



COVERED IN THIS MONTH'S EDITION:

Meeting Recordings
Upcoming Dates for Your Diaries
What's Out There; Social Media, TV & News

- Andrew Tate

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Update from National Partners

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- Brook's Big Lesson
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- Youth Violence
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- New First Aid Course - Test this out!
- Adolescent Domestic Abuse
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Resources

- New Resources
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- Stress Awareness Month
- World Autism Day
- International Walking Day
- World Health Day
- National Sibling Day
- World Earth Day
- National Stephen Lawrence Day
- World Immunisation Week

Training Opportunities
Podcasts & Documentaries

Next Month
Link to Facebook Group

MEETING RECORDINGS:

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



PSHE Leads Meetings

- 11th February - Funded External Providers and updates

Bitesize Practice Development Webinars

UPCOMING DATES FOR YOUR DIARIES

PSHE Leads Network Meetings:

- 26th March 2025 - 4-5pm
- 7th May 2025 - 4-5pm
- 24th June 2025 - 4-5pm

Reserve your space via our Eventbrite page and an MS Teams invite will then be sent to you

BOOK NOW

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Has this Digest been forwarded to you. If you would like to receive our monthly newsletter directly please email:

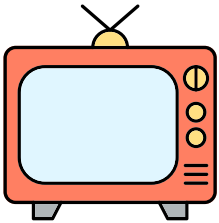
ellie@staffscvys.org.uk

We look forward to seeing many of you on Wednesday 26th March at the next PSHE Leads Network Meeting

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.

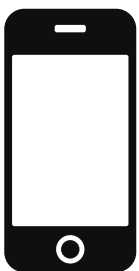
We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



- Mummy Pig announced her pregnancy on Good Morning Britain. The new addition will show the "ups and downs" of getting a new brother or sister. Mummy Pig will announce that she is pregnant during the final episode of the current series of Peppa Pig, which will air on the March 30, the same day as Mother's Day in the UK. Viewers can expect to see the new baby pig on screen in the autumn.
- Channel 4 showed a reality show Go Back To Where You Came From. The BBC's Newsbeat writes to ask "Has Channel 4 immigration show branded toxic changed anyone's mind?"
- Stacey Dooley has announced a new two-part series "Rape on Trial" exploring sexual assault and rape, which will be available on BBC iPlayer from 13th March.
- Netflix's new mini-series "Toxic Town" covers the real story of the toxic waste case in the East Midlands and three mothers fighting for justice for the rates of upper limb defects in babies born in Corby.



- The BBC reports on the recent ONS publication about the latest NEET figures (Oct-Dec '24). Being NEET is an associated risk factor for many themes explored throughout PSHE including teenage pregnancy and exploitation.
- Doctors are backing a total ban on smacking children in England. The Royal College of Paediatrics and Child Health (RCPCH) is urging politicians to back an amendment to the Children's Wellbeing and Schools Bill, which would remove the current "reasonable punishment" defence for smacking outlined in the Children Act 2004.
- Rapper Lil Baby has described a link made between one of his music videos and the killing of 2 teenagers in the US as 'nonsense'.
- Doctors are currently debating if Bacterial Vaginosis (BV) should be redefined as an STI based on research carried out in Australia.



- A video circulating on social media, of a woman finding her partner engaging in sexual activity with another woman in a van, has led to discussions about people being filmed and posted online without their consent and the impact that the invasion of privacy and trolling can have on a person's mental health and wellbeing.
- Hellblade 2 has received the most nominations at the BAFTA Game Awards.

ANDREW TATE

Andrew Tate and his brother Tristan have left Romania to head to Florida, and as a result, we are aware that his name is back in the mainstream media and this may mean that there is an increase in young people speaking about him.

We want to support you in addressing the concern about the impact of online influencers that promote misogynistic rhetoric. Our PSHE Digest from April 2023 (pages 12-13) has a list of many resources for children, young people and professionals. In addition to those:

The PSHE Association has created a guidance pack "Addressing misogyny, toxic masculinity and social media influence through PSHE education".

Key Points from the PSHE Association about how to teach about these topics safely:

1

Avoid focusing the session on specific influencers, websites or groups that promote harmful attitudes.

This is important because not all pupils know even the most popular influencers. Discussing specific influencers might lead children and young people to suggest others and encourage those unaware to check them out, potentially finding inspiring role models. Speaking generally helps children and young people understand that this advice applies to any problematic influencers, now or in the future.

2

This should be delivered by appropriately trained, prepared educators using safe, effective materials.

Anyone teaching this complex content should be given training and pedagogical understanding to teach it safely and well.

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4

Establish a safe learning environment.

Establishing a safe learning environment with pupils before teaching takes places is crucial. Our best practice guidance pack "Creating a Safe Learning Environment" can support PSHE Leads in ensuring staff are aware of why this is important and how it could be done.

UPDATE FROM ELLIE

PSHE LEADS DETAILS

Thank you to those who have already completed our short form about who the PSHE Lead is in your setting and sharing some basic information to help us get a better understanding of PSHE education across Staffordshire and Stoke-on-Trent.

The average response time is less than 5 minutes, your support in making sure our database is up-to-date and that we can make plans to best support you in your role is greatly appreciated. If you haven't already completed the form you can do so here.

DFE MEETING - RSHE REVIEW

In February, we attended a virtual round table with the Department for Education about the RSHE review, focusing on coverage, inclusivity, pedagogy, language, and confidence, especially around sexual relationships, VAWG, and mental health.

Key points raised included:

- RSHE should be part of the wider PSHE curriculum and not used as an intervention. If a child or young person has a specific need, especially safeguarding then using RSHE/PSHE as an approach is not appropriate.
- A government definition of sex education is needed to clarify parental withdrawal rights, as some policies include puberty under sex education.
- When discussing VAWG, it's important to avoid portraying women and girls as victims and men and boys as perpetrators. You may find this guide for schools from End Violence Against Women Coalition useful.
- RSHE/PSHE resources should always be evidence-based and trauma-informed.

The final statutory guidance will include a lead-in time for education settings to make necessary changes.

