

# PSHE (RSHE), Wellbeing and Healthy Schools Training Dates Spring Term 2022

**Training and Network dates to support schools meet their PSHE (RSHE statutory) requirements, support the well-being of the whole school community and achieve the North Yorkshire Healthy Schools Award**

**If you have any questions or would like to discuss any bespoke training / support, support for your PSHE lead or a PSHE (RSHE) review for your school please get in touch with Clare Barrowman, Senior Health and Wellbeing Adviser, School Improvement**

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- Training and Network dates
- North Yorkshire Healthy Schools Award – update on the increasing resource and training section on the website
- Signposting to online safety information for parents/carers
- Awareness days in February 2022 (further awareness days may be available to support)

## Online training available this term

These training sessions provide PSHE and wellbeing leads, pastoral staff and SLT teams with effective learning opportunities to be up-to-date on effective practice to support wellbeing and the statutory relationships, sex education and health education requirements (RSHE).

We also have free training for all North Yorkshire schools (this includes Academies) to enable schools to get started and submit for a **North Yorkshire Healthy schools award**.

**The PSHE Professional Practice Groups Network meetings (previously the PSHE network meetings) are also free for all North Yorkshire schools.**

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) .

<p align="center"><b>PSHE and Health and Wellbeing Professional Practice Group</b> (previously the PSHE network meetings) <b>for all schools</b></p> <p>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> <p align="center"><b>There is one free place for North Yorkshire schools on these network meetings</b></p>	
<p><b>Primary PSHE and Health and Wellbeing Professional Practice Group</b> (previously the PSHE network meeting)</p> <p>One free place for North Yorkshire schools on this network meeting</p> <p><i>“Thank you very much - really helpful as always”</i></p> <p><i>“Thank you - love all the signposting to resources and websites”</i></p>	<p>These sessions will be the same so you only need to attend once Both sessions will run: 1:00pm – 3:30pm</p> <p><b>Wednesday 16<sup>th</sup> March 2022</b> Course code: SI-0322-T019</p> <p><b>Thursday 17<sup>th</sup> March 2022</b> Course code: SI-0322-T021</p>
<p><b>Secondary PSHE and Health and Wellbeing Professional Practice Group</b> (previously the PSHE network meeting)</p> <p>One place free for North Yorkshire secondary schools</p>	<p><b>Tuesday 29<sup>th</sup> March 2022</b> 1:00- 3:30pm Course code: SI-0322-T012</p>
<p><b>Special school PSHE and Health and Wellbeing Professional Practice Group</b> (previously the PSHE network meeting)</p> <p>One place free for North Yorkshire special schools</p>	<p><b>Monday 21<sup>st</sup> March 2022</b> 1:00pm- 3:30pm Course Code: SI-0322-T012</p>
<p align="center"><b>Training to support the implementation of PSHE including the statutory Relationships, Sex and Health Education</b></p> <p>Individual sessions can be run for whole staff teams / cluster of schools or your school may want to consider support for the PSHE subject lead or a PSHE (RSHE) subject review. Please contact Clare Barrowman to discuss these options further, <a href="mailto:clare.barrowman@northyorks.gov.uk">clare.barrowman@northyorks.gov.uk</a></p>	
<p><b>Effective assessment, monitoring and evidencing the planned PSHE curriculum (cross-phase)</b> <b>The training will cover:</b></p> <ul style="list-style-type: none"> <li>• Effective ways to assess, monitor and evaluate the planned PSHE curriculum</li> <li>• Share example of good practice from schools</li> <li>• Share information on schools experience of Ofsted Deep Dives in PSHE and how to prepare</li> </ul>	<p><b>Tuesday 11<sup>th</sup> January 2022</b> 1:30-3:30pm Course code SI-0122-T016</p>

<p><b>Being an effective PSHE curriculum lead in a school (cross-phase)</b></p> <p>This course aims to support PSHE curriculum leaders in schools with planning and delivering high quality PSHE learning in their school, that effectively meets the statutory relationships, sex and health education (RSHE) curriculum, a safeguarding curriculum and monitoring of the curriculum.  <i>"This has been great, really useful training"</i></p> <p><i>"Thank you so much, it has been <u>very</u> helpful"</i></p>	<p>The participant needs to attend <b>both sessions</b> for the full course</p> <p>Both sessions are 1:30-3:30pm  <b>Thursday 10<sup>th</sup> March 2022</b>  <b>AND</b>  <b>Tuesday 22<sup>nd</sup> March 2022</b>                  Course code: SI-0322-T013</p>
<p><b>Building Resilience Around Gaming and Gambling <u>free</u> 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 and access to resources that cover KS2 – KS5</p> <p>The Growing up in North Yorkshire survey has asked pupils questions about gambling so we can start to monitor any emerging issues in North Yorkshire.</p>	<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>



**North Yorkshire Healthy Schools award is free to access for North Yorkshire schools (this includes Academies).** 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 220 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.

**All training on the North Yorkshire Healthy Schools award is free for North Yorkshire schools**

*"Being a Healthy School is really important to us and as a school we have worked really hard on this award and we can see real changes in school which is great"* (Primary School)

<p><i>"It has helped us improve our provision with regards to supporting students with their emotional health and wellbeing and the student voice feedback demonstrates the improvements in this area and the positive impact of the provision" (Secondary School)</i></p>	
<p><b>Focus on the Emotional Health and Wellbeing Theme of the Healthy Schools Award (cross-phase)</b></p> <p>This course will use the North Yorkshire Emotional Health and Wellbeing (EHWB) Theme to explore an effective whole school approach to emotional wellbeing and enable schools to effectively evidence the North Yorkshire EHWB theme.</p>	<p><b>Thursday 20<sup>th</sup> January 2022</b></p> <p>1:30-3:30pm</p> <p>Course code SI-0122-T010</p>
<p><b>Getting started on the North Yorkshire Healthy schools award (cross-phase)</b></p> <p>The course will provide schools with information to enable them to effectively get started on the North Yorkshire Healthy schools award and work towards the Bronze, Silver and Gold awards</p> <p>This course would also be suitable for schools who initially registered with a scheme but need a refresher on how to get started.</p>	<p><b>Monday 7<sup>th</sup> February 2022</b></p> <p>3:45 – 4:45pm</p> <p>Course code: SI-0222- T004</p>
<p><b>Getting ready to submit for a Healthy Schools award (cross-phase)</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><b>Wednesday 15<sup>th</sup> February 2022</b></p> <p>1:30-3:00pm</p> <p>Course code: SI-0222-T009</p>

### Emotional Health and Wellbeing Training

**The ASK Suicide Prevention Workshop specifically addresses suicide risk in children and young people aged 5-15**

**All courses are funded by the Wellbeing Return Grant to enable schools to access one place on the training per school**

Data is showing that suicide behaviour is increasing among young children and that suicide thoughts in childhood can increase suicide risk in adolescence. This training opportunity is aimed at staff who work in North Yorkshire schools and support pupils.

The ASK Suicide Prevention Workshop specifically addresses suicide risk in children and young people aged 5-15 and gives participants developmentally appropriate strategies and tools to identify children and young people at risk of suicide and quickly gather and organise key details needed to assess risk and inform safety planning.

Delegates will:

- Learn about the risk factors and warning flags signalling that a child may be at risk of suicide.
- How a child's death understanding is related to suicide risk.
- What research tells us about a child's risk and protective factors.
- Practice using an evidence based brief screening tool that anyone can use to match a child who needs support or help to the most appropriate helper.
- How to organise what you know about a child to inform planning for immediate safety and longer-term support.
- How to overcome challenges and partner with parents and other professionals.
- Learn from an experienced facilitator using current practice from clinical practice and published research.

The training consists of:

- Two self-paced learning modules that must be completed before the online training and will take about an hour in total, including a quiz that helps consolidate the learning in preparation for the two interactive online training sessions
- Attend two online training sessions, over two consecutive days which will be a mixture of video case studies, facilitator guided simulations, small group discussions, and opportunities to apply your new knowledge using helpful tools and resources.

