

PSHE Newsletter Spring1 2019



Welcome to the Buckinghamshire PSHE newsletter

The purpose of the PSHE Professional's Forum is to :

- Share national & local news
- Foster school to school support
- Share/celebrate local practice
- Ask questions
- Identify any training needs

The PSHE Professionals Forum is open to Primary and Secondary PHSE leads and those with a particular interest in PSHE. It has been agreed that these meetings will take place half termly, with the first meeting phase specific and the second meeting for both primary and secondary colleagues. The forums are also a platform for other approved professionals to share what they offer to schools.

NEWS

National update

The consultation on statutory Relationships/RSE and Health Education closed on 7th November and we are awaiting the final details of the statutory curriculum this term.

In an article by Damien Hinds (DfE 3/01/19) promoting the introduction of CRP life saving skills it states 'Schools will be encouraged and supported to teach high-quality relationships education, RSE and health education – tailored to meet their pupils' needs – from September 2019, ahead of it becoming compulsory in September 2020.' It is vital that schools use this academic year to prepare for the changes to PSHE and I hope this newsletter , the PSHE webpage, forum meetings and my support will help you all in your journey. It is also vital that senior leaders champion these changes and for some schools this will require timetable changes , curriculum development and training.

I have created a roadmap to statutory which is available to download on the PSHE webpage under leadership . <https://schoolsweb.buckscc.gov.uk/curriculum-learning/pshe/pshe-leadership/> Please also see the article on Getting PSHE leadership right on page 3 of this newsletter .

The new draft Ofsted framework published on 16th January many aspect of PSHE education woven throughout and has a focus on personal development, providing a broad and balanced curriculum and promoting a rounded education which includes high quality outcomes for personal, social , health and academic learning . PSHE provision is highlighted as a vital part of this, and there is a greater emphasis on preparing pupils for the next phase of their education and the world of work.

Local News

This term we will be focusing on preparing for statutory status ; schools should be reviewing and developing their PSHE offer with reference the draft curriculum .To support PSHE leads with Relationships (primary) and RSE education (secondary), we will be looking at policies ,curriculum , planning, resources and sharing good practice . There is some funded Relationships/ RSE CPD available and details are on page 2 of this newsletter. There are several other training opportunities available to PSHE leads this term so do please take advantage of this and / or pass on the details to colleagues who may benefit. The secondary Careers/PSHE leads CPD on 6th Feb still has spaces, and I am pleased to announce that the secondary PSHE forum meetings will have a guest speaker this term.



Share best practice:

Do you have any success stories about how you deliver the PSHE curriculum in your school?

Ask a question:

Do you have any questions you would like to pose to the forum? Any problems that you are unsure how to resolve?

Please email and your story or question can be included in the next newsletter or discussed at forum meetings.



PSHE FORUM MEETINGS 2019 Spring Term 1

PSHE forum meetings in the first half term are phase specific. Please email [Carol Stottor](mailto:Carol.Stottor@buckscc.gov.uk) [cstottor@buckscc.gov.uk](mailto:Carol.Stottor@buckscc.gov.uk) to sign up to one of the events below.

Primary PSHE forum meetings

The focus for primary meetings is to review current relationships/sex education. Please bring along curriculum mapping, good resources and sex education policies to share.

High Wycombe	Thursday 14th February	4.00-5.30	The Disraeli School HP13 5JS
Aylesbury Vale	Wednesday 13th February	4.00-5.30	Aston Clinton School HP22 5JJ
Chiltern South Bucks	Thursday 7th February	4.00-5.30	Holmer Green Junior School HP15 6TD

Secondary PSHE forum meetings

I am delighted to welcome our first guest speaker, Ben Lovatt from The Training Effect who will lead a free professional development session on the adolescent brain plus a detailed look at the free Risk Avert funded offer.

South Bucks	Thursday 28th February	4.00 – 5.30	at Missenden Abbey HP160BD
North Bucks	Wednesday 27th March	4.00—5.30	at Green Park HP22 5NE

Local funded training and offers to schools

Funded CPD half day session Preparing for statutory status—Relationships/ RSE 20th & 21st March

I am delighted to invite primary and secondary PHSE leads to attend a half day CPD session to support schools to prepare for statutory Relationships/RSE. Please see attached flyer and links below to sign up. There are a limited number of spaces and limited to one PSHE lead per school.

<https://primarysessionam.eventbrite.co.uk> <https://primarysessionpm.eventbrite.co.uk>

<https://www.eventbrite.co.uk/e/preparing-for-statutory-relationships-and-sex-education-secondary-tickets-55149311074>

Attention all secondary PSHE leads /careers leads - Thursday 6th February 2.00 —5.00 Missenden Abbey

We are delighted to be running a specific CPD session for PSHE and Careers leads with speakers and a workshop run by Karen Summers from the PSHE Association. This is free to attend, for further information click on the link below. Please pass the details to your careers leads.

www.careerspshecpd.eventbrite.co.uk

Knowledge, skills and confidence to deliver RSE in secondary schools - 31st January

This funded session will take place at the YMCA, Crest Road, High Wycombe 9.30 –1.00. Please sign up on the link below. This course can also be delivered in school - for prices and availability please contact Alex Blair from The Terrance Higgins Trust on 07468 726024.

<https://www.sexualhealthbucks.nhs.uk/training-session/>

Suicide safer schools 31st January —secondary School leaders

Please ensure your senior leaders know about this funded half day course. Click on the link for further information.

<https://www.eventbrite.co.uk/e/building-suicide-safer-schools-and-colleges-workshop-tickets-51709684057>

LEAP— PE Conference 7th February

The LEAP conference for Primary and Secondary P.E. leads has a mental health and wellbeing focus. Please flag up these sessions to your PE colleagues; physical activity and mental health are intrinsically connected. This would support PE leads to work more closely with PSHE to support a cohesive approach to both physical and mental wellbeing for all students as part of the Health education offer in the new Health curriculum. <https://www.leapwithus.org.uk/events/2019-bucks-mk-pe-conference-primary/> <https://www.leapwithus.org.uk/events/2019-bucks-mk-pe-conference-secondary/>

Secondary drug and alcohol prevention programme launched September 2018

The new drug and alcohol programme for Buckinghamshire targeting Years 8 or 9 and will focus on giving young people the skills they need to make good decisions, through supporting them to build their resilience and improve decision-making. In the following academic year schools will be trained to deliver the Risk-Avert programme. **If you haven't done so already, please register your interest or find out more about the programme at :**

www.thetrainingeffect.co.uk/bucks or contact Mark Bowles at The Training Effect directly with any questions mark@thetrainingeffect.co.uk

Join the PSHE mailing list :

Please send your name , school and email address to :

cstottor@buckscc.gov.uk

to receive PSHE forum news , meeting reminders, alerts to new resources and links to other PSHE teachers in Bucks.



What's New ?

PSHE information for Senior Leaders

The PSHE Association have produced an important article that outlines the importance of senior leader championing the PSHE agenda. It would be useful for PSHE leads to **download this article and share / discuss with SLT** . The majority of PSHE is becoming compulsory and with the focus on personal development , preparing for the next phase of education and the world of work it is vital this subject is given equal status and is lead, planned, delivered and resourced in line with all other subjects in the curriculum.

<https://www.pshe-association.org.uk/news-and-blog/blog-entry/heads-getting-pshe-leadership-right-new-statutory>

Jigsaw for Secondary Schools

Jigsaw has now published its purchasable secondary PSHE scheme .Please open the link below to find out more. I would be very interested to hear from you if you have purchased this scheme or are considering this. The **primary version** is used in some of our primary schools and is PSHE Association approved.<https://www.jigsawpshe.com/jigsaw-secondary-pshe-ages-11-16-12-16/>

Coming up this half term - National Events

31st January	Young Carers Awareness Day
February	LGBT History Month
3 rd February	Unicef Day for Change
4 th February	World Cancer Day
5th February	Safer Internet Day
17th February	Random Acts of Kindness Day
25th February	Fairtrade Fortnight
3rd March	World Wildlife Day
7th April	World Health Day

Resources Focus

Primary

There are some new free resources available from Public Health England to support health education (Rec, KS1 & KS2) and include Maths ,English and Science activities. Please click on the link below for power-points, lesson plans, resources and worksheets to support pupils to make sugar swaps and understand the importance of reducing their intake of sweet foods. There is also a pupil pack that can be ordered and sent home to engage parents with this very important nutritional change , promoting a healthy relationship with food and positive health.

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

Primary and Secondary

Schools who are members of the PSHE Association , please see these new resources that can be used in PSHE lessons (KS2-KS4). You may like to use these during Sleep Awareness week 10th-16th March. Sleep hygiene is part of the soon to become compulsory Health Education. Membership of the PSHE Association is £120 per year or £45 for individual membership.

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans>

Primary and Secondary

Police officers can support teachers in delivering a range of topics in personal, social, health and economic (PSHE) education lessons. The National Police Chiefs Council (NPCC) and the PSHE Association have worked together to explore current practice and to ensure that police contributions to PSHE education are of maximum benefit to teachers and pupils. It is important to note that scare tactics have not been proven to be effective and by providing too much information , even though delivered with the best of intentions ,can have the opposite effect. The link below takes you to a free downloadable handbook for PSHE leads which gives clear guidance with approaches in line with current research and educational thinking on a range of matters.

<https://www.pshe-association.org.uk/policing>