



## COVERED IN THIS MONTH'S EDITION:

Meeting Recordings  
Upcoming Dates for your Diaries  
End of Year 2 Impact Report  
Work to date  
What's Out There; Social Media, TV & News  
Update from National Partners

- Child Sexual Abuse
- Social Media Use
- Video Gaming
- Knife Crime
- Increase in Measles
- Healthy Eating
- Updated Handouts to support RSE
- Grief and Bereavement
- Adverse Childhood Experiences
- Mental Health
- Vaping
- SEND

Update from Local Partners

- Violence Reduction Alliance
- Counter Terrorism/Extremism
- Workshops for Parents/Carers
- Cold Weather & Water Safety

### Resources

- Women's History Month 1-31  
Mar/International Women's Day - 8 Mar
- Nutrition and Hydration Week - 11-17 Mar
- Global Recycling Day - 18 Mar
- Child Exploitation Awareness Day - 18 Mar
- International Day of Happiness - 20 Mar
- World Oral Health Day - 20 Mar
- International Day for the Elimination of Racial Discrimination- 21 Mar
- International Transgender Day of Visibility- 31 Mar

Training Opportunities

## MEETING RECORDINGS:

We have our own YouTube channel and all our recordings from our events can now be found on our website from last academic year.

[PSHE Leads Meetings](#)

[Bitesize Practice Development Webinars](#)

Here are the links to the latest recordings from January:

[Diet and Nutrition with MPFT CPD in PSHE](#)

## UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 12th March 2024 4-5pm - [Ensuring PSHE is inclusive](#)
- 15th May 2024 4-5pm [TBC](#)
- 11th July 2024 4-5pm - [Planning a PSHE Curriculum](#)

Bitesize Practice Development Sessions:

- 21st February 2024 4-5pm - [Tackling Violence Against Women and Girls](#) (Everyone's Invited)
- 6th March 2024 4-5pm - [Tackling Youth Violence](#) (Street Whyze)
- 10th April 2024 4-5pm [Sexualised Behaviours](#) (Lucy Faithfull Foundation)
- 14th May 2024 - [Jobs and Careers](#) (SOT & Staffs Careers Hub)
- 9th July 2024 4-5pm [Supporting Boys and Young Men](#) (Men at Work CIC)



# PSHE Education

STOKE-ON-TRENT & STAFFORDSHIRE

We are delighted to formally launched our second annual report into the Pan-Staffordshire PSHE Education Service. This year we've seen a massive increase in the number of education settings engaging with the service be that through the number of individuals receiving the PSHE Digest, the number of people attending the PSHE Leads Network Meetings (or watching the recordings later), the topics covered by our Bitesize Practice Development Sessions and the "...@PSHE" localised series or the number of settings requesting visits, observations and learning walks.

We want to say a massive THANK YOU to each and every one of you for your support and commitment to embedding evidence-led, consistent .



You can read the [full report](#) by clicking on the image.

We have also created an [at-a-glance report](#) that you might want to share with your Headteacher and SLT.

REALLY USEFUL TO SUPPORT THE PHSE PROGRAMME THROUGHOUT THE WHOLE COLLEGE AND ENSURE CONSISTENCY ACROSS THE CAMPUSES.

WORKING WITH NATALIE AND THE PSHE SERVICE IN STAFFORDSHIRE WAS SO VALUABLE FROM A PARTNERSHIP PERSPECTIVE. DURING THE DEVELOPMENT AND DELIVERY OF A CHILDREN'S CONFERENCE NATALIE BOUGHT A WEALTH OF EXPERIENCE IN HOLDING THE CHILD AT THE CENTRE OF PRACTICE. THE KNOWLEDGE OF YOUTH WORKING, GENDER APPROPRIATE CONTENT, EXPERIENCE OF ENGAGEMENT WITH CHILDREN AND YOUNG PEOPLE AND INCLUSIVITY ENABLED A WEALTH OF INFORMED PRACTICE IN THE DEVELOPMENT OF THE CONFERENCE AND THE SUCCESSFUL OUTCOMES WE RECEIVED AS PART OF THE CONFERENCE. WE WERE GRACED WITH INNOVATION AND CREATIVITY THAT ENABLED A RICHLY DIVERSE CONTENT THAT ENCOURAGE THE CHILD'S VOICE AT ALL TIMES.

THANK YOU FOR ORGANISING THIS OFFER. WE ENJOY USING PICTURE NEWS, IT GIVES OUR PUPILS A WHOLE WORLD VIEW OF CURRENT ISSUES  
HEADTEACHER, FIRST SCHOOL,  
STAFFORD.

