



PSHE and Healthy Schools Training Dates 2024 and Updates

Please find enclosed information about:

- The PSHE network meetings for 2024
- Healthy Schools training
- PSHE specific 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) <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

If you have any questions or would like to discuss any aspects please contact: Clare Barrowman, Senior Health and Wellbeing Adviser, School Improvement Clare.barrowman@northyorks.gov.uk or for the Healthy Schools Programme please email healthyschools@northyorks.gov.uk

PSHE Personal Development Workshop for Primary Schools (FREE)

7th February 2024 1-3pm (online session)

Course code: SI-0224-T014

This event will provide:

- an update on the current requirements for Personal Development
- clarification of how PSHE helps evidence Personal Development
- an opportunity for schools to hear from guest speakers and ask questions

Guest speakers:

Roary Pownell, PSHE Specialist

Roary Pownell became one of His Majesty's Inspectors of Schools in 2016 and retired at the end of May 2023. As part of the Curriculum Unit, he was Ofsted's subject lead for Personal, Social, Health and Economic Education (PSHE), Relationships, Sex, and Health Education (RSHE) and for Citizenship. He is a passionate advocate for personal development and has especial interest in the development of pupils' character.

Hayley Sherwood, CEO 1decision

Hayley Sherwood has over twelve years of experience in the PSHE field with a long history of supporting primary schools to reach 'Good' and 'Outstanding' for Personal Development. She has successfully produced an award-winning series of books and resources for Early Years and a whole-school primary PSHE programme, which has held the PSHE Association quality-assured kitemark for over a decade.

PSHE and Health and Wellbeing Network meetings for all schools

- A learning opportunity for PSHE leads to support the implementation and enhancement of an effective PSHE curriculum within the wider personal development work
- To gain knowledge, understanding and practical insight from professionals and schools alongside local and national updates
- There is one free place for North Yorkshire & York schools on these network meetings (this includes academies and independent schools)

Primary PSHE and Wellbeing network meetings 2023-2024

Each session will be the same, so you only need to attend one per term. All sessions will run online: 1:00pm – 3:30pm	
Spring Term 2024 Diversity Role Models will be providing a session about protected characteristics (with a focus on LGBT) and providing a wealth of supporting resources and access to further training	Monday 11th March 2024, Course Code: SI-0324-T004 Thursday 14th March 2024, Course Code: SI-0324-T005
Summer Term 2024	Monday 24th June 2024, Course Code: SI-0624-T006 Thursday 27th June 2024, Course Code: SI-0624-T008

Secondary PSHE and Wellbeing Network Meeting 2023-2024

Spring Term 2024 Online 1-3:30pm	Wednesday 20th March 2024 Course Code: SI-0324-T009
Summer Term 2024 This will be a face to face, full day network meeting at Risedale School	Tuesday 2nd July 2024 Course Code SI-0724-T001

Special School PSHE and Wellbeing Network Meeting 2023-2024

Spring Term 2024 Online 1-3:30pm Diversity Role Models will be providing a session about protected characteristics (with a focus on LGBT) and providing a wealth of supporting resources and access to further training	Monday 18th March 2024 Course Code: SI-0324-T008
Summer Term 2024 Online 1-3:30pm	Monday 17th June 2024 Course Code: SI-0624-T004

“Thank you so much, that has been so useful and reassuring”

“Thank you, lots of invaluable information”



Training to support PSHE subject leads be an effective curriculum lead (cross -phase)

Need to attend both sessions for the full training course

Tuesday 11th June 2024 AND Wednesday 3rd July 2024

Both online 1:30-3:30pm

Course code: SI-0624-T013 (there is a cost for this course)

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.



Teaching Puberty and Relationships education

with Key Stage 2 pupils

Monday 20th May 2024

Online 3:45-5pm

Course Code: SI-0524-T004

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. (There is a cost for this training)



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 120 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**

Recent evaluation of the programme with schools showed:

- 98% of schools were either very satisfied or satisfied with the Healthy Schools Programme “We enjoyed engaging with the programme - it helped us to look at the gaps in our approach to health and wellbeing and celebrate our achievements”

We would like all North Yorkshire & York schools to engage in the programme and achieve the recognition for the good work schools are doing in relation to the themes for the award:

- Active Lives
- Food in Schools
- PSHE
- Emotional Health and Wellbeing
- Staff Wellbeing

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 some ‘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-fresh of how to achieve an award. Schools can get in touch at any time to ask for support at healthyschools@northyorks.gov.uk

Getting Started on the Healthy Schools Programme	
All training runs online	
Thursday 13th June 2024, 1:30 -3pm	Course Code: SI-0624-T023

Online Healthy Schools Network meeting- sharing good practice

Thursday 11th April 2024

1:30-3pm

Course Code: SI-0424-T016

Schools are always asking ‘what is working in other schools?’. This is an opportunity to come along and learn what other schools have implemented around health and wellbeing with a focus on the four themes of the Healthy Schools Award along with staff wellbeing.

