

## PSHE (RSHE), Health and Wellbeing and Healthy Schools Training opportunities for Spring Term 2021

**All training this term will be online**

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <http://www.nyestraining.co.uk/> If you are a school or educational setting your school will have been issued with a username and password, which will enable your school to log in and apply for training. 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) There is a cost to attend some training and network meetings.

**Any questions around PSHE and Health and Wellbeing or you would like specific support / training for your school please contact:**

**Clare Barrowman, Health and Wellbeing Adviser at**  
[clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk) or 07969 103741

### PSHE and Health and Wellbeing Network meetings for all schools

A learning opportunity for PSHE leads to support the implementation of the statutory relationships and sex education and health education as part of the wider PSHE programme. To gain knowledge, understanding and practical insight from professionals and schools, to enhance effective planned PSHE provision and develop a community of good practice.

<p><b>Primary PSHE and Health and Wellbeing Network meeting</b></p> <p>Free for schools with an SLA with Education and Skills</p>	<p>These sessions will all be the same so you only need to attend once</p> <p>1:00pm – 3:30pm</p> <p>Monday 15<sup>th</sup> March 2021</p> <p>Course code: SI-0321-T042</p> <p>Wednesday 17<sup>th</sup> March 2021</p> <p>Course code: SI-0321-T043</p>
<p><b>Secondary PSHE and Health and Wellbeing Network meeting</b></p> <p>One place free for North Yorkshire secondary schools</p>	<p>Wednesday 24<sup>th</sup> March 2021</p> <p>1:00- 3:30pm</p> <p>Course code: SI-0321-T045</p>
<p><b>Special school PSHE and Health and Wellbeing Network Meeting</b></p> <p>One place free for North Yorkshire special schools</p>	<p>Monday 22<sup>nd</sup> March 2021</p> <p>1:00pm- 3:30pm</p> <p>Course Code SI-0321-T044</p>

## Training to support the implementation of statutory Relationships and Sex and Health Education

Individual sessions can be run for whole staff teams / cluster of schools please do contact Clare Barrowman to discuss these options further, [clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk)

<p><b>A briefing to support schools effectively implement the statutory relationships, sex and health education (RSHE) curriculum (cross-phase)</b></p> <p>This briefing will provide an overview of what schools are expected to implement and have in place to meet the statutory RSHE curriculum this academic year and signpost to range of supporting resources and materials.</p>	<p>Thursday 21<sup>st</sup> January 2021</p> <p>1:30-3:30pm</p> <p>Course code: SI-0121-T022</p>
<p><b>Implementing an effective statutory relationships and sex education <u>policy</u> (cross phase training)</b></p> <p>The course will provide clear information and guidance on implementing an effective relationships and sex education policy personalised to the needs of the school based on the governments guidance and best practice, including effective consultation with parents and carers</p>	<p>This is the same training session running twice- you only need to attend once. Both sessions run from 1:30-3:30pm</p> <p>Thursday 11<sup>th</sup> February 2021</p> <p>Course Code: SI-0221-T038</p> <p>Wednesday 3<sup>rd</sup> March 2021</p> <p>Course Code: SI-0321-T040</p>
<p><b>Effectively implementing the statutory relationships and sex education <u>curriculum</u> for primary schools</b></p> <p>The course will provide clear information and signpost to a range of resources to cover the statutory learning outcomes for relationships and sex education (RSE) in a primary school and explore how they can be covered across all the year groups to meet the schools safeguarding responsibilities, inclusive RSE and delivering the learning on puberty and sex education</p>	<p>The participate needs to attend <b>both sessions</b> for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Monday 1<sup>st</sup> February 2021 and</p> <p>Tuesday 2<sup>nd</sup> February 2021</p> <p>Course code: SI-0221-T021</p>
<p><b>Effective assessment, monitoring and evidencing the planned PSHE curriculum for primary schools</b></p> <p>The training will cover:</p> <ul style="list-style-type: none"> <li>• The statutory learning outcomes for relationships, sex and health education (RSHE) and the expected educational outcomes</li> <li>• Effective ways to assess, monitor and evaluate</li> <li>• Share example of good practice from schools</li> <li>• Share information on schools experience of Ofsted Deep Dives in PSHE</li> </ul>	<p>Tuesday 26<sup>th</sup> January 2021</p> <p>1:30-3:30pm</p> <p>Course code: SI-0121-T025</p>

<p><b>Being an effective PSHE curriculum lead in a primary school</b></p> <p>This course aims to support PSHE curriculum leaders in primary schools with planning and delivering high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum and monitoring of the curriculum</p>	<p>The participate needs to attend <b>both sessions</b> for the full course</p> <p>Both sessions are 1:30-3:30pm</p> <p>Monday 1<sup>st</sup> March 2021 and</p> <p>Tuesday 9<sup>th</sup> March 2021</p> <p>Course code: SI-0321-T041</p>
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<p><b>Building Resilience Around Gaming and Gambling for primary and secondary schools – free training for primary and secondary schools</b></p> <p>Training provided by YGAM a UK charity offering FREE online training to equip professionals with the knowledge and resources to inform, educate and safeguard the young people you work with about gaming and gambling (this is becoming increasingly common within games and starting to impact on an increasing number of children and young people).</p> <p>The Growing up in North Yorkshire survey has asked pupils questions about gambling so we can start to monitor an emerging issues in North Yorkshire.</p> <p>The aims of the 90-minute interactive session are to:</p> <ul style="list-style-type: none"> <li>• Increase your knowledge and understanding of gaming and gambling-related harm in the UK</li> <li>• Support you with information on how to spot the signs of gaming and gambling-related harm</li> </ul>	<p>A range of online training sessions are available to book on for free</p> <p><a href="https://www.ygam.org/book-a-workshop/">https://www.ygam.org/book-a-workshop/</a></p> <p>Attendance at the session then allows the school to access a digital copy of the, 'In The Know Booklet' with a range of activities, and information about the short follow up session which provides complete access to our full range of resources to cover education and settings.</p> <p>The resources are written by qualified teachers and cover KS2 – KS5 with full SoW, lesson plans and resources for each year group.</p>
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**The Dfe are providing a range of free support for schools to implement the statutory Relationships and Sex Education and Health Education curriculum.**

The DfE has commissioned “train the trainer” programmes, delivered by selected lead teaching schools, to provide free RSHE training and support for state-funded schools. Participating schools will be expected to cascade the training within their own schools or wider teaching school alliances. In the current circumstances, the lead teaching schools have been developing digital delivery approaches to their training, although they may choose to offer face-to-face training if it becomes feasible to do so at a later stage, or to adopt a blended approach.

Click [here](#) for more information on the training that Primary schools in North Yorkshire can access until March 2021

Click [here](#) for more information on the training that Secondary schools in North Yorkshire can access until March 2021

The Dfe have developed a range of [staff training powerpoints](#) that schools can access to support the delivery of staff training to support the implementation of the statutory relationships, sex and health education curriculum .



**North Yorkshire Healthy Schools award is free to access for North Yorkshire schools.** It enables schools to work towards achieving a Bronze, Silver and Gold award based on implementing the evidence based criteria for the following themes:

- Personal, Social, Health Education (PSHE) including the statutory relationships, sex and health education curriculum
- Emotional Health and Wellbeing
- Active Lives
- Food in Schools
- Staff wellbeing (for a submission at Silver and Gold)

Over 200 schools in North Yorkshire have signed up for the award to enable them to gain the recognition for their whole school approach to health and wellbeing.

Please log on to <http://healthyschoolsnorthyorks.org/> for more information or email [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk) and please access the training we are providing set out below.

<p><b>Getting started on the North Yorkshire Healthy schools award</b></p> <p>The course will provide schools with information to enable them to effectively get started on the North Yorkshire Healthy schools award which uses an evidence based approach to support schools evidence their practice in the four areas of Active Lifestyles, Food in Schools, Emotional Health and Wellbeing and PSHE and work towards the Bronze, Silver and Gold awards</p> <p>Free training for North Yorkshire schools to attend</p>	<p>Monday 8<sup>th</sup> March 2021</p> <p>1:30-2:30pm</p> <p>Course code: SI-0321- T014</p>
<p><b>Getting ready to submit for a Healthy Schools award</b></p> <p>The course will provide schools with information to enable them to effectively submit for a North Yorkshire Healthy schools award covering an effective action plan, pupil voice evidence and supporting evidence- This course is aimed at staff who have already attended the getting started training (progressed with the award) and are now ready to submit for an award.</p> <p>Free training for North Yorkshire schools to attend</p>	<p>Thursday 4<sup>th</sup> March 2021</p> <p>1:30-3pm</p> <p>Course code: SI-0321-T013</p>
<p><b>Healthy Schools - Training to support schools who have already achieved their Bronze Healthy Schools award to move on to achieve their Silver level award.</b></p> <p>Free training for North Yorkshire schools to attend</p>	<p>Monday 8<sup>th</sup> February 2021</p> <p>1:30-3:30pm</p> <p>Course Code SI-0221-T043</p>