We wanted to provide a quick recap of what we have created to date that you can utilise in your setting:

### For PSHE Leads:

Best Practice Guidance to support embedding best practice principles in your setting. We have created the following packs:

- [Creating Learning Outcomes](#)
- [Creating a Safe Learning Environment](#)
- [Using External Providers](#)
- [Voice of Children and Young People](#)
- [Writing a PSHE/RSE Policy](#)
- [Quality Assurance](#)
- [Assessment](#)

Half-termly PSHE Leads Meeting focusing on:

- [Using non-specialists to deliver PSHE](#)
- [Signposting and Safeguarding](#)
- [Preparing for OFSTED](#)
- [Quality Assurance](#)
- [Using External Providers](#)
- [Policy Creation, Engagement, and Review](#)
- [Assessment](#)

### For Children and Young People:

Localised resources that meet best practice guidance. The brackets show where this can be found in the [Resource Library](#).

- [Trusted Adults Activities for Primary \(People who help us\)](#)
- [ASB Comic Book for Primary - UKS2 \(Communities\)](#)
- [ASB Lesson Plans for KS1 and KS4-5 \(Communities\)](#)
- [Hate Crime Lesson Plans KS1-KS5 \(Similarities and Differences\)](#)
- [Safer Sleep & SIDS KS4](#)
- [Photo Sharing Comic Book UKS2 \(Online Safety\)](#)
- [Harassment Comic Book UKS2 \(Harassment/Appropriate Behaviours\)](#)
- [County Lines Comic Book UKS2 \(Exploitation\)](#)
- [Personal Space Comic Book UKS2 \(Appropriate Behaviours/Consent\)](#)
- [Bullying Comic Book UKS \(Bullying\)](#)
- [Follow-up session to Alison Cope KS3 \(Knife Crime/Conflict Resolution\)](#)
- [Puberty Activities for KS2 and KS3 \(Puberty\)](#)
- [Staffordshire Police's PSHE Offer](#)

### For Professionals:

Our PSHE Professionals Pack, these are great to help you develop your own training sessions with staff. Topics covered to date:

- [Self-Harm](#)
- [Sexuality and Sexual Orientation](#)
- [Forced Marriage and Honour Based Abuse](#)
- [Diet and Nutrition](#)
- [Consent](#)
- [Friendships](#)
- [Pressure](#)
- [Bullying](#)
- [Pregnancy Options](#)
- [Anti-Social Behaviour](#)
- [FGM](#)
- [Smoking, Tobacco and Vaping](#)
- [Water Safety](#)
- [First Aid](#)
- [Self-examination and Screening](#)
- [Extremism](#)
- [Oral Health](#)
- [Alcohol](#)
- [Road Safety](#)
- [Fire Safety](#)
- [Child Criminal Exploitation](#)
- [Sexual Health](#)
- [Sexualised Behaviour](#)
- [Knife Crime](#)
- [Puberty](#)

[PSHE and Discussing Violence Against Women and Girls: Professionals Guide](#)

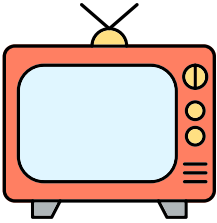
Webinars with subject experts on topics:

- [Diet & Nutrition](#) with MPFT
- [Modern Slavery Awareness](#) with Voice of Hope
- [Improving Health Literacy](#) with Staffordshire Libraries
- [FGM Awareness](#) with RAISE Education
- [Smoking and Vaping](#) with Everyone Health
- [Domestic Abuse](#) with New Era
- [Homophobia](#) with USAH
- [Extremism](#) with Stoke-on-Trent City Council
- [Substances](#) with T3 and CDAS
- [Sexual Health](#) with MPFT
- [Child Exploitation](#) with Catch22
- [Mental Health](#) with Action for Children

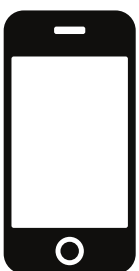
# WHAT'S OUT THERE...

Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them.

We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- The Traitors on BBC provides opportunities to talk to young people about friendships and healthy relationships.
- The Oscar nominations have been announced with the Barbie movie's absence from some categories has been a talking point in the media.
- Football has seen some horrendous news coverage over the past few weeks, with Coventry City's Kasey Palmer being subjected to racist abuse from some Sheffield Wednesday fans in both their Championship and FA Cup fixtures and the scenes of violence witnessed in the West Brom v Wolves, derby.
- The Government has announced plans to ban disposable vapes
- The BBC reports that young drivers are risking fraud to save on costs of car insurance through "fronting". It is important young people are made aware that this practice is illegal and could invalidate their insurance as well as result in a criminal conviction.
- Crisis talk about a new Government Bill that could criminalise people sleeping rough. With an increase in youth homelessness, a rise of nearly 7,000 in the last year this could have a real impact on the lives of young people.
- The NHS is aiming to tackle diversity of skin tones in medical photos to help people get the right medical treatments by identifying skin conditions faster and more accurately.
- King Charles III has undergone treatment for an enlarged prostate which saw an increase in men searching how to get their prostates checked and The Duchess of York revealed that she has been diagnosed with a form of skin cancer



- The Guardian reports on the rise in UK children wanting anti-aging products due to the influence of social media
- Deepfake explicit images of Taylor Swift have been circulated on social media.
- Meta has announced it will launch a new safety tool to block children from receiving and discourage them from sending nude images.

# UPDATE FROM NATIONAL PARTNERS

## CHILD SEXUAL ABUSE

The [Internet Watch Foundation](#) (IWF) has published a news story on child sexual abuse imagery online. 92% of webpages the IWF worked to remove in 2023 contained 'self-generated' material extorted from children; and 21% of these contain the most severe abuse, known as Category A.

A "shocking" number of under 10s are being manipulated into performing sexual acts online, as experts discover more child sexual abuse imagery online than ever before.

Not all children and young people will realise they are being sexually abused, particularly if they have been groomed. The NSPCC has a [webpage](#) to help those people who work with children and young people to recognise the physical, behavioural and emotional signs that may indicate a child or young person has experienced sexual abuse.

In a separate [report](#) the National Police Chief's Council (NPCC) has published an analysis by the Vulnerability Knowledge and Practice Programme (VKPP) of child sexual abuse and exploitation (CSAE) reports across England and Wales. Data from 42 police forces found: there were around 107,000 offences reported in 2022; around 75% of CSAE offences related to sexual offences committed against children, and around 25% relate to online offences involving indecent images of children.

Child-on-Child abuse, historically accounted for a third of offences, this report suggests that today it is just over half. Senior offences have stated that young people taking nude pictures are contributing to this rise, and also the abuse also includes "exploratory behaviour" that children and young people may not realise is illegal.

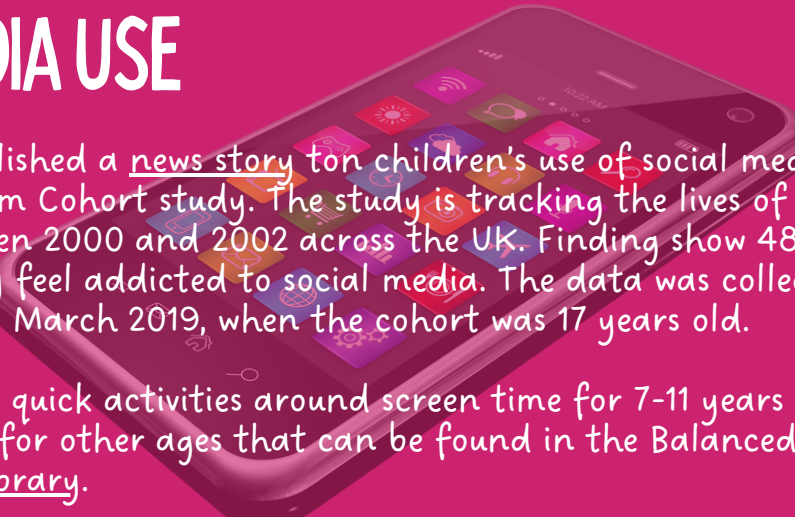
ESAS have produced a [7 minute briefing](#) on sharing nudes and semi-nudes for Staffordshire settings.

This highlights a need for education in this space.

To help professionals feel more confident to facilitate PSHE sessions specifically around this topic we have created Sexualised Behaviours & PSHE, Consent & PSHE and Pressure & PSHE. We continue to grow this localised series. For children and young people we have a number of resources in our [Resource Library](#), including our locally produced Growing Up programme for young people aged 11-25 with SEND and our comic book and animation resource around photo sharing for upper Key Stage 2. that sit alongside national resources from CEOP, Childnet, NSPCC and more.... Check out Online Safety, Consent and Appropriate Behaviours for resources.



# SOCIAL MEDIA USE



The Guardian published a news story on children's use of social media which looks into the Millennium Cohort study. The study is tracking the lives of about 19,000 people born between 2000 and 2002 across the UK. Findings show 48% of British teenagers say they feel addicted to social media. The data was collected between January 2018 and March 2019, when the cohort was 17 years old.

Childnet has some quick activities around screen time for 7-11 years old, that can easily be adapted for other ages that can be found in the Balanced Lifestyles section of our Resource Library.

# VIDEO GAMING

The Children's Commissioner for England has published a report looking at children's views on video gaming. The survey found that two-thirds of 8-17 years old viewed video games as beneficial to children's health and wellbeing.

PSHE education can provide a space for children and young people to consider the benefits and potential harms of different aspects of their lives and to develop the skills to manage risk and to challenge gender stereotypes. The NHS Centre for Internet and Gaming Disorders has treated 745 people since it opened in 2019, with an average age of 17.