- Opportunity for schools to learn about different schools practice and approaches in relation to the four themes of the North Yorkshire & York Healthy Schools Award
- Opportunity for schools to learn how schools are implementing effective pupil voice and support through aspects such as pupil wellbeing champions, student council etc
- Refresh of criteria and requirements around applying for a Healthy Schools award
- Opportunity to share good practice and discuss what support and further information is needed around health and wellbeing

Free to all North Yorkshire & York schools Please book all training via

<http://www.nyestraining.co.uk/>



Growing & outdoor learning training

Thursday 21st March; Ripon Walled Garden; with Grow 2 School and the Healthy Schools team.

FREE to schools and providers signed up to Healthy Schools & Healthy Early Years

Explore ideas and resources for teaching growing & outdoor learning. Find out what's good to plant for a successful harvest. Discover funding opportunities to help get you growing. Discuss ways to work outside safely and confidently in your own setting's grounds to grow and play outdoors. Hot drinks provided.

- **AM session: for Early years/EYFS and nursery schools** along with a free resource pack to take away 9.30am-12.00 Course Code: SI-0324-T032
- **PM session: for primary and special schools** 1-3.30pm Course Code: SI-0324-T003

Please book all training via <http://www.nyestraining.co.uk/>



Healthy Schools Pupil Events - Dates for the Diary with more information and booking information coming soon

- **Tuesday 5th March 2024** an online pupil event from 1-3pm for pupils in key stage 2 to engage in a range of online workshops to support all the themes of the North Yorkshire Healthy Schools Award
- **Wednesday 19th June 2024** Healthy Schools Pupils Celebration Event at Harlow Carr, Harrogate from 10-2pm



[Healthy Schools Website](#) – Have you checked it out yet? The following pages are open access for any school in North Yorkshire & York

- 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
- **PARENT PAGES** signpost to a range of supporting information to support parents e.g. the healthy pack lunch leaflet



It's time to get growing with free primary and secondary school workshops at RHS Garden Harlow Carr

As the light levels increase and new shoots begin to emerge from the ground, this is the perfect time to plan your free school visit to RHS Garden Harlow Carr.

There's lots of exciting and diverse habitats your students can discover that will help bring the curriculum to life, shake off the winter blues and add a spring to their step. For example, there's the wonderful alpine house where plants representing biomes from around the world show off their adaptations. Or there's the woodland where students can get their hands dirty investigating the soil at their feet or have hands on exploration of the trees themselves.

Great workshops for the months ahead are:

Primary

- Signs of the Season
- Woodland Explorers

Secondary

- Planting for the Planet – Soil health
- Inspirational Nature



And this summer term for a limited time only, there's a fantastic new workshop coming to RHS Garden Harlow Carr: Giving primary children the chance to get amazing close up 3-D views of flower pollen and their pollinators. Teachers can bring their Key Stage 1 and Key Stage 2 classes to differentiated sessions which offer role play and stimulating hands-on activities so students can have fun learning how important insects are for plants to reproduce.

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
schoolsharlowcarr@rhs.org.uk

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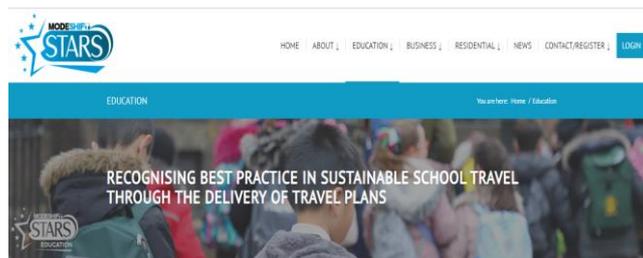
by email:



North Yorkshire Sustainable Travel Team

The sustainable travel team primary aim is to encourage and support schools to travel in a more sustainable manner (through walking, cycling or using public transport more).

- Modeshift Stars – This is a DFT approved site and all schools are encouraged to register with this site. Schools can work on the active travel initiatives and then can gain accreditation which can be used on all the schools promotion, marketing, Ofsted etc. This is free for all schools in the Country. <https://modeshiftstars.org/education>
- The Active Travel Ambassador (ATA) programme provided by Modeshift Stars supports secondary school pupils with the confidence and skills to address transport issues affecting their school community. With support from an ATA Coordinator and school staff, ATA teams research and develop behaviour change campaigns, focusing on active travel and road safety.