SERVICE IMPACT REPORT

We are delighted to share with you the 3rd Pan-Staffordshire PSHE Education Service's Impact Report. The purpose of this report is to highlight key outcomes and achievements of the service over the past 12 months (November 2023 - December 2024) and to demonstrate accountability to our funder, partners and education settings.

We want to thank you for engaging with the service and for the lovely feedback you share with us - especially about the PSHE Digest.

UPDATE FROM NATIONAL PARTNERS

PSHE ASSOCIATION UPDATE

The PSHE Association's [latest blog](#) explores how PSHE education can be utilised to broaden horizons, challenge misconceptions and empower children and young people to take the first steps towards fulfilling and rewarding careers. The blog shows how primary education settings can build aspirations and how secondary settings can empower their young people.

The latest [SEND newsletter](#) has been published. This newsletter reflects on changes, and looks ahead to some exciting new resources and CPD opportunities.

Members will be able to access new resources on [Friendship and Bullying](#) for Reception-aged children, updated Programme Builders that incorporated links to the latest resources and coming soon is a library of self-led interactive courses, on demand webinars and practical explainer videos.

BROOK - BIG LESSON LIVE

After the success of the previous Big Period Lesson (which had over 61,000 people join), Brook and Lil-Lets are inviting education settings to Big Period Lesson 3 - a free, live, interactive session for Years 6 and 7 that is taking place on 20th March 2025 - 10-11am. The learning outcome is that young people who attend the session will be able to understand puberty and the changes that happen to their bodies. This will be achieved through the learning objectives:

- Correctly name the reproductive organs
- Recognise key facts about periods and period symptoms
- Identify different period products and how to manage menstrual cycles
- Recognise how activity and rest can support period wellbeing
- Know where to go for support

It would be useful if the young people viewing the broadcast have access to a smartphone or personal device. Questions will be asked during the session on [mentimeter.com](#) and this will enable as many people as possible to take part.

To book your space and register your class

[CLICK HERE](#)



You can view the previous 2 sessions on demand:

[Big Period Lesson](#)

[Big Period Lesson 2](#)



NSPCC EDUCATION UPDATE

Please see below an update from NSPCC Education Team about how they can support your setting:

- [Speak out Stay safe](#) is a free safeguarding programme for ages 5-11. The programme consists of virtual assemblies and lesson packs. In areas where we have capacity, we also offer workshops for Years 2, 5 & 6 and are now booking schools for the spring and summer terms. We also have a specially designed SEND programme aimed at ages 9-11.
- Our Talk PANTS teaching resources help children in EYFS and primary understand the Underwear Rule. Download teaching packs for ages 3-11, including a SEND pack. Includes full lesson plans, slides and printables at [Talk PANTS for schools](#)
- The [Childline website](#) has content for all ages including videos, games and mindfulness activities. There's an accessibility toolbar which translates the website into over 120 languages along with many other adaptations.
- Childhood Day – all settings

Sign your school up to take part in the Childhood Day Mile 2025. Have fun, get active and raise money to help keep children safe at [Childhood Day 2025](#) (6th June)

- Talk Relationships supports secondary settings to deliver inclusive RSE through a whole-school approach. Designed to help young people understand healthy behaviours and recognise their right to be safe, heard and respected.

All tools are currently free and include a whole-school approach framework, two e-learning courses, 14 lesson plans and 6 additional plans designed for young people with SEND. Find all resources at [Talk Relationships](#)

- Report Remove allows young people to report a nude image or video shared online, to see if it's possible to get it taken down. Find information and support at [Report Remove](#)
- Let children know you're listening - all professionals, free

Helpful guidance and reminders for supporting adults in responding to those disclosing abuse.

Find tips and a free printable poster at [let children know you're listening](#)

- Support parents and carers with our wide range of online guides. From early parenting to managing family life, there's advice and support available. Themes include bonding with baby and toddler tantrums to children sharing bedrooms and separation and divorce.

Find online advice at [Parent Guides](#)

ONLINE SAFETY

It is important to ensure that online safety sessions enable children and young people to develop critical thinking skills to help them identify the positive and negative aspects of being online.

EU Kids Online has released a report investigating the effects of digital technologies on adolescent wellbeing. The report examines findings from 15 research studies conducted over 6 years, focusing on the influence of smartphones, social networks, and online gaming on adolescents' psychological, social, and physical health. The results show that the impact of technology varies widely based on individual factors such as age, gender, media use frequency, and use patterns. While some adolescents experienced positive outcomes, others faced negative consequences, highlighting the complexity of the relationship between technology use and wellbeing. The report also highlights the need to avoid broad generalisations or strict technology bans and to adopt a more nuanced understanding of how digital technologies interact with adolescents' characteristics and usage patterns.

INEQE Safeguarding Group report that a small number of schools in England are reporting incidents where photos, frequently those of female pupils and staff, are being taken from their websites and social media channels, manipulated into a sexualised context using AI, and then used in attempts to blackmail schools. They have created a guide for schools on Preventing and Responding to AI-Generated Image Exploitation.

The Home Office has published a press release announcing new measures to address artificial intelligence (AI) generated child sexual abuse images. Under proposed new laws, it will be illegal to possess, create or distribute AI tools designed to generate child sexual abuse material; and to possess 'manuals' which teach people how to use AI to sexually abuse children.

At the same time, the Home Office will: introduce a specific criminal offence for people who run websites designed to share child sexual abuse content; and give Border Force the power to compel an individual they reasonably suspect poses a sexual risk to children to unlock their digital devices for inspection. These measures will be introduced as part of the Crime and Policing Bill.

The Internet Watch Foundation has warned that more and more sexual abuse AI images of children are being produced. New data from the charity shows that reports showing AI generated CSAM have risen 380%, with 245 confirmed reports in 2024 compared with 51 in 2023. Each report can contain thousands of images.

The PSHE curriculum should be ensuring that young people are aware that the laws around sexual abuse images of children apply to those images generated by AI and know how to report any AI-generated images of themselves and ask for them to be removed - Report Remove Tool.

The PSHE Education Service has also added information for parents and carers to our website to help them learn more about AI content and tools - see New Resources on page 17 for more information.

ONLINE FINANCIAL HARM

ParentZone has published a report which explores UK parents' understanding of and concerns about online child financial harms. Findings are based on data from an online survey of over 2,000 parents and focus groups with 44 parents.