YGAM provide City & Guild assured training that staff can book themselves onto or arrange a bespoke session for your setting. Once the course is fully completed participants will receive a certificate and access to resources to help educate children and young people around gaming and gambling.

YGAM also run sessions for parents and carers that you can highlight in your newsletters.

# KNIFE CRIME

Figures published by the Office for National Statistics on Thursday revealed that knife crime rose by 5% in the year to September 2023, with a total of 48,716 offences. The ONS said there was a "notable" increase in robberies involving a knife, up by 20%.

The Sentinel reports on the number of all knife crimes recorded by Staffordshire Police by each LPT from November 2020 - November 2023

The government has announced plans to close a legal loophole and ban the sale of "zombie" knives. Amendments to the Criminal Justice Bill will raise the maximum sentence for the possession of a banned weapon from six months to two years and give police the powers to seize and destroy knives found in the home if there are reasonable grounds to suspect they will be used for serious crimes.

You can read the second annual Youth Endowment Fund report into young people's experiences of violence here.

# INCREASE IN MEASLES

There has been a reported increase in measles across the country. In the West Midlands there have been 216 confirmed cases (between 1st October 2023 and 18th January 2024). Health services are reminding people of the importance to check that they have had two doses of the MMR vaccine.

This vaccination is offered for all children at one year old and a pre-school booster at three years, four months of age.

If children and young people have missed these vaccinations in the past, it is important to take up the vaccine now by contacting their GP surgery.

Measles spreads very quickly, so anyone with symptoms that could be measles is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A & E.

There has been a decrease in the number of people having the MMR vaccine. You can listen to a podcast from Staffordshire and Stoke-on-Trent ICB about measles and the MMR vaccine [here](#).

E-Bugs have a lesson plan for [Key Stage 2](#), [Key Stage 3](#) and [Key Stage 4](#). The Oak National Academy has a [lesson plan](#) for KS3 on immunisation and vaccination. These are all housed in our Resource Library under Medicine Management for future reference.

# HEALTHY EATING

The Healthy Eating resource for children and young people aged 3-16 years from Food a fact of life have been reviewed and updated.

This [blog](#) provides information about their most popular resources and training opportunities for 2024.

In January we also held our [Bitesize Practice Development session](#) and were joined by Nicky from MPFT who shared her knowledge with us around diet and nutrition. We recommend watching this and using this alongside our [Diet and Nutrition & PSHE Professionals' Pack](#) to help ensure staff are confident delivering sessions on this topic.

Primary schools can register with [Grow Your Own Potatoes](#) to receive free resources, including seeds and straightforward guides to growing potatoes at school for 2025. If schools wish to take part in 2024 they will need to purchase kits alongside grow bags if they wish to do this activity in 2024.

Secondary schools who have their school meals provided by Taylor Shaw, Edwards & Blake, Elior or Hutchinson can access free ingredients for their Year 8 or Year 9 students as part of a pilot project. You can find out more information [here](#) or to register your interest click [here](#).

# UPDATED HANDOUTS TO SUPPORT RSE



Brook has updated their [handouts](#) for professionals to display, share or print to use in class.

Their most popular handouts include:

- [Consent](#) - an overview of consent including the law and communicating consent
- [STIs](#) - provides information on how people can protect themselves from getting an STI and the sign, symptoms and treatments for the most common ones.
- [Porn](#) - provides information about porn and the law, how porn differs from sex in real life and how to identify if a person's use of pornography might be unhealthy.
- [Contraception](#) - an overview of contraception and the pros and cons of each method.

## GRIEF AND BEREAVEMENT

Winston's Wish provides [training](#) and [resources](#) to enable professionals to support children and young people with bereavement and grief. They have a number of childhood bereavement support training courses for professionals who work with children and young people can access. The courses are designed to equip professionals with the skills and confidence to support grieving children and young people, including those with SEND. They have a free online e-learning course, or you can arrange for them to deliver a session at your session. You can find out more information about the support available on their [website](#).

Winston's Wish Youth Team are also recruiting. From giving feedback on their support services and resources to sharing experiences with other young people. If you know of a young people who would be interested or would like to find out more information click [here](#).

## ADVERSE CHILDHOOD EXPERIENCES

The UK Trauma Council (UKTC), a project of Anna Freud, has produced a short animation to support children and young people affected by trauma after war and conflict. The UKTC has also produced toolkits for professionals working in the UK with children and young people who have sought refuge and asylum, often as a result of war and conflict.

Watch the [animation](#).  
Access the [resource](#).



# MENTAL HEALTH

Coram have launched a free [wellbeing toolkit](#) for primary school children designed to support children's mental wellbeing and boost resilience.

The toolkit contains resources and activities which aim to help children to connect with each other, be active, take notice (mindfulness), learn and create and give to others.

Primary Schools who subscribe to SCARF for their PSHE curriculum will have automatic access to the Mental Wellbeing Toolkit. For non-SCARF school access to the resource is free, you just need to [sign-up here](#) and they'll set up your access.

