



COVERED IN THIS MONTH'S NEWSLETTER:

- December dates
- Good Practice Guidance - Assessment
- Update from Natalie - PSHE Coordinator
 - Impact Report for Year One of service
- Updates from National Partners
- Local Updates including:
- Resources to support:
 - Diet and Nutrition
 - Sleep
 - RSE
 - Puberty - including possible free sanitary products
- Upcoming events



DECEMBER DATES:

Our next meeting is on 6th December 2022 4-5pm on MS Teams and the spotlight is on Quality Assuring Resources. You should have been sent a calendar invite.

On 12th December 2022 4-5pm on MS Teams is the first in the series of practice development webinars: Prevent & PSHE with Sarah Dyer, Prevent Education Officer.

If you would like to join both or any of these, please let me know.

GOOD PRACTICE GUIDANCE:

Please find the first in a series on good practice guidance to support your curriculum and PSHE delivery.

Assessment - includes information and suggestions on how to implement effective assessment within your setting.



If you have any feedback, or would like support, advice or information please email: natalie@staffscvys.org.uk

UPDATE FROM NATALIE



EDUCATION OFFER

As I approach the end of Year 1 in post, I wanted to take this opportunity to thank colleagues for their engagement with and support of the PSHE Coordination service. To end the year, I wanted to clarify the support offer available to education settings which has been developed over the last year.

- PSHE digest - a monthly newsletter giving information about resources, training opportunities, updates from local and national partners. This is shared with PSHE Leads or generic inboxes to every education provider in the county.
- PSHE Leads Meetings - Half-termly meetings that focus on different aspects of PSHE education best practice and gives PSHE Leads a safe space to share challenges, ideas and meet people in similar positions pan-Staffordshire.
- PSHE Practice Development Sessions - Monthly from Dec 22 to support anyone who delivers PSHE education to increase their knowledge and confidence in different topics covered by the curriculum. A subject specialist partner will be invited to co-deliver the session (December's theme is Prevent)
- & PSHE series - Localised subject guidance packs to support linking the topic to curriculum and statutory guidance and also information to upskill staff delivering PSHE with information about signposting, local data/statistics included.
- Good Practice guides - Information to advise and guide education providers in implementing good practice in their own settings.

YOUR THOUGHTS AND VIEWS WELCOMED

As mentioned above, December marks the end of Year 1 of the Pan-Staffordshire PSHE Coordination service.

Any comments, feedback, highlights or suggestions would be much appreciated as we begin to write an end of year impact report.

I'd appreciate your input by completing this short [survey](#).

UPDATE FROM NATIONAL PARTNERS

RSE: THE EVIDENCE



working together for quality
sex and relationships education

The Sex Education Forum has published a new briefing "Relationships and Sex Education: The Evidence". The publication includes information on what RSE aims to achieve; what children and young people say; a summary of latest research evidence about the impact of RSE on young people's health and well-being; and features of effective RSE.

The 14-page briefing can be downloaded free of charge, the Sex Education Forum has also produced quick one page or two-page quick guides that can be shared with e.g., parents/carers, governors/trustees and wider school staff.

COST OF LIVING

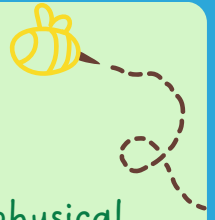
The cost of living crisis in the UK is a topic we're seeing featuring heavily in the news and in conversations with young people. C&YP Now article on young people in supported accommodation 'choosing between heating and eating.'

As we approach the Christmas holidays, below are some resources that you may want to circulate to your parents and carers:

The Hubbub website hosts a directory of Community Fridges around the UK where local people can share food, including surplus from supermarkets, local food businesses, producers, households and gardens. Money Saving Central have produced a list of places where children can eat for free when accompanied by an adult



NATIONAL EDUCATION NATURE PARK



The National Education Park is a concept that will consider the whole physical education estate in England, including playgrounds, playing fields and school gardens, as one virtual nature park.

- The Nature Park will engage young people with the natural world and directly involve them in increasing biodiversity in their local area
- The climate action award scheme will celebrate the teachers and pupils who make a real contribution to establishing a sustainable future for us all

A partnership led by the Natural History Museum, with the Royal Horticultural Society and supported by a range of other organisations will deliver the Nature Park and a climate action award scheme. Once up and running, the Museum's digital platform will provide high-quality teacher resources for all phases of education to bring sustainability and climate change into the classroom.

You can find out more information on the initiative by reading more on the [Education Hub](#) or register your interest by visiting the [Natural History Museum's website](#).

