti-Bullying Week](#) 11<sup>th</sup> to 15<sup>th</sup> November 2024



There is a FREE seminar to support schools get ready for Anti-Bullying week. Need to pre-register [here](#)

Get Ready For Anti-Bullying Week School Event - Thursday 10<sup>th</sup> October 2024, 4-5pm

### [Talk Money Week](#) 4<sup>th</sup> – 8<sup>th</sup> November 2024

For primary schools a great time to utilise the [Money Hero resources](#) who delivered an informative and useful workshop at the last primary PSHE network meeting and signposted to a range of free resources to support primary schools effectively teach about money. This includes a range of story books to support pupils learning and discussing money from Early years upward.

### [Road Safety Week](#) 17<sup>th</sup>- 23<sup>rd</sup> November

Take part in Road Safety Week 2024

Find out what's happening and how you can get involved

[Sign up here](#)

After the **crash** Road Safety Week  
Every road victim counts

17-23 November 2024

#RoadSafetyWeek

We would really recommend all schools signing up to [Modeshift Stars](#) to support schools consider safe travel to and from school (this is free information and support).

Further resources and support around road safety can be accessed [here](#) via the Healthy Schools Website

[Black History Month October 2024](#)






SWGfL has released a new topic hub providing advice and support about synthetic media, as the prevalence of synthetic, AI-generated content, commonly referred to as 'deepfakes,' continues to grow. [The Synthetic Media Hub](#) provides important tools and information for anyone who wants to learn more about different forms of synthetic media, the technology behind it, and the support available for anyone affected by harmful or sexual synthetic content



[A range of training](#) to support professionals who work in North Yorkshire & York around domestic abuse



Compass Phoenix continue to offer a range of [support to schools around supporting pupils' emotional wellbeing](#). This includes a free and confidential consultation phone line alongside a [comprehensive training plan](#) which is free for North Yorkshire schools. This includes setting up pupil wellbeing champions in both primary and secondary schools.

<p>Be Aware</p>  	<p>Be Aware, an online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle child exploitation. A wide range of downloadable resources are available.</p>
 <p><a href="https://pshe-association.org.uk/">https://pshe-association.org.uk/</a></p>	<p><a href="#">The PSHE association</a> provides a wealth of guidance and resources for schools in PSHE. They have increased the number of lesson plans available that cover a wide range of PSHE topics some are accessible only as a member but some are freely accessible.</p>

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.