

# Relationships, Sex and Health Education



## Welcome to our RSHE Newsletter

Our new monthly newsletter to support your school in the run up to the new RSHE Curriculum. We will share resources, ideas and materials.



**Free training, resources and networking**

### **New Statutory Changes 2020**

The new RSHE curriculum comes into force September 2020



We are working closely with local partners in GM plus the Youth Sport Trust and Jigsaw to ensure additional value for all our schools

## **FREE training for all state-funded Secondary Schools - Read more inside**

The Alliance for Learning Teaching School has been awarded funding from the Department for Education to deliver training and peer support to secondary schools in preparation for the compulsory changes to the RSHE curriculum. Up to 200 secondary schools in the North West will engage with the project [Lisa Fathers, Director, Alliance for Learning Teaching School](#)

**150**

### **SIGNED UP**

150 schools have signed up for the programme in the first week of promotion

**25**

### **SCHOOLS**

In each training session or on-line classroom there will be 25 schools

**6**

### **DELIVERING**

We have a group of 6 SLEs as our RSHE trainers.

# About the Project

The new RSHE Curriculum comes into force in September 2020. To support schools with the statutory changes. The DfE have commissioned a number of providers to deliver training.

The programme will include the development of teaching materials, support network contacts being developed and enable teaching staff to develop their skills, knowledge and confidence in delivering the new curriculum. Those who have participated in the training will train other teachers in their school, making the programme sustainable and efficient.

The project starts in May 2020 and will be completed in March 2021, with the new curriculum being compulsory from September 2020. The first training sessions will be delivered on-line using Google Classrooms.

## Relationships Education, Relationships and Sex Education (RSE) and Health Education

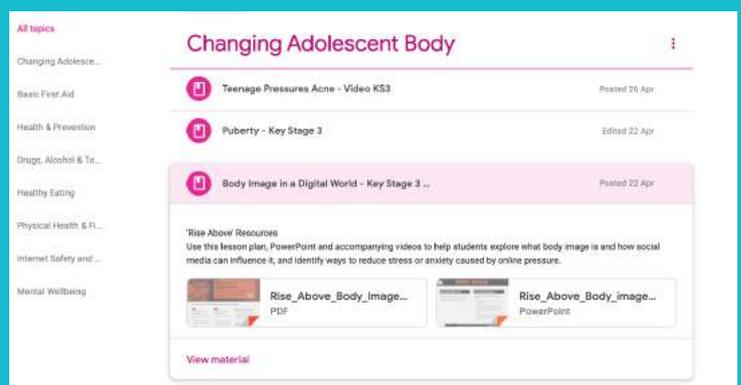
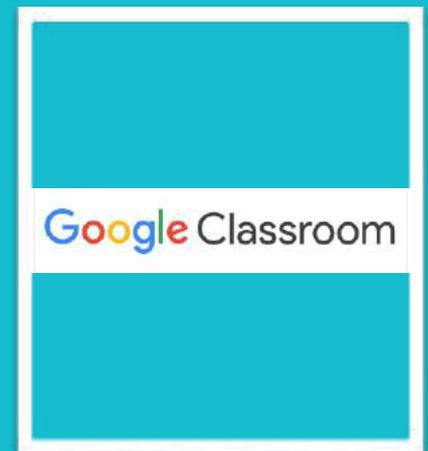
**“We are delighted to have been awarded the contract to deliver this training. The Alliance for Learning Teaching School is already working on initiatives with partner schools on health and wellbeing and this fits perfectly.” Lisa Fathers**

## HOW WILL THE ON-LINE TRAINING BE DELIVERED?

We will be delivering the training using Google Classroom - a free and widely-used resource. We will be in touch with those who have signed up for the training will full details on how to join the Classroom and how to start the training.

Within Google Classroom there will be guidance and supporting information and two main Classrooms; Relationship and Sex Education, and Health Education. The 14 topics are in the two classrooms. Each topic will have a presentation, activity and range of resources for you to use in your school.

## A PREVIEW OF THE GOOGLE CLASSROOMS



## MEET THE SPECIALIST LEADERS OF EDUCATION DELIVERING THE TRAINING



Michelle O'Neill, Wellacre High



Ian Nicholson, Stretford Grammar



Lucy Tasker, Falinge High



Joanna Shaw, Culcheth High

We are delighted to have these experts delivering parts of the project.

**What pupils must have covered by the end of secondary school**

- ▶ Metal wellbeing
- ▶ Internet safety and harms
- ▶ Physical health and fitness
- ▶ Healthy eating
- ▶ Drugs, alcohol and tobacco
- ▶ Health and prevention
- ▶ Changing adolescent body
- ▶ Basic first aid
- ▶ Families
- ▶ Respectful relationships, including friendships
- ▶ Online media
- ▶ Being safe
- ▶ Intimate and sexual relationships, including sexual health

## FAQS - YOU WILL GET A LIST OF FAQS WHEN YOU REGISTER



**Who is providing the training?**



The training is funded by the Department for Education (DfE) and being delivered by The Alliance for Learning School through the PSHE Hub. The training will be delivered by the Specialist Leaders of Education (SLEs) for PSHE using DfE materials and other available resources.