Key findings include: over 6 in 10 parents of children aged 7- to 18-years-old agree that financial harm online is a relevant issue for their children and family; parents' greatest concern was child sexual abuse and exploitation; and the most common ways parents said their child was affected online were accidental purchases and subscriptions for paid-for services that they couldn't cancel. The report highlights that parents would like to know more about a number of topics including how to teach children about money, reporting scams, cryptocurrencies and trading.

PSHE Leads are encouraged to consider how the economic element of PSHE helps children and young people to develop the skills required to navigate these risks.

Parentzone offers training on Child Financial Harms, AI and Media Literacy - keep an eye of their website for opportunities.

The PSHE Association will be launching online training on this in the near future.

CEOP SURVEY

[CLICK HERE](#) 

The NCA's CEOP Safety Centre offers children and young people a way to report online child sexual abuse, especially if they can't tell a trusted adult.

They are seeking feedback from children's workforce professionals on the CEOP Safety Centre from a child's perspective. Your insights will help us improve the reporting system.

Closing date is 28th March 2025.

MEDIA LITERACY - FREE TRIAL OF RESOURCES

Picture News have launched a 4-week free trial of their resources. To access this all you need to do is complete this short form.

Each week, Picture News resources explore a current news story through a 'big question' and engaging image and email a ready-to-go PowerPoint for you to use for assemblies, displays or a morning activity. The resources embed British values, protected characteristics and support oracy in school.

They have resources for Early Years, Primary, Secondary and SEND.

Please note that all Stoke-on-Trent

[SIGN UP](#) 

YOUTH VIOLENCE

The [Youth Endowment Fund](#) has [published a blog](#) about the scale of knife crime in England and Wales. The blog looks at young people's concerns about knife crime, explores the rates of knife-enabled crimes over the past decade, and how children and young people have been affected. The blog reinforces the need to focus on the reason why children use knives, and on interventions and strategies, such as psychological therapies and focussed deterrence, that can have a positive impact on reducing children and young people's involvement in violence.

The Youth Justice Board (YJB) has shared its [Knife Crime Insights Pack](#) to add context to it's annual statistics.

The Youth Endowment Fund has also [published a new report](#) that reveals the stark racial disparities in violence affecting children and young people. The majority of children in the youth justice system, and involved in violence, are White. However, relative to their share of the population, some minority ethnic groups – and Black children in particular – are over-represented, while other groups – e.g. those from Asian backgrounds – are under-represented.

Crest Advisory has [published new research](#) into the role of key workers in supporting children and young people affected by serious young violence.

Fearless.org is running a national campaign to encourage young people to #BeFearless and tell them what they know about crime, 100% anonymously. The purpose of the campaign is to raise awareness of the Fearless service. In our Notice Board pack, you will find posters to advertise the Fearless service.

There is also a Fearless Against Crime Professional Session that aims to raise awareness of the service Fearless provides. Professionals who attend will leave with the confidence to have key discussions with young people about snitching and breaking down the barriers to reporting crime. You will also learn about the option for young people to give information about crime 100% anonymously. *Every professional that attends our sessions will receive a short Fearless assembly pack to use in their youth setting. This resource is only available following attendance at a session. The link to book to attend this webinar can be found in the [Training section of this Digest on page 22](#).*

For those colleagues working in youth organisations, the National Youth Agency is working with RSM UK Consulting and the University of Durham on a research project, commissioned by the Youth Endowment Fund. This research project explores the role of youth work and youth workers in protecting children and young people at risk of – or involved in – violence or crime (including violence against women and girls (VAWG)). They want to hear from anyone who delivers youth work in England and Wales, whether professionally or as a volunteer. You can [access the survey here](#) and it should take no more than 10 minutes to complete.

EXPLOITATION

As part of the Crime and Policing Bill, child exploitation has been officially recognised as a criminal offence. The Children's Society published a report after asking young people how they feel members of the public, businesses and services respond to children at risk of or experiencing exploitation.

The participants (324 young people) believed:

- Racism, ableism, gender prejudice and poor understanding of young people who identify as trans are major barriers to intervention.
- Many people in society are unwilling to challenge their own prejudices or take the time to learn about the different intersections of identity.
- People often make judgments based on a young person's appearance, race or clothing, which impacts whether they are perceived as a victim or not.

TEST NEW FIRST AID CPD COURSE BritishRedCross

The British Red Cross is currently developing a new How to Teach First Aid course, which aims to give you the resources, skills and training to effectively and confidently teach first aid skills.

The latest version of this innovative course will be ready very soon and the British Red Cross is looking for educators to be among the first to get their hands on the updated course.

The course should only take 1.5hrs, then you'll be asked to complete a quick survey, which will aid further development on this and other education resources.

To be involved in this please contact the British Red Cross directly via email and mark your subject header as British Red Cross/How to Teach First Aid Tester.

ADOLESCENT DOMESTIC ABUSE

It is important to remember that domestic abuse does not only take place between adults. The Violence and Society Centre has published a rapid systematic review of adolescent domestic abuse in collaboration with the UKPRP Violence, Health and Society consortium (VISION).

The studies identified 5 categories of risk and protective factors, including bullying and parental intimate partner violence, social and cultural factors, school and neighbourhood environment, and health and wellbeing.

MENTAL HEALTH

Involving children and young people in developing their PSHE curriculum is part of our local quality framework. CORC has launched free, modular surveys for upper primary and secondary settings to understand pupils' wellbeing and inform interventions. These surveys include tried and tested questions on five areas of wellbeing, plus a step-by-step guide and additional resources.

The #FutureMindsCampaign, by the Centre for Mental Health and partners, published a report advocating for increased investment in children's mental health.

For Children's Mental Health Week, the NSPCC encouraged young people experiencing anxiety to reach out, revealing that Childline delivered over 6,600 counselling sessions related to anxiety in the first half of 2024/25.

Posters signposting children and young people to Childline can be found in our Notice Board pack.

Education for Wellbeing research found that normalizing everyday emotions is the most promising intervention for supporting mental health in schools. A webinar on 12th March will discuss these findings.