# VAPING

In response to public consultation, the Government has [announced](#) that disposable vapes will be banned in the UK as part of ambitious government plans to tackle the rise in youth vaping and protect children's health.

Recent figures show the number of children using vapes in the past 3 years has tripled. Use among younger children is also rising, with 9% of 11 to 15 year olds now using vapes. The long-term health impacts of vaping are unknown and the nicotine contained within them can be highly addictive, with withdrawal sometimes causing anxiety, trouble concentrating and headaches. While vaping can play a role in helping adult smokers to quit, children should never vape. We have our [webinar](#) with Everyone Health and our [Smoking and Vaping & PSHE Pack](#) to support you along with resources on vaping in the [Resource Library](#) under Smoking and Vaping.

# SEND

[Whole School SEND](#) has published the second edition of the [Teacher Handbook: SEND](#) - a DfE funded reference book designed to improve the educational experiences of children and young people by helping education practitioners put inclusion at the heart of their practice.

With contributions from specialists across the sector, the handbook is a comprehensive resource for teachers to use over time, with each of the nine sections intended to be used as required rather than being read in sequence.

It brings together practical examples of high-quality teaching - placing focus on removing barriers to learning, getting to know and understand individual learners, and bringing to life the graduated approach.

This is supported by the Whole School SEND CPD which are a series of 20 minute bitesize units that explore the most commonly observed barriers to learning. For those with time to dedicate to more involved CPD, there is the option to join professional development groups, support with conducting preparation for adulthood reviews, access to peer mentoring support for school leaders, and much more.

Download a copy of the Teacher Handbook: SEND [here](#).

# UPDATE FROM LOCAL PARTNERS

## DSL BRIEFING

It was fantastic to attend Staffordshire's DSL Spring Briefing in January. Following that meeting over 120 professionals signed up to access the [Resource Library](#). A number were people signing up and then recommending to colleagues they also signed up.

If you have not already set up your account it is really easy, all you need to do is set up your credentials [here](#). Over 500 professionals are now enjoying easy access to quality-assured local and national resources to support their PSHE curriculum.

If you have a subscribed curriculum, we still encourage sign-up to access the resource library, as it includes access to our "... & PSHE" series which can support your topic-specific CPD in your setting.

You can find a copy of [slides](#) shared with DSLs about the PSHE Education Service [here](#).

## COUNTER-TERRORISM/EXTREMISM

A number of schools have contacted us about responding to incidents in school relating to the Israel-Gaza conflict so we wanted to remind you about the [special PSHE Digest](#) we produced to provide resources for professionals, parents and carers and to be used in the classroom.

West Midlands Counter Terrorism Unit has asked us to forward a [factsheet](#) they have created as a result of Hizb ut-Tahrir's proscription on 19th January 2024. The group's aim is to re-establish an Islamic Caliphate and to implement sharia law as stated in their "Draft Constitution" which is openly anti-Semitic and Misogynistic. Within the West Midlands their footprint is predominately in Staffordshire, particularly Stoke-on-Trent.

Internet Matters has published a [blog](#) at countering online hate and extremism and supporting children and young people's safety.

Our [Extremism & PSHE Professionals' Pack](#), created in conjunction with Stoke-on-Trent's Community Cohesion Team, is designed to provide information to education professionals to help them deliver effective PSHE with confidence.

You will find a number of resources to support your PSHE curriculum, in our [Resource Library](#) under Extremism.

# VIOLENCE REDUCTION ALLIANCE

The Violence Reduction Alliance has launched its new Violence Reduction Strategy.

Ben Adams, Staffordshire Police, Fire & Rescue and Crime Commissioner has written a letter to partners to formally launched the new strategy.

Education is referenced within the strategy as a key partner to ensure success. The Pan-Staffordshire PSHE Education Service plays a key role in one of the deliverables under Primary Prevention:

- Embed an evidence-based consistent approach to PSHE to reduce impulsive/aggressive behaviour and to increase social competence/resilience

You can read Issue 3 of the VRA newsletter here, to receive communication from the VRA please e-mail Megan Williams.

## WORKSHOPS FOR PARENTS AND CARERS

The Violence Reduction Alliance has funded two Ben Kinsella awareness workshops for parents and carers on Gangs, Exploitation and Knife Crime. The sessions will take place on:

Tuesday 12th March - 6-7pm

Monday 18th March - 7-8pm

The sessions will cover:

- An understanding of gangs, what they are, do, how and why
- Language and slang
- County lines, Child exploitation, signs and stages
- Online risks for young people, social media
- Why exploited/at risk children might resist help and how to overcome this
- How we can prevent exploitation/knife carrying as parents and as a community

The Violence Reduction Alliance encourages you to make parents and carers in your local community aware of this opportunity.



## COLD WEATHER & WATER SAFETY

When we've seen in the news that the Scottish Highlands has reported temperatures of 19 degrees in January so it may seem strange to be including information around cold weather, however, with temperatures expected to drop, partners have asked us to remind education to reinforce the messaging around water safety - especially as half term approaches.

Our Water Safety & PSHE Professional's Pack provides key information that staff should be aware of when delivering PSHE sessions around this topic - including winter safety and what to do if someone falls through ice.

The Royal Life Saving Society UK has information around Winter Water Safety that you can share with children, young people and parents and carers, including a leaflet that you may wish to include with your communications to home or display in your setting.

# RESOURCES

Resources included in this section are linked to key dates of awareness or observation, that have relevance to PSHE. You can view the full year calendar [here](#).

## WOMEN'S HISTORY MONTH - 1-31 MAR INTERNATIONAL WOMEN'S DAY - 8 MAR

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion. Women's History Month including 1t provides a great opportunity to explore gender stereotypes and tackle sexism.

Recent research from The Policy Institute polled 3,600 UK males aged between 16 and 29 and found that 1 in 4 men felt it was harder to be a man than women and a fifth looked at social media influencer Andrew Tate favourably,

It is important that PSHE education creates a space for all genders to talk about their feelings and experiences and validating these will make it possible for educators to identify the challenges our young people face. This will help professionals to be able to support them to have positive and healthy relationships.

Our Resource Library section on Gender has suggested resources to explore gender stereotypes and gender equity.

## SELF-INJURY AWARENESS DAY - 1 MAR

Self-harm is behaviour that is harmful to yourself. It is usually defined as intentional injury to self or self-poisoning. Self-harm can include restriction of food; drug and alcohol abuse; and intentionally putting yourself into risky situations. These behaviours have similar underlying thought processes. Essentially, self-harm can be understood as the opposite of looking after yourself.

Our Self-Harm & PSHE Professional's Pack has more information to support you to deliver sessions on this topic.

The Resource Library on our website will also provide activity ideas and lesson plans for use with children and young people.



## ZERO DISCRIMINATION DAY - 1 MAR

We have worked with Uniting Staffordshire Against Hate (USAH) to develop a education package which builds on prior learning to address topics; similarities and differences, prejudice and stereotypes, discrimination, protected characteristics and hate crime. In our Similarities and Difference section you will find.



KS1 - Similarities and Differences

KS2 - Prejudice

KS3 - Hate Crime

KS4 - Hate Crime

KS5 - Changing Communities

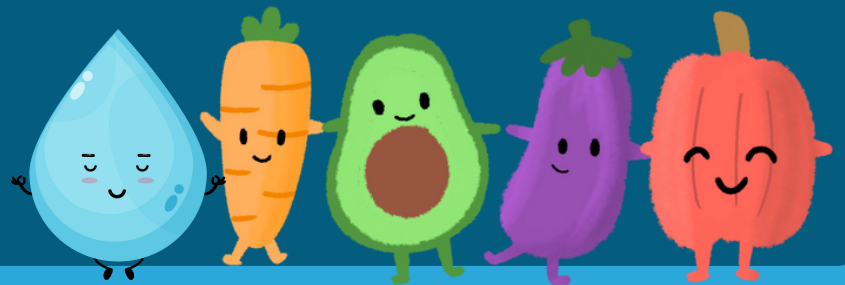
# NUTRITION AND HYDRATION WEEK - 11-17 MAR

The Taste Education scheme of work for EYFS and Primary Schools, is designed to give children the chance to experience new vegetables and fruits in a positive way.

Food a Fact of Life is a progression education programme for each Key Stage (including SEND appropriate resources) which explores where food comes from, cooking and healthy eating.

Danone have free healthy eating education programme, comprising of six lessons (healthy eating, food waste, recycling, hydration, climate change and physical activity) - you need to register to access the resources.

Our Diet and Nutrition & PSHE pack and webinar from MPFT will help ensure staff are increasingly confident to deliver session on this topic.



# GLOBAL RECYCLING DAY - 18 MAR

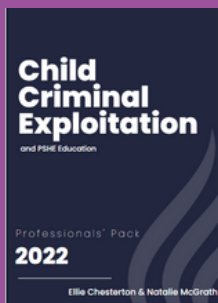
Global Recycling Day was first established in 2018 by the Global Recycling Foundation, a non-profit organization that aims to promote the importance of recycling and support sustainable development. The day is recognized by the United Nations and is celebrated around the world.

British Gas resources, suitable for 7-11 years, include a virtual tour of a recycling plant where children can learn about the process of recycling glass with fun, interactive game play.

Recycle Now's Action Pack includes resources for 5-11 year olds, which have been developed in partnership with teachers. The materials support children to explore what it means to be an active citizen, why recycling matters, and how recycling works.

# CHILD EXPLOITATION AWARENESS DAY- 18 MAR

The National Child Exploitation Awareness Day aims to highlight the issues surrounding Child Exploitation; encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.



We have created a number of local resources, including our Child Criminal Exploitation & PSHE Professionals' Pack and our comic book with accompanying lesson plan. This is available as a flipbook version so you can share on screens, tablets or computers and can be found in the Exploitation section of the Resource Library.

Also in the [Resource Library](#) we have resources that cover criminal, sexual and financial exploitation from Catch22, Natwest, CEOP and others....

## INTERNATIONAL DAY OF HAPPINESS - 20 MAR

Did you know 50% of mental health problems are established by the age of 14?

Public Health England has created resources for 5-11 years old to help facilitate conversations about mental wellbeing including a [What is wellbeing? Assembly](#) and then follow-up resources around [Kindness](#) and [Emotions](#).

[Save the Children](#) have the Happier Schools Project for 7-11 years old which includes differentiation for children with SEND.

[Staffordshire Libraries](#) have the recommended books from [Reading Well](#) - books that support children 's' mental health and wellbeing.

Our [Growing Up programme](#) includes a lesson plan around exploring feeling and emotions. This is designed for young people aged 11-15 years with SEND.

Please see Feeling and Emotions in the [Resource Library](#) for more resources.

## WORLD ORAL HEALTH DAY - 20 MAR

In 2019, almost a quarter (23%) of 5 year olds had tooth decay, with an average of 3 or 4 teeth affected.

Our [Oral Health & PSHE Professionals' Pack](#) shared the learning outcomes and knowledge to help colleagues deliver sessions with increasing confidence.

Last month, we shared [Aquafresh Shine Bright resources](#) which provide a fun and engaging way to teach pupils about oral hygiene.

BBC Bitesize have a [one minute video](#) exploring the different types of teeth and their functions, suitable for 11-16 year olds.

The Oral Health Foundation have [lesson plans and activities](#) that enable anyone to deliver oral health education in the classroom - suitable for ages 3-11.

These resources and others are available in the Dental Health section in the [Resource Library](#).

# INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION - 21 MAR

The PSHE Association state that "Respect, equality and diversity are key features in a well-planned PSHE education programme. A safe and respectful PSHE classroom can give pupils the opportunity to reflect on how each individual's behaviour, attitudes and biases affect others and teach them how to recognise and challenge prejudice, stereotypes and discrimination."

In [January's edition](#) we shared resources and information following the Children's Commissioner for Wales [report](#) on racism in secondary schools.

Resources to support education around racism can be found in our Similarities and Differences section in the Resource Library at [www.pshestaffs.com](http://www.pshestaffs.com). Click to [log in](#) or [sign up](#).

# INTERNATIONAL TRANSGENDER DAY OF VISIBILITY - 31 MAR

In the 2021 census, 262,000 people aged 16 and over in England and Wales said their gender identity was different to their birth sex. It is essential that a school's relationships and sex education curriculum is sensitive and appropriate to the needs of LGBTQ+ students.

Stonewall have provided [Trans inclusive RSHE - lesson packs](#) for primary and secondary age groups, as well as a pack for SEND learners working on the engagement model or pre-key stage standards.

Click here to read Stonewall's [Ten steps to tackling homophobic, biphobic and transphobic language in your school](#).

# TRAINING OPPORTUNITIES

Whilst we always try and source resources and training at no cost, we recognise that some organisations do have a small budget to support their PSHE delivery. Here are some upcoming training opportunities available both for free and a cost, both locally and nationally. Click on links for bookings and further information.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
GAMBLING	VARIOUS	<a href="#">YGAM</a>	FREE	THIS 90 MINUTE INTRODUCTORY WORKSHOP IS PART 1 OF 2 OF OUR FULLY FUNDED CITY & GUILDS ASSURED TRAINING AND IS OPEN TO TEACHERS, YOUTH WORKERS AND FORWARD FACING PROFESSIONALS WHO WORK DIRECTLY WITH CHILDREN AND YOUNG PEOPLE AND ARE ABLE TO DELIVER SESSIONS TO THEM ABOUT GAMING AND GAMBLING HARM.
EXPLOITATION	7TH FEBRUARY OR 14TH FEBRUARY 2.30-4.30PM	<a href="#">THE CLEWER INITIATIVE</a>	FREE	A COURSE EQUIPPING POTENTIAL TRAINERS WITH THE KNOWLEDGE AND SKILLS FOR DELIVERING A BREAKING COUNTY LINES FAITH BASED COURSE.
BULLYING	7TH FEBRUARY 1.30-3.30 PM OR 13TH FEBRUARY 3.30-5.30PM	<a href="#">ANTI-BULLYING ALLIANCE</a>	FREE	AIMS TO DEVELOP UNDERSTANDING OF BULLYING AND THOSE MOST AT RISK AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING
HATE CRIME	15TH FEBRUARY 20TH FEBRUARY 27TH FEBRUARY 10-11.30AM	<a href="#">USAH</a>	FREE	THIS FREE WEBINAR PROVIDES AN OVERVIEW OF HATE CRIME AND THE SUPPORT AVAILABLE WITHIN STOKE-ON-TRENT AND STAFFORDSHIRE
DOMESTIC ABUSE	21ST FEBRUARY 9.30AM-1PM	<a href="#">NEW ERA</a>	FREE	THIS SESSION EXPLORES THE IMPACT OF DOMESTIC ABUSE ON CHILDREN AND YOUNG PEOPLE.
EXPLOITATION	26TH FEBRUARY 2-3PM	<a href="#">WEST MIDLANDS VIOLENCE REDUCTION PARTNERSHIP</a>	FREE	THIS SESSIONS AIMS TO INCREASE AWARENESS ON THE DANGERS OF BECOMING A 'MONEY MULE', THE CRIMINALS BEHIND IT AND THE POTENTIAL LONG-TERM IMPLICATIONS.