CLIMATE AMBASSADORS



Led by the University of Reading, UK Research and Innovation (UKRI) and STEM Learning, the Climate Ambassador Scheme connects experts in sustainability and climate change with all phases of education.

Bringing Climate Ambassadors into your classroom can help you demonstrate the connection between the school subjects and young people's future life and careers in a changing climate.

You can find out more information about the scheme and how to request a Climate Ambassador on the [Stem UK website](#)



UPDATE FROM LOCAL PARTNERS

ACTIVITIES AND SUPPORT FOR CHILDREN, YOUNG PEOPLE AND FAMILIES IN STAFFORDSHIRE



We know that it can be a challenge to know what activities are available for children and young people in your local area. At SCVYS we have created a map that show the current range of organisations that are in membership at SCVYS. To be a member of SCVYS appropriate minimum operating standards must be in place.

- Robust governance arrangements
- Policies and procedures to ensure the safety and well-being of the children, young people and families they work with
- Appropriate staff and volunteers have DBS checks completed

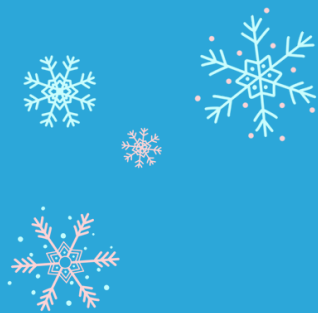
To find activities please visit the [SCVYS website](#), enter your postcode and chose a distance radius. There are filter options available to match the activity to the interests of the child/young person and links to the group's website or Social Media page.

SCHOOL NURSE DROP-INS

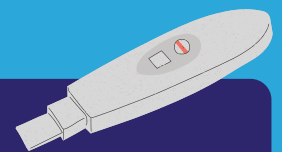


The School Nurse is there to help children and young people feel healthy, happy and safe during their school years to enable them to get the best from their education.

Every Thursday between 3:30-4:30pm the 0-19 service run a virtual drop in for children, young people, parents and carers. To promote the service posters have been created for children and young people and for parents and carers which include a link and a QR code to be able to access the service. Please remember to include this information when signposting to support services in your PSHE sessions.



FREE PREGNANCY TESTS FOR UNDER 25'S



Free pregnancy tests are being made available in pharmacies across Staffordshire, as part of the Sexual Health Services provision. The aim is the provide access to pregnancy tests for young people (aged under 25) and other women who may be at greater risk of unplanned pregnancy. Pregnancy tests are accessible through referral and the person will receive a code to take into the participating pharmacy. A full list of pharmacies offering the service can be found here. Tests are 'take away' and it is the expectation that the referrer will offer support with any results from the test.

NEWSLETTERS FROM THE PARTNERSHIP



We wanted to share with you newsletters that have been produced from partners to ensure you are aware of what is available throughout the county.

Families' Health and Wellbeing 0-19 Service [Newsletter](#) showcases the different support available across the county through the service.

The newsletter includes information about local and national campaigns, a local update on Asthma and engagement with schools about a potential new scheme and infographics that can be displayed around your setting.

Kind Minds [Newsletter](#) has also been circulated that focuses on children and young people's mental health and emotional well-being across Staffordshire. Including information and dates for the Senior Mental Health Leads meetings and a spotlight on Action for Children

Catch22 have also shared their research and development [round-up](#) around Missing, Child Exploitation and Vulnerability which includes some really useful links and resources that can support your PSHE curriculum.

Staffordshire Safeguarding Children's Board has also circulated its November [newsletter](#) providing useful updates to keep children and young people safe.

DEBT BONDAGE GUIDANCE



The Violence Reduction Team within Staffordshire Police have asked us to share this new [guidance document](#) from The Children's Society and National Police Chiefs' Council that focuses on debt bondage within a Criminal Exploitation and County Lines Context. The Team want to highlight that this is happening within Staffordshire and Stoke on Trent and not just the larger cities.

Catch22 are our local commissioned provider and you can find their contact details along with local processes within the [Child Criminal Exploitation & PSHE](#) professional's pack

NEW WEBSITE

Action for Children

Action for Children's Staffordshire Emotional Health and Wellbeing Service [website](#) has been relaunched with more information, advice and guidance for young people, parents / carers, and professionals.

[Referrals](#) (including self-referrals) can now be completed from the website, and there is now information, tips, ideas and videos to support the emotional health and wellbeing of children and young people.

RESOURCES



OBESITY WEEK - JANUARY 10-16TH 2023

Staffordshire has some of the highest rates of obesity in the country so it is important that we discuss food, diet and nutrition with children and young people.

Professionals can access free training events to support the Teaching Primary Food and Nutrition (TPFN) programme and develop the necessary knowledge and skills to teach high quality food and nutrition lessons and champion a whole school approach to food.

Food for Life has also created new resources for 14-16 years old that explores how fish can be eaten as part of a healthy and more sustainable diet along with how fish and shellfish is caught and sold and different ways to prepare fish.

There are lots of other resources for all key stages on this website along with professional development opportunities.

Public Health England also have resources on Healthy Eating for KS1 and KS2

In Staffordshire you can find information about tips, local services and further support on the Public Health website.

BETTER SLEEP FOR TEENAGERS



Sleeping difficulties commonly arise due to physical, mental, and social changes taking place in a young person's life. The pressures of homework, exams, relationships with friends, social activities, part-time jobs and a host of fluctuating emotions can make it difficult for young people to relax at night. The Teen Sleep Hub and The Sleep Charity have produced a guide to better sleep for teenagers which includes information about sleep issues, strategies for sleep and when to ask for help.

COLLEAGUE RESOURCE RECOMMENDATION



Thank you to our colleague, a PSHE Lead for a secondary school in Newcastle who emailed to recommend the Healthy Schools Cambridge and Peterborough website as a source of resources for all key stages.

Please let me know if you have any resources that you want to recommend to colleagues.

BARCLAY'S LIFESKILLS



Barclays LifeSkills is holding a weeklong virtual CPD series of keynotes, panel discussions, webinars and resources to support professionals to develop their students' employability skills - LifeSkills Unpacked.
30th January - 3rd February 2023



NSPCC EDUCATION UPDATE

We are delighted that there has been an increase in the number of schools taking up the NSPCC's free education offers. With schools from Moorlands, Newcastle, Cannock and Lichfield running the KS2 offer during the Autumn Term.

As a reminder the NSPCC Education Team are offering free support to both Primary and Secondary phases of education.

Primary School Offer - NSPCC Speak Out, Stay Safe programme offering virtual assemblies for KS1 and KS2 and a bank of resources for schools to use internally for the year from the date of sign up. The NSPCC are taking bookings for workshops for Years 5 & 6 (subject to volunteer availability). To make a booking please complete the [online form](#).

Secondary Schools Offer - Secondary schools can now sign up for Free (for a limited time) for the [Talk Relationships: delivering sex and relationships education](#). This is an area that many of you have asked for support, to help colleagues to gain confidence in this subject prior to teaching to students. The training, along with a series of lessons plans and a dedicated helpline, is part of our Talk Relationships service that supports people working in secondary education to overcome any challenges they may face when delivering sex and relationships education.

BIG PERIOD LIVE LESSON

Brook and Lil-Lets are hosting a live lesson on 1st March at 10am for Year 6 and 7.

All young people should learn about puberty in a timely and age-appropriate way, to ensure that it is relevant to children's experiences, and so that they are prepared for the changes they will experience to their bodies, feelings and lives. This lesson will support children and young people to:

- Define what puberty is and understand body changes
- Understand the correct names for parts of the internal reproductive organs
- Understand key facts about periods and menstrual cycle - including the emotional and physical changes that people can experience
- Understand that periods, experiences and bodies are unique for each person
- Understand the range of products available and how to choose the right one for them
- Identify ways to help someone manage their own menstrual cycle or support others
- Know where to ask for help with questions about their bodies

The first 50 schools to [sign up](#) will receive 100 teen starter sample packs* to give to their students. (See [Ts&Cs](#))

**The Lil-Lets teen starter sample packs include day and night pads, pantyliners, tampons for a variety of absorbencies and a Becoming a Teen booklet with information about puberty, periods and products.*

NEXT MONTH...

Resources & Materials for:

LGBT History Month 1-28 Feb

Children's Mental Health Week 4-10 Feb

Safer Internet Day 7 Feb

Random Act of Kindness Day 17 Feb

Fairtrade Fortnight 20 Feb

WANT TO SHARE A RESOURCE,
IDEA OR INFORMATION ABOUT
YOUR SERVICE?
LET ME KNOW AND I CAN
INCLUDE IN UPCOMING
EDITIONS

UPCOMING EVENTS..

Tackling Homophobia & PSHE: Practice Development webinar

30th January 2023 4-5pm

MS Teams

Book your place [here](#)

PSHE Leads Network Meeting (Spotlight on Pupil Voice)

14th February 4-5pm

MS Teams

Book your place [here](#)



Q: What is an elf's favourite PSHE topic?

A: Sexual 'Elf

**WISHING COLLEAGUES A RESTFUL AND
HAPPY CHRISTMAS BREAK.
PLEASE NOTE I AM ON LEAVE FROM 16TH
DECEMBER 2022 UNTIL 3RD JANUARY 2023**