Anna Freud offers an animation and toolkit for 11-13-year-olds to help manage anxious feelings, available in our Resource Library. This and other resources can be found in our Feelings and Emotions page in the Resource Library on our website.

ONS research highlights higher suicide risks among young males and those in households with formal qualifications. Higher risks were also found among young people with special educational needs (SEN).

VAPING

A new national report supports local public health teams and schools in reducing youth vaping. The review by Audience Social Marketing and Alma Economics analysed 28 global youth vaping education campaigns, highlighting that effective campaigns are shaped by young people, clearly communicate health risks, and are positive and empowering, avoiding scare tactics.

The Department for Health and Social Care announced a £62 million research project to investigate the long-term health effects of vaping on children. Funded by UK Research and Innovation, it will track 100,000 young people aged 8 to 18 over a decade.

Additionally, the upcoming "Love Your Lungs" campaign will feature influencers like Big Manny and Bodalia appealing to teenagers on social media.

Tetrahydrocannabinol (THC) is the psychoactive compound in cannabis and can make people feel a range of effects. Following some recent incidents involving THC vapes locally, Staffordshire Police would like to remind education settings that any amount or concentrate of THC is illegal in the UK.

Resources to support PSHE education on this subject can be found in the Resource Library on the website under "Smoking and Vaping" and "Substances" pages.

ANTI-SOCIAL BEHAVIOUR DATA

LG Inform, the local area benchmarking tool from the Local Government Association has created a [report on Antisocial Behaviour](#) that provides an overview of antisocial behaviour in a local authority area - just select your council e.g. Tamworth at the top of the report. All of the data included in this report is sourced from existing published collections and available at local authority level.

Don't forget we have Zane's Comic Book for Primary-aged children and a locally-produced short film for 11-14 years old to support you to have conversations about what is antisocial behaviour and what the impact could be. These are in the Resource Library under Communities - if you've used these resources we'd [love to hear your experience](#) of them.

EATING DISORDERS – ADVISORY GROUP MEMBERS WANTED

Anna Freud are asking education staff, young people, parents and carers to join their advisory groups and help design a survey for young people.

The survey will explore the drivers of eating disorders in the school environment to help better understand how to support young people who may be struggling. You can join whether or not you have experience of an eating disorder or supporting someone with an eating disorder, as long as you feel comfortable doing so.

- [Young people sign up](#)
- [School staff and parent/carer sign up](#)

Contact EDschool@annafreud.org with any questions.

YOUTH HOMELESSNESS

Centrepoin has [published a new report](#) into the scale of youth homelessness across the UK. The report sets out data collected by local authorities in 2023-2024 on 16-24 year olds in England. Information from devolved nations is also included to provide a picture of youth homelessness across the UK. Findings indicate that in 2023-2024: 1 in 62 young people in the UK faced homelessness, an increase on the previous year; and the primary causes of young people becoming homeless included family or friends no longer willing or able to accommodate them (50%), and domestic abuse (10%). Centrepoin is calling on the UK Government to provide ring-fenced funding for local authorities to tackle youth homelessness.

The table below shows the number of young people [presenting to their local authority](#) in 2023-2024:

Area	Total (FY23/24) if young people presenting to their local authorities
Stoke-on-Trent	638

As the table demonstrates this is an issue that affects Stoke-on-Trent. There are [resources available in our Library](#) to support conversations about the topic of youth homelessness.

The government has published a [study of the local authority response](#) to homeless children and young people.

UPDATE FROM LOCAL PARTNERS

Please share updates with relevant partners to ensure that they are aware of information appropriate for their role including your DSL, Mental Health Lead, SLT, and PSHE teaching team.

NATIONAL CHILDHOOD MEASUREMENT PROGRAMME DATA

- The 2023/24 National Childhood Measurement Programme (NCMP) data is now available. You can find the prevalence of obesity (including severe obesity) for both Reception and Year 6 within the Joint Strategic Needs Assessment (JSNA) for Stoke-on-Trent Joint Strategic Needs Assessment 2024 under Chapter 2 Children and Young People. Key headlines are:
 - Around a quarter of all reception-aged children are overweight (including obese) with little variation in the past decade.
 - By the ages of 10 and 11 the rate has close to doubled with two fifths of children classed as overweight in 2021/22-2023/24.

TRAINING DATES

The Schools' Training Team - part of the 0-19 Families Health and Wellbeing Service delivers virtual awareness sessions on:

- Asthma
- Anaphylaxis
- Epilepsy

Each topic is delivered individually in hourly sessions.

You can book your sessions by emailing the team.

LOCAL NEWSLETTERS

- Catch22 have published their latest round-up of research and development. To sign up to the Research and Development Round-Up and receive it directly in your inbox, please get in touch with us with the subject heading 'R&D subscription' at ypf@catch-22.org.uk.
- The Violence Reduction Delivery Group Resource Round-Up has been published for March.

NEW SEND RESOURCE

Sensory processing needs are the differences in how a person's brain receives and processes any sensory information and can have an impact on how they are able to interact within their environment. Challenges can come at any stage of the sensory process.



The two Local Authorities, healthcare providers, and healthcare commissioners across the Staffordshire and Stoke-on-Trent Integrated Care System have come together to produce the Sensory Processing Needs Toolkit and Position Statement. These documents have been developed in partnership in response to an increasing number of requests from school settings for additional support with sensory processing difficulties and the acknowledgement that locally there was a limited support for sensory processing difficulties.

The Sensory Processing Needs Toolkit is a education setting- facing resource and provides a Graduated Approach to sensory processing support to children and young people within an educational setting. It is intended to be used by teachers to support children and young people and offers information on supportive strategies to consider, how to conduct an environmental audit and suggestions for regulating activities so that children can take part in daily activities in school.

It can be used with all children and young people, including those with autism and social and emotional mental needs as it uses a general lens to look at sensory processing needs, rather than through condition specific lens.

FREE TRAUMA INFORMED PRACTICE AND UNDERSTANDING ACES LAUNCH

Date: Tuesday 1 April 2025

Time: 9.30am - 12.30pm

Venue: Auditorium, The Bridge Centre, Birches Head Road, Birches Head, ST2 8DD

This event will launch a creative suite of online resources designed to empower professionals in recognising and supporting children and young people experiencing Adverse Childhood Experiences (ACEs) and Trauma.

The resources aim to elevate awareness and provide effective support, ultimately contributing to the prevention and reduction of violence in our communities. Developed in partnership with the Staffordshire and Stoke-on-Trent Violence Reduction Alliance, Trauma Informed Consultancy Service (TICS), the local Safeguarding Children Partnerships, Staffordshire and Stoke-on-Trent Integrated Care Board, and Staffordshire Police, these cross-sector resources are set to make a significant impact.

[To book a place, click here.](#)

SOT YOUTH COLLECTIVE - UTH PHONE APP


The Stoke-on-Trent Youth Collective are launching an app for young people aged 11 -18 years, with the aim to improve lives and prevent suicide in young people.

The 'UTH City' app has been created following research to provide a digital space for youth engagement, activities and support all in one place. As well as features such as local events, activities, education, training, jobs, apprenticeships and support services - the app also has a suicide prevention button, which is linked to under 18s crisis care team and Staffordshire Police. Users can also access a 'talk to support' which directs to personal 'safe' contacts adding an extra layer of support.

Members of the public will have the opportunity to view the 'UTH City' App for the first time on Saturday 15 March, during one of many launch events. The first of which will be taking place in the fan zone at Port Vale Football Club, where the SOTYC members will be handing out information and talking to members of the public.

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](#) in the website and below.




PSHE Education

STOKE-ON-TRENT & STAFFORDSHIRE

AWARENESS CALENDAR 24-25

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
1-30: Childhood Cancer Awareness Month	1-31: Black History Month	1-30 (Islamophobia Awareness Month)	1: World AIDS Day	1-31: Veganuary	1-28: LGBT History	1-31: Women's History Month	1-30: Stress Awareness Month	1-31: Local and Community History Month	1-30: Pride Month	1-31: Plastic Free July
2-6: Zero Waste Week	1-31: Breast Cancer Awareness	1-30: Movember	2-8: National Grief Awareness Week	10-16: National Obesity Awareness Week	6: Time to Talk Day	1-31: National Bed Month	2: World Autism Day	1: Staffordshire Day	1-30: Gypsy, Roma & Traveller History Month	1-31: Talk to Us (Samaritans)
9-13: National Schools Breakfast Week	1-31: ADHD Awareness	1-30: Lung Cancer Awareness Month	3: International Day of People with Disabilities	20: Brew Monday	3-9: Children's Mental Health Week	1: Self-harm Awareness Day	2: International Walking Day	3: World Hygiene Day	3: Stoke-on-Trent Day	
9-15: UK Savings Week	9-15: Baby Loss Awareness Week	5: Bonfire Night	3: International Volunteer Day	24: International Day of Education	6: International Day of Zero Tolerance to FGM	8: International Women's Day	7: World Health Day	13: International Day of Families	9: World Environment Day	
10: World Suicide Prevention Day	10: World Mental Health Day	7: International Day against Violence and Bullying at School, including cyberbullying	10: Human Rights Day		9: World Toothache Day	10-14: Empathy Week	10: National Siblings Day	16: International Boy's Day	12: Brake's Kids Walk	
14: World First Aid Day	11: International Day of the Girl Child	13: World Kindness Day			11: Safer Internet Day	10-16: Nutrition and Hydration Week	22: Earth Day	17: International Day against Homophobia, Biphobia and Transphobia	14: World Blood Donor Day	
11-17: Sexual Health Awareness Week	12-18: Hate Crime Awareness Week	11-15: Anti-Bullying Week			14: Valentine's Day	18: Global Recycling Day	22: National Stephen Lawrence Day	17-24: Ditch the Blade Week	15-21: Refugee Week	
13: World Sepals Day	15: Global Handwashing Day	12: Odd Socks Day			14-20: Kindness Week	18: Stop Child Exploitation Awareness Day	24-30: World Immunizations Week	21: World Day for Cultural Diversity, Dialogue & Development	21: National Selfie Day	
16-22: Genes for Jeans Week	16: World Food Day	14: World Diabetes Day			13: International Childhood Cancer Day	19: Beep! Beep Day		28: Menstrual Hygiene Day	23: Drowning Prevention Day	
16-22: Travel Wise Week	16: Restart a Heart Day	17-23: Road Safety Week			24-2 (Mar): Eating Disorders Awareness Week	20: International Day of Happiness		31: World No Tobacco Day		
18: National Fitness Day	16-22: Recycle Week	18-24: UK Parliament Week				20: World Oral Health Day				
19: Youth Mental Health Day	24: UN Day	19: International Men's Day				21: International Day for the Elimination of Racial Discrimination				
21: International Day of Peace		23: International Day for the Elimination of YAWG				23: International Transgender Day of Visibility				
26: World Contraception Day										



SCVYS
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Using engagement analytics of the Resource Library on our website, we have identified the top 5 topics that users are visiting, to look for resources. This data will help us identify further resources, support and guidance on priority topics.

- COMMUNITIES (INCLUDING ASB)
- MONEY
- KNIFE CRIME
- MENTAL HEALTH
- RELATIONSHIPS
- SIMILARITIES AND DIFFERENCES (INCLUDING HATE CRIME)
- FEELINGS AND EMOTIONS
- EXPLOITATION



We value ongoing feedback to help us shape the service and ensure that we respond to support needs. You are welcome to share any feedback, suggestions and thoughts by emailing ellie@staffscvys.org.uk.

NEW RESOURCES IN THE LIBRARY - WWW.PSHESTAFF.COM

Anna Freud "Dealing with Anxiety" Toolkit, includes guidance for professionals, parents and carers, session plans and slides to support 11-13 years old to normalise, understand and manage anxious feelings.

This has been added to the Feelings and Emotions page in the [Resource Library](#),

Let's talk about
anxiety

To support parents and carers to feel more confident in talking to their child(ren) about topics relating to the PSHE curriculum we have a [section on our website](#) just for them.

This month we have added "[Artificial Intelligence Safety Tips for Parents](#)" from the NSPCC which provides information on what AI-generated content is and offers 6 tips to support children to use AI safely,

NSPCC

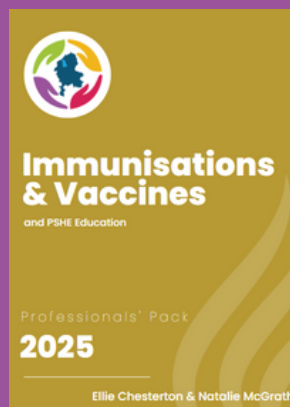
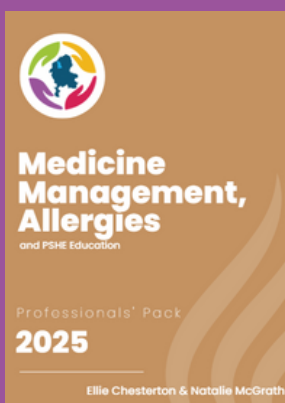
The Anti-bullying Alliance has updated their [Toolkit for Parents and Carers](#). This toolkit provides advice on what bullying is, what schools' responsibilities are, how to know if your child is being bullied, what action you can take, sources of advice and support, and more. It has been uploaded to the [parents and carers page of the website](#) under "Bullying".

 **ANTI-BULLYING ALLIANCE**

We have added 2 more packs to our ...& PSHE series this month:

- [Medicine Management and Allergies](#)
- [Immunisations & Vaccines](#)

These packs highlight the learning outcomes linked to the theme from both the Department for Education and the PSHE Association. We then provide information to help professionals feel more confident in their own knowledge before facilitating sessions.



These have been added to the Medicine Management (including Immunisation topic in the [Resource Library](#)) and also to our [... & PSHE page](#) where you will find all the other completed packs.

BRAKE'S KIDS WALK - 11TH JUNE RESOURCE PACK RELEASED

We know that Road Safety is a priority for our local authorities and Police, Fire and Crime Commissioner so are encouraging our primary settings to sign up to Brake's Kids Walk. This key awareness day helps to engage children with road safety issues, promote the benefits of walking and raise awareness among parents and carers and the wider community about the need to protect children on the road.

The learning also links to Better Health Staffordshire's objectives to reduce excess weight levels in children and adults.

Get your free action pack by [clicking here](#). This includes posters, certificates, lesson plans and more.

SIGN UP

STRESS AWARENESS MONTH - 1-30 APR

The Children's Commissioner recognises that while there has been a welcome increase in educational attainment over recent years, they are concerned about the levels of stress being found among British children. In [research](#) undertaken in 2020, children and young people cited homework and/or exams (66%), worrying about what other people think of them (39%) and bullying (25%) as main causes of stress.

PSHE education can support children and young people to manage challenges and build resilience.

Young Minds have a [series of 13 lessons](#) (6 for KS1 and 7 for KS2 using Beano comics to explore; Understanding our emotions, Being brave and becoming resilient, Managing difficult emotions, Understanding stress, Understanding change, Responsible use of mobile phones (upper KS2 only) and Release your resilience.

The [British Red Cross How to Build Your Resilience programme](#) for 10-19 year olds, consists of six activities help explore the challenges young people face and discuss the techniques they could use to help build their resilience to overcome the challenges they are faced with. Each activity can be completed in 10 to 15 minutes and can be used as part of lessons, or tutor time.

These resources, and others can be found in the Resource Library on the website, log-in or register.

WORLD AUTISM DAY - 2 APR

The [National Autistic Society](#) state that; "Bullying and social exclusion are common experiences for autistic kids, causing their self esteem to plummet. Angry outbursts are often a reaction to unkindness or personal frustration. Building autism and neurodiversity awareness into your Personal, Social, Health and Economic (PSHE) or Citizenship lessons is a good way to address this."

Anna Freud and Mentally Healthy Schools have a [useful webpage](#) where you are able to learn about autism, how it presents in children and young people, and how to support your pupils in the classroom.

In the Similarities & Differences page in the [Resource Library](#) of our website, you will find a variety of resources which support children and young people to identify and celebrate the things that make us different and unique and develop strategies to support others who may encounter prejudice or discrimination.

INTERNATIONAL WALKING DAY - 2 APR

Walking has many health benefits, including improved cardiovascular health, reduced risk of disease, and better mental health.

The Sure Breaking Limits Programme is a set of FREE PE & PSHE resources designed to give young people aged 11-14 the confidence to move by making it fun, inclusive and accessible for all, regardless of gender, race or ability.

Our Being Healthy & PSHE professionals guidance pack is available in the Resource Library along with other quality assured materials to support physical health education.

WORLD HEALTH DAY - 7 APR

This year, the campaign, titled Healthy beginnings, hopeful futures, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritise women's longer-term health and well-being.

The Pan-Staffordshire PSHE Education service developed a lesson for KS4 on Safer Sleep for babies to raise awareness of Sudden Infant Death Syndrome (SIDS). This is available in both the Parenthood and Sleep pages in the Resource Library.

Birthday is a short film for 11-16 year olds produced by Oldham Theatre Workshop in collaboration with Greater Manchester Health and Social Care partnership as part of a wider piece of work aimed at preventing alcohol harm in pregnancy.

The Royal College of Paediatrics and Child Health, among others, have called for breastfeeding to be taught in schools as one way to fill this knowledge gap and contribute to the 'renormalisation' of breastfeeding in the UK. The Association of Breastfeeding Mothers have a series of resources including lesson plans for Early Years Foundation Stage through to Key Stage 3 as well as a range of slides for use in Key Stage 2 as discussion and writing prompts if there isn't the time for a full lesson.

NATIONAL SIBLINGS DAY - 10 APR

Having siblings can significantly impact a person's development, shaping their social skills, emotional well-being, and ability to manage conflict through the close companionship and interactions they provide during childhood. However, not all children will have siblings or positive relationships with siblings. As such, PSHE education about families should always be considerate of individual experiences and lives of the children and young people in front of us.

As an example, the Children's Commissioner found that an estimated 37% of children with a sibling - that is 20,000 children - are separated from a sibling when placed in care. For some children, the chance of being separated is far greater: 93% of older children placed in semi-independent accommodation are separated from siblings.

Resources to support PSHE education about families can be found in the Resource Library in "Families". Log-in or register here.



EARTH DAY - 22 APR

The theme for Earth Day 2025 is Our Power, Our Planet, inviting everyone around the globe to unite behind renewable energy, and to triple the global generation of clean electricity by 2030.

Test your knowledge by trying the Climate Education quiz and other Earth Day quizzes to support climate and environmental literacy.

Resources sourced and quality assured can be found in The Environment area of the Resource Library including from; Young People's Trust for the Environment, Greenpeace, Food - a Fact for Life, Fairtrade Foundation, Countryside Classroom and Goodness & Mercy.

NATIONAL STEPHEN LAWRENCE DAY - 22 APR

On 22 April 1993, at the age of just 18, Stephen was murdered in an unprovoked racist attack. He didn't know his killers and his killers didn't know him. After the initial police investigation, five suspects were arrested but not convicted. A public inquiry into the handling of Stephen's case was held in 1998, leading to the publication of the Macpherson Report, which has been called 'one of the most important moments in the modern history of criminal justice in Britain'. It led to profound cultural changes in attitudes to racism, to the law and to police practice. It also paved the way for a greater understanding of discrimination of all forms and new equalities legislation.

Baroness Lawrence, speaking on the 20th anniversary in 2013 said "Justice for Stephen is about all of us, every one of us, in society having justice. There are still too many young people who do not have a sense of hope, who just don't get the chance to live their dreams. I want all our children and young people to feel inspired, be confident and have hope in their own future. We are building hope but there is more to do."

The Power of Learning Hub is a space for young people to explore resources that offer perspectives from diverse cultures and histories, fostering a deeper understanding of our interconnected world and embark on a journey of discovery and empowerment.

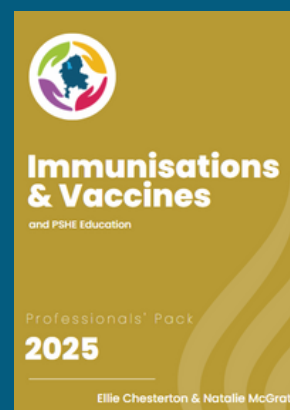
WORLD IMMUNISATIONS WEEK 24-30 APR

World Immunisation Week aims to promote the life-saving power of immunisation to protect people of all ages against vaccine-preventable diseases.

The WHO recognise vaccines as one of humanity's greatest achievements. Since 1974, they've saved 154 million lives – that's more than 3 million lives a year or six people every minute for five decades.

The PSHE Association recommended PSHE curriculum outlines that children and young people should learn:

- that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy - KS1
- how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed



This month, we launch the Immunisations, Vaccines & PSHE professional's guidance pack to increase topic confidence and competence in this area. This is housed in the "Medicine Management" area of the Resource Library.

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.

Reminder

It is important to us that we signpost to any training opportunities that may enhance your CPD offer in your settings.

In addition to the PSHE Education Service webinars; monthly PSHE Leads Network Meetings, detailed on Page 1 which can be booked, for free through Eventbrite, we signpost to wider training opportunities.

We signpost to training from reputable sources, nationally and locally however, are not responsible for the content. If you have any feedback to share regarding training which you attend, please feel welcome to share with us - ellie@staffscvys.org.uk.

E-LEARNING COURSES

Please check out the training page on our website - <https://pshestaffs.com/training/>.

A new course has been added around Digital and Sexual Violence Prevention through Education on our training page.

TRAINING

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
DOMESTIC ABUSE	VARIOUS	NEW ERA	FREE	FREE DOMESTIC ABUSE AWARENESS AND TRAINING SESSIONS FROM THE COMMISSIONED SUPPORT PROVIDER FOR STAFFORDSHIRE AND STOKE-ON-TRENT.
GAMBLING	VARIOUS	YGAM	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.
SEXUAL ABUSE	VARIOUS	CEOP	£150	A ONE DAY ONLINE COURSE FOR PROFESSIONALS TO GAIN AN UNDERSTANDING OF ONLINE SEXUAL ABUSE. ENABLES PARTICIPANTS TO IDENTIFY KEY STRATEGIES TO ENSURE ONLINE CHILD SEXUAL ABUSE IS INCLUDED AS PART OF A WHOLE-ORGANISATION APPROACH TO SAFEGUARDING AND PROTECTING CHILDREN AND YOUNG PEOPLE