# E-LEARNING COURSES

TOPIC	PROVIDER	COST	OVERVIEW
BODY IMAGE	<a href="#">DOVE/NIKE</a>	FREE	EQUIPS EDUCATORS WITH THE KNOWLEDGE, TOOLS AND INSPIRATION TO IMPROVE BODY CONFIDENCE IN THE YOUNG PEOPLE THEY WORK WITH
BULLYING	<a href="#">EQUALITEACH</a>	FREE	SUPPORTS STAFF TO BE ABLE TO RECOGNISE AND RESPOND EFFECTIVELY TO INCIDENTS OF PREJUDICE AND BULLYING.
CHANGE AND LOSS	<a href="#">WINSTON'S WISH</a>	FREE	FREE BEREAVEMENT TRAINING TO HELP THEM TO UNDERSTAND HOW TO SUPPORT GRIEVING CHILDREN AND YOUNG PEOPLE IN THEIR SCHOOL
GAMBLING	<a href="#">ENGLISH GAMBLING EDUCATION HUB</a>	FREE	PREVENTING GAMBLING HARMS IN 18-25 YEAR OLDS – NOT IN EDUCATION, EMPLOYMENT OR TRAINING (NEET) AND EMPLOYED
LEADING PSHE	<a href="#">NATIONAL COLLEGE</a>	£300 + VAT	THIS RSHE/PSHE LEAD TRAINING COURSE PROVIDES THE KNOWLEDGE AND SKILLS NEEDED TO UNDERSTAND THE STATUTORY RSHE REQUIREMENTS, RECOMMENDED PSHE EXPECTATIONS AND DRIVE LOCAL ADAPTATION IN YOUR SCHOOL OR COLLEGE
RSE	<a href="#">BROOK LEARN</a>	FREE - £40	A VARIETY OF E-LEARNING COURSES FROM HOW TO DELIVER RSE TO TOPIC SPECIFIC COURSES (ABORTION, CONSENT, CONTRACEPTION AND MORE)
RSE	<a href="#">NSPCC</a>	£9.50	ONLINE TRAINING TO SUPPORT SECONDARY SCHOOL TEACHERS AND LEADERS TO DELIVER INCLUSIVE SEX AND RELATIONSHIPS EDUCATION. INCLUDES ACCESS TO LESSON PLANS AND A DEDICATED SUPPORT HELPLINE.
RSE IN CATHOLIC SCHOOLS	<a href="#">CATHOLIC EDUCATION SERVICE (TEN TEN)</a>	FREE	ONLINE TRAINING TO SUPPORT CATHOLIC EDUCATION SETTINGS TO DELIVER RSHE IN A WAY THAT IS ALIGNED TO THEIR RELIGIOUS VALUES
SEXUALISED BEHAVIOUR	<a href="#">NSPCC</a>	£35	TWO HOUR ONLINE COURSE TO HELP MANAGE HARMFUL SEXUALISED BEHAVIOURS IN PRIMARY OR SECONDARY SCHOOLS IN THE UK

## NEXT MONTH...

Resources & Materials for:

- 1-30 Stress Awareness Month
- 2 World Autism Day
- 7 World Health Day
- 22 National Stephen Lawrence Day

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

“The links to training really useful and how to get staff feedback on their confidence and knowledge on different topics”

PSHE Lead, Independent Special School, South Staffordshire

We love hearing how the PSHE Education Service is supporting you, your setting and the children and young people you work with. Please let us know if you have used any of our resources, information in the digest in your own practice so we can share with others.



If you would like to share any feedback or request specific support, advice or guidance please contact us directly:

[natalie@staffscvys.org.uk](mailto:natalie@staffscvys.org.uk)