<p><b>Healthy schools - Training to support schools who have already achieved their Silver Healthy Schools award to move on to achieve their Gold level award.</b></p> <p>Free training for North Yorkshire schools to attend</p>	<p>Wednesday 10<sup>th</sup> February 2021</p> <p>1:30-3:30pm</p> <p>Course Code SI-0221-T044</p>
<p><b>Healthy schools – focus on the active lives theme</b></p> <p>This session will be delivered with along with our project partners from North Yorkshire Sport, to offer support and best practice guidance around this theme.</p> <p>Free training for North Yorkshire schools to attend</p>	<p>Tuesday 19<sup>th</sup> January 2021</p> <p>1:30-3:30pm</p> <p>Course code SI-0121-T032</p>
<p><b>Healthy schools – focus on food in schools theme</b></p> <p>Please note this course is repeated from a session run in the Autumn term 2019. It will be delivered along with our project partners from NYCC Catering School Meals to support work on this theme including developing a whole school food policy.</p> <p>Free training for North Yorkshire schools to attend</p>	<p>Wednesday 3<sup>rd</sup> February 2021</p> <p>1:30-3:30pm</p> <p>Course code SI-0221-T026</p>
<p align="center"><b>Compass BUZZ training to support emotional and mental wellbeing. Free training for all North Yorkshire schools</b></p>	
<div data-bbox="687 1104 911 1211" data-label="Image"> </div> <p><b>Compass Buzz</b> provide a wealth of free online mental health and wellbeing training for North Yorkshire schools and a range of supporting information and support. Please contact your school's wellbeing worker for more information or for further information please <a href="#">access their website</a></p>	
<div data-bbox="687 1370 911 1478" data-label="Image"> </div> <p><a href="#">North Yorkshire sport</a> have a range of supporting information and provide a range of online CPD opportunities for schools</p>	
<p><b>Early Help</b> are providing a range of online training for professionals who work with children and young people. There full training calendar can be accessed <a href="#">here</a></p> <p>Training includes (along with other aspects):</p> <ul style="list-style-type: none"> <li>• Early Help Overview and Early Help Assessment</li> <li>• Adverse Childhood Experience (ACEs)</li> <li>• School Anxiety and Refusal</li> <li>• Having Difficult Conversations with Parents</li> <li>• Contextual Safeguarding</li> <li>• Strength in Relationships Practice Mode</li> </ul>	



## Yorkshire Dales National Park Education Offer to schools in North Yorkshire

The Education & Engagement Team at the Yorkshire Dales National Park have published their first e-newsletter, which describes what local schools have been getting up to in recent months and the education offering to schools for 2021. This is for primary, secondary and special schools within and beyond the Yorkshire Dales National Park.

Newsletter is here: <https://mailchi.mp/d5ba67470db7/education-engagement-newsletter>

If you would like to sign up to receive future editions...go here: <http://eepurl.com/hk0QIT>

**Yorkshire Dales National Park are providing 1 hour zoom session for staff in schools on how they can support your teaching and your pupils' learning.** The sessions will be particularly valuable to geography, science, citizenship and history subject leaders. *This will include information on how schools can access the transport fund to enable schools to visit the Yorkshire Dales (limited funds are available).*

### **Tuesday January 19<sup>th</sup> 2021 4-5pm for primary schools**

Click on the link to book now and reserve your place

<https://www.eventbrite.co.uk/e/ydnpa-primary-education-zoom-network-meeting-tickets-131341673481>

### **Wednesday January 20<sup>th</sup> 2021 4-5pm for secondary schools**

Click on the link to book now and reserve your place

<https://www.eventbrite.co.uk/e/ydnpa-secondary-education-zoom-network-meeting-tickets-131347559085>

**Special schools please choose which you think would be the most appropriate session for your school** or contact Rebecca Swift, Education Officer, [Rebecca.Swift@yorkshiredales.org.uk](mailto:Rebecca.Swift@yorkshiredales.org.uk)