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
ONLINE SAFETY	VARIOUS	CEOP	£150	PROFESSIONALS MUST ATTEND UNDERSTANDING ONLINE CHILD SEXUAL ABUSE TRAINING (ABOVE) FIRST. THIS TRAINING ENABLES PARTICIPANTS TO BECOME LEADS FOR TRAINING AND INFORMATION RELATING TO ONLINE CHILD SEXUAL ABUSE
FINANCIAL LITERACY	VARIOUS	YOUNG ENTERPRISE	FREE	FREE CPD ACCREDITED SESSIONS FOR PRIMARY, SECONDARY AND SEND. ACCESS TO QUALITY FINANCIAL EDUCATION RESOURCES, SHARE BEST PRACTICE, FIND OUT ABOUT THE SUPPORT AVAILABLE AND GET THE CONFIDENCE TO DELIVER HIGH QUALITY FINANCIAL EDUCATION.
MENTAL HEALTH	12TH MARCH 3.30-5PM	ANNA FREUD	FREE	THIS EVENT WILL SHARE THE FINDINGS OF THE EDUCATION FOR WELLEBEING TRAILS AND EXPLORE WHAT MENTAL HEALTH INTERVENTIONS WERE MOST EFFECTIVE
RSE AND SEND	13TH MARCH 9.30AM-1PM	SEX EDUCATION FORUM	FROM £75	MEMBERS-ONLY. WHAT ARE OUR ASPIRATIONS FOR RSE FOR LEARNERS WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)? WHAT DOES RECENT RESEARCH SAY ABOUT THE EXPERIENCES OF YOUNG PEOPLE WITH SEND AND WHAT THEY WANT? HOW DO WE ACHIEVE OUR GOAL OF INCLUSIVE, RELEVANT AND ACCESSIBLE RELATIONSHIPS AND SEX EDUCATION FOR ALL LEARNERS?
YOUTH VIOLENCE	17TH MARCH 3-4PM	YOUTH ENDOWMENT FUND	FREE	HOW CAN KEY WORKERS BUILD TRUST WITH YOUNG PEOPLE AFFECTED BY SERIOUS YOUTH VIOLENCE? WHAT ROLE DO THEY PLAY IN BRIDGING THE GAP BETWEEN YOUNG PEOPLE AND VITAL SUPPORT SERVICES? AND HOW CAN THEIR IMPACT BE BETTER RECOGNISED AND STRENGTHENED?
WELLBEING	18TH MARCH 3.30-4.30PM	LIFE LESSONS	FREE	LIFE LESSONS HAVE BEEN AN ESTABLISHED PROVIDER OF PSHE FOR SECONDARY SCHOOLS FOR MANY YEARS. THEY ARE NOW EXPANDING TO PROVIDE RESOURCES FOR PRIMARY SETTINGS.
RSE & SEND	20TH MARCH 1.00-3.00PM	SEX EDUCATION FORUM	FROM £65	EXPLORE HOW RSE CAN BE DELIVERED IN SPECIAL SCHOOLS, COLLEGES AND PROVISIONS VIA THE PREPARING FOR ADULTHOOD OUTCOMES, SUPPORTING LEARNERS AGED 14-25 WITH SEND TO GAIN KNOWLEDGE, SKILLS AND VALUES TO SUPPORT THEIR INDEPENDENCE IN ADULT LIFE.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
ONLINE SAFETY	20TH MARCH 10AM -12PM OR ALTERNATIVES IN APRIL, MAY, JUNE AND JULY	ANNA FREUD	FROM £150	THIS COURSE WILL HELP Y STAFF IN SCHOOLS AND COLLEGES LEARN WHAT THEY CAN DO TO HELP KEEP YOUNG PEOPLE SAFE ONLINE. IT WILL EXPLORE BOTH THE ROLE OF CURRICULUM AND OF WORKING IN PARTNERSHIP WITH PARENTS AND CARERS, AS WELL HOW PEER SUPPORT MAY WORK IN YOUR SETTING.
RSE & SEND	26TH MARCH 9.00AM - 3.00PM	SEX EDUCATION FORUM	FROM £200	RESPONDING TO HOW YOUR LEARNERS LEARN AND COMMUNICATE, THIS ONE DAY COURSE SUPPORTS TEACHERS TO CREATE A MEANINGFUL AND RELEVANT RELATIONSHIPS AND SEX EDUCATION CURRICULUM FOR LEARNERS WITH PMLD, OR COMBINED AND COMPLEX LEARNING DISABILITIES.
THE LAW	26TH MARCH 1-2.30PM	FEARLESS	FREE	INFORMATION SESSION FOR PROFESSIONALS WORKING WITH YOUNG PEOPLE ACROSS THE UK. THE SESSION WILL COVER WHAT IS FEARLESS?, THE DIFFERENCE BETWEEN SNITCHING AND REPORTING AND THE BYSTANDER APPROACH.
MANAGING CHALLENGES	8TH APRIL OR 25TH APRIL 3.45-4.45PM	ENTRUST'S BENAVIUOUR SUPPORT TEAM	£29	A WEBINAR LOOKING AT MANAGING PUPILS MOVING TO SECONDARY SCHOOL, IDENTIFYING SOME OF THE POSSIBLE BARRIERS AND EXPLORING SOME STRATEGIES TO SUPPORT PUPILS.
GENDER	24TH APRIL 10-11:30AM OR 5TH JUNE 5.30-7.00PM	EVERYONE'S INVITED	FREE	THESE SESSIONS FOCUS ON INCEL CULTURE, THE RISE OF ONLINE MISOGYNY AND CHALLENGING YOUNG PEOPLE'S HARMFUL LANGUAGE.
PREVENT	12TH MAY OR 3RD JULY 3.30-4.45PM	DEPARTMENT FOR EDUCATION	FREE	THIS TRAINING PACKAGE HAS BEEN DESIGNED BY DFE FOR DESIGNATED SAFEGUARDING LEADS TO UNDERSTAND THEIR RESPONSIBILITIES AND THE IMPORTANCE OF THE PREVENT DUTY.

FREE IN-HOUSE TRAINING FOR SECONDARY SETTINGS

NEW!

Experience AI is an education programme that teaches young people aged 11-14 years about AI and machine learning.

Parent Zone has partnered with the Raspberry Pi Foundation to deliver free training to UK educators. The session lasts for a full day, and can be delivered with up to ten teachers. You can book this as a MAT, single school or group of schools.

Teachers will be shown how to use the free research-based resources in the classroom to enhance their confidence in delivering the lessons and discussing AI with young people. Materials include lesson plans, slide decks, worksheets and videos.

PODCASTS

To save space in the PSHE Digest we have moved this onto a new page on the website <https://pshestaffs.com/podcasts/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.

Added this month:

- Fully Human - The Environment - Faced with a worsening climate crisis it's easy to feel paralysed, helpless or overwhelmed. How can we help young people find other ways of responding to the feelings that environmental harm provokes? Dr Elly Hanson and Clover Hogan explore constructive approaches...

DOCUMENTARIES AND DRAMAS

To save space in the PSHE Digest we have moved this onto a new page on the website <https://pshestaffs.com/documentaries-and-dramas/> This can also be found in the drop-down menu for Education Providers under the training sub-menu.



If you have a training course, podcast or documentary that you would like to recommend to your colleague please contact Ellie.

NEXT MONTH (APRIL)...

Resources & Materials for:

- 1-31 May: Local and Community History Month
- 5 May: World Hygiene Day
- 15 May: International Day of Families
- 16 May: International Boy's Day
- 17 May: International Day against Homophobia, Biphobia and Transphobia
- 17-24 May: Ditch the Blade Week
- 21 May: World Day for Cultural Diversity, Dialogue & Development
- 28 May: Menstrual Hygiene Day
- 31 May: World No Tobacco Day

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

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

ellie@staffscvys.org.uk



Join our Facebook Group and join fellow PSHE Leads to share best practice, resources and be kept updated in between Digests - also meet the latest member of the team