- Sustainable Travel Officer (STO's) can support with events such as 'walk to school' 'cycle to school' active travel events or anything else that encourages pupils and staff to 'move more'.
- STOs can provide Y6 transition assemblies, preparing Y6 students for Y7 through information on route planning, local and school transport options, keeping safe and anything else they need to know (instead of going in the family car).
- Spike the Road Safety hedgehog – 'Spike' is used for lots of promotional events for youngers pupils including meet and greet at the school gates (Spike giving out promotional items to those who walk, cycle, scoot to school).



- Parking buddies – STO's regularly 'loan out' parking buddies that can be used for outside schools to reduce the amount of parked cars used. These are used on a loan basis and most schools invest in their own following out 6 week loan period due to their success.

All of the above services are free of charge for North Yorkshire schools, please contact Chrystal.staveley@northyorks.gov.uk



Resources and support to teach about Oral Health in Primary Schools

- Harrogate and District NHS Foundation Trust Oral Health Team [Oral Health Promotion Team - Harrogate and District NHS Foundation Trust \(hdft.nhs.uk\)](https://hdft.nhs.uk)
- Public Health England, Supervised Toothbrushing Programme Toolkit [PHE standard publication template \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- NHS sugar calculator [Sugar calculator - Food facts - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- The Oral Health Foundation Dental Buddy [Dental Buddy -- Oral Health Foundation \(dentalhealth.org\)](https://dentalhealth.org)
- The Oral Health Foundation puzzles and game [Puzzles & games | Oral Health Foundation \(dentalhealth.org\)](https://dentalhealth.org)
- The British Society of Paediatric Dentistry [British Society of Paediatric Dentistry \(BSPD\) > Patients > PatientInfo](https://www.bsdpd.com)
- Change4life Sugar swaps activity cards [Sugar Swaps activity cards | PHE School Zone](https://www.change4life.org)
- Change4life Food detectives KS1 [Food Detectives KS1 toolkit | PHE School Zone](https://www.change4life.org)
- KS2 [Food Detectives KS2 toolkit | PHE School Zone](https://www.change4life.org)
- Sheffield's Sweet Enough [Sheffield's Sweet Enough | Downloads \(sheffielddissweetenough.org\)](https://www.sheffielddissweetenough.org)
- If your school is a member the PSHE association also has [lessons on dental health](https://www.pshe.org)

Further updates and training opportunities



SAVE the DATE
Safer Internet Day
2024 | Tuesday
6 February
www.saferinternetday.org
European Commission | INHOPE | insafe

Tuesday 6th February 2024

Safer Internet Day

Together for a Better Internet

A range of supporting information and resources are available

<https://www.saferinternetday.org/home>



Childrens Mental Health Week

5-11th February 2024

My Voice Matters

A range of supporting information and resources are available at <https://www.childrensmentalhealthweek.org.uk/>

LGBT History Month

February 2024

Medicine – #UnderTheScope



The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

A range of supporting information and resources are available at <https://lgbtplushistorymonth.co.uk/lgbt-history-month-2024/>

BEAT the eating disorder charity have SPOT training for professionals who work with children and young people. **This online training is free for North Yorkshire secondary schools/ PRUS until March 2024** so please do make the most of the training for all staff in your school. More information can be accessed here https://beat.contentfiles.net/media/documents/SPOT_leaflet_RGB.pdf

Vaping resources from Public Health England have been released for key stage three pupils <https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview>



Vaping resources for pupils from Key stage 1 up to Key stage 4 have been released by Votes for schools <https://www.votesforschools.com/teacher-toolkit/pshe-rse/vaping-lessons/>



Diversity Role Models have a range of supporting resources for schools to access to support inclusive teaching of the protected characteristics. They have a range of funded training and workshops available for primary and secondary schools as well as links to a wide range of teaching resources <https://www.diversityrolemodels.org/education-services>



A range of training to support professionals who work in North Yorkshire & York around domestic abuse

<https://courses.idas.org.uk/north-yorkshire-and-city-of-york-training/>

 <p>https://www.compass-uk.org/compass-phoenix-training-webinars/</p>	<p>Compass Phoenix continue to offer a range of support to schools around supporting pupils' emotional wellbeing. This includes 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>
 <p>https://pshe-association.org.uk/</p>	<p>The PSHE association provides a wealth of guidance and resources for schools in PSHE. They have increased the number of lessons 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

- Staff PSHE and Relationships and Sex Education training
- PSHE review for your school in partnership with the schools PSHE curriculum lead

If you have any questions or would like to discuss the Healthy Schools Programme please email healthyschools@northyorks.gov.uk

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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