

COVERED IN THIS MONTH'S NEWSLETTER:

Update from Ellie - Stoke PSHE

December dates

Updates from National Partners including:

- Challenging Victim Blaming Language
- Cost of Living support information
- National education nature Park
- Climate Ambassadors
- Big Period Live Lesson

Local Updates including:

- Stoke CSP schools event
- Debt Bondage guidance for professional's
- Intent Smoking Programme

Resources to support:

- Better Sleep for Teenagers
- Obesity Week 10-16 Jan
- Lifeskills/Employability



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.



If you have any feedback, or would like support, advice or information please email:

echesterton@ormistonhorizonacademy.co.uk

UPDATE FROM ELLIE



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 of secondary mainstream and APs at KS3+ performance.
- 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.
- Best Practice guides - Information to advise and guide education providers in implementing best practice in their own settings; Assessment, Quality Assurance, Aims & Objectives, Preparing for OFSTED, Creating Safe Learning Environments etc.

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

CHALLENGING VICTIM BLAMING LANGUAGE

The UK Council for Internet Safety have produced a non-statutory guidance to inform policies and procedures related to responding to incidents of online abuse and safeguarding children and young people.

It aims to help professionals to better understand, recognise and response to victim blaming language and behaviour and offers advice and practical steps to help you implement and advocate for an anti-victim blaming approach, as well as discussion scenarios to put learning into practice.

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](#)

BIG PERIOD LIVE LESSON

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 [T&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.



UPDATE FROM LOCAL PARTNERS

DEBT BONDAGE GUIDANCE

The Violence Reduction Team within Staffordshire Police have asked us to share this [new document](#) providing guidance 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.

INTENT SMOKING PROGRAMME

Stoke on Trent's Public Health team are inviting schools to sign up to INTENT to access training and resources which now includes lessons on Vaping. Intent is a new evidence based smoking prevention programme which works by targeting adolescents who have never smoked prior to delivery. INTENT reduces smoking initiation by getting adolescents to engage with anti-smoking messages, and then creating Personal Plans. For more information, please see the [linked document](#) or contact Liz Beacon: Elizabeth.beacon@stoke.gov.uk

STOKE COMMUNITY SAFETY PARTNERSHIP SCHOOLS EVENT

It was great to see so many schools represented at the Stoke community safety partnership schools event in November.

Student voice from the activities is being collated to form a report which will be shared with partners to shape future community safety strategy. To understand your experience of this event we'd appreciate your time in completing a [short evaluation form](#)

RESOURCES

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.



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.



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.

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

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.



Q: Who is Santa's favourite singer?
A: Elf-is Presley

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