**Please note that attendance is required on both days from 9:00am – 13:30pm and time is needed for the pre learning modules. Please ensure the member of staff attending this training is able to commit to this course.**

- **Thursday 3rd February 2022 and Friday 4th February 2022** Course code: SI-0222-T001
- **Wednesday 2<sup>nd</sup> and Thursday 3<sup>rd</sup> March 2022** Course code: SI-0322-T042
- **Thursday 31<sup>st</sup> March and Friday 1<sup>st</sup> April 2022** Course code: SI-0322-T043
- **Wednesday 6<sup>th</sup> July and Thursday 7<sup>th</sup> July 2022** Course code: SI-0722-T008

**Compass Phoenix (previously BUZZ) training to support emotional and mental wellbeing.  
Free training for all North Yorkshire schools**

**Compass Phoenix** provide free online mental health and wellbeing training for North Yorkshire schools and a range of supporting information and support. For further information please access their website <https://www.compass-uk.org/compass-phoenix-training-webinars/>

Training includes:

- Establishing a School Mental Health & Emotional Wellbeing Policy
- Introducing Emotional Wellbeing Measurement Tools
- Managing School Refusal
- Supporting Children & Young People to Regulate their Emotions & Conduct
- Supporting Children and Young People to Cope with Stress & Anxiety
- Pupil Wellbeing Champions Package
- Student wellbeing Champions Package
- School Staff Wellbeing Training

They continue to have lots of bitesize 'Phoenix Features' (short recorded webinars) which cover a range of mental health presentations and offer helpful advice and practical tools.



**North Yorkshire Healthy Schools Website provides a wide range of information and supporting information and resources which is FREE for ALL schools to access**

<http://healthyschoolsnorthyorks.org/>

### [Resource Section of the Healthy Schools Website](#)

A 'one stop shop' for links to a range of resources to support the four themes of the Healthy Schools award and staff wellbeing. This includes government and local guidance alongside other up-to-date information.

County and District reports from the Growing up in North Yorkshire Survey 2020 are now also available [here](#)

### [Training and Events section of the Healthy Schools Website](#)

Training courses and network meetings available to support Healthy Schools award work and the four key themes, can be found in this section

***Links to a range of free e-learning training*** to support a range of PSHE and health and wellbeing aspects. For example under Emotional Health and Wellbeing there are links to the following courses:

#### **Free Psychological First Aid online training course for supporting children and young people in emergency and crisis situations**

(three hours to complete but split into three sessions and no previous qualifications are required) The free online course offers training for staff on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. As you will be aware, children and young people can be very resilient, but crises such as COVID-19 can severely impact their mental health. Getting the right support early on can help prevent problems occurring or worsening.

[View Webpage](#)

#### **Free Zero Suicide Alliance training**

provides a range of awareness training options, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thought.

[View Webpage](#)

### [Child Health Support](#)

This page includes information for teachers or professionals who work with children and young people on a range of health issues and signposts to supporting information and / or services.

## Support for parent and carers focused on online safety

These links could be added to schools newsletters and / or put on the school website for families to access to enable them to understand more about the online world and how to talk to their child about keeping them safe

- YGAM has a parent hub to provide information for families on gaming and gambling <https://parents.ygam.org/>
- NSPCC – keeping children and young people safe online <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Safer internet <https://saferinternet.org.uk/guide-and-resource/parents-and-carers/>
- Internet matters has short films aimed at parents/carers with different aged children about building 'digital resilience' <https://www.internetmatters.org/resources/digital-resilience-toolkit/>

## Awareness Weeks and Days



### LGBT History Month February 2022

Further information on how to support the month is available at <https://lgbtplushistorymonth.co.uk/>



### Children's Mental Health Week 7-13<sup>th</sup> February 2022

This year's theme is Growing Together.

For further information on how to support the day, please go

<https://www.childrensmentalhealthweek.org.uk/>

Safer Internet Day takes place every February



### Safer Internet Day 8<sup>th</sup> February 2022. "Together for a better internet"

For further information, please go <https://www.saferinternetday.org/>