### CHRIS SORENSEN

Chris is our Project Administrator, she will e-mail you from time to time and make arrangements for the face-to-face training. If you need to contact Chris you can do so at:

[csorensen@aggs.bfet.uk](mailto:csorensen@aggs.bfet.uk)



### BECKY WILKINS

Becky is a PR and Communications expert supporting us with comms and engagement across the project. Becky is gathering success stories, case studies and helping us to ensure that our messages are clear. If you need to contact Becky you can do so at:

[rebekahwilkins@icloud.com](mailto:rebekahwilkins@icloud.com)



Alliance  
for Learning

The Alliance for Learning Teaching School is a partnership of primary and secondary schools, colleges, universities and organisations from across the North West, who share their knowledge, skills, expertise and experience to achieve a common goal of continuous educational improvement. The teaching school believes passionately in collaboration. The Alliance for Learning School Centered Initial Teacher Training SCITT has a proven track record of providing outstanding teacher training for over 10 years, offering SCITT in primary and secondary and Graduate employment-based Early Years Teacher Status. Courses lead to the award of Post Graduate Early Teachers Teacher Status (EYTS), Qualified Teacher Status (QTS) and a Postgraduate Certificate of Education (PGCE), accredited by the University of Manchester. We also have Maths Hub : NW1 which is part of our teaching school. Visit [www.allianceforlearning.co.uk](http://www.allianceforlearning.co.uk)

FREE  
Bereavement CPD  
Webinar  
12 June 11am-  
12.15pm

12  
JUNE  
2020

+Presentation  
+Q&A



Alliance  
for Learning  
BRIGHT FUTURES EDUCATIONAL TRUST

FREE CPD and collaboration between the Alliance for Learning Teaching School and Winston's Wish childhood bereavement charity.

It is a sad fact that our schools need to start to think about how we support children and young people with bereavement and loss, now more than ever. We will touch on grief, loss, trauma and self care.

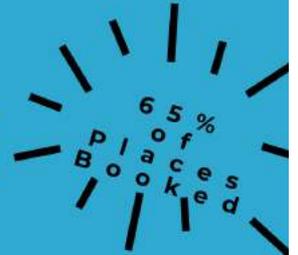
The training will be led by Suzannah Phillips from Winston's Wish and the Q & A led by Lisa Fathers who is a National Trainer with Mental Health England.

## RELATIONSHIPS, SEX AND HEALTH EDUCATION TRAINING PROGRAMME

**For all Secondary Schools! Prepare for the Statutory Changes in September 2020**



Meet one of the experts who will be delivering this training. Michelle O'Neill is part of a team of PSHE SLEs leading the North West PSHE Hub for the Alliance for Learning. As part of her leadership role, in her school, Michelle runs regular CPD for all staff on all matters relating to PSHE provision, with particular emphasis on the delivery of difficult topics within the curriculum, such as Sex Education.



**Book your FREE place now! <https://bit.ly/2VqFooC>**

## Great Resources and Residential Opportunity



The Holocaust Educational Trust have launched a free half terms worth of home learning resources for secondary pupils and free family learning resource aimed at those in Years 6 and 7. Both resources are available at <https://www.het.org.uk/exploring-the-holocaust-home-learning-pack>

Exploring the Holocaust: UK Residential Course in February 2021. This free four-day course takes place in Leicester each year and has been designed to support primary, secondary and FE teachers and trainees from all subjects. Educational sessions are delivered by experts from the Holocaust Educational Trust and prominent academics engaging with the latest scholarship on teaching and learning about the Holocaust. The programme is intended to run from the evening of Friday 12 February to Tuesday 16 February 2021. It is free to attend, and the Trust will provide meals and accommodation for the duration of the course.

The Trust delivers training for a variety of curriculum areas, including History, Religious Studies, Geography, Citizenship and PSHE, English and the creative arts. Sessions can be targeted for one subject area or delivered with an emphasis on cross-curricular teaching. The educational programmes are supported by a range of free guidance materials, lesson plans and resources. Bespoke teacher training workshops are delivered free of charge, schools are only asked to cover travel (and where necessary accommodation) for an Education Officer

### GET READY FOR RSE DAY

Follow @RSE\_day on twitter - we will be celebrating the day and involving all schools in our project

If you have any ideas how we can celebrate the event - let us know!



## CASE STUDY – THE PENDLEBURY CENTRE PRU – PSHE EARLY ADOPTER

PSHE has always been seen as a priority at The Pendlebury Centre. All students are provided with a weekly lesson which is linked to a clear programme of study. This might change dependent upon any issues that are currently seen at Pendlebury or within the wider community. Relationships and Sex and Health Education was Included in the past schemes of work and although these and the Programmes of Study have been rewritten and developed, we have not had to start from scratch.

The policy was rewritten in consultation with students, teachers, parents and governors. Questionnaires were given to the students. We wanted to find out what they wanted to learn about and about the education they had already received. In our PRU the students have very different experiences of Relationships and Sex education and have very different childhood experiences, so although we base our program of study on a spiralling curriculum, this can change on knowledge and past experiences within a cohort.

Following the early adopter's conference, we prioritised staff meeting time to share the compulsory elements with staff -they had all been asked to read the draft guidance beforehand. In the staff meeting our Programme of Study was cross referenced with the statutory guidance to ensure nothing had been omitted.

We decided as a school for LGBTQ elements to NOT be taught as a separate component but rather as a thread running throughout the sessions. We also identified our own training need in this area and invited the Proud Trust to deliver this training to staff.

We used the **PSHE education subject review framework** to decide which stage we were at - focusing, developing, establishing or enhancing, and any areas that we were not enhancing. One specific area was not having a named governor and this was quickly addressed.

We put guides and links for parents on our website including the RSE secondary guide for parents, the Proud Trust link and a link to staying safe online. Relationships and sex education is also discussed with parents, schools and the students at their admission meeting. We have an open door policy so all parents can come and discuss any issues and often this is about their child's relationships with peers.

Our advice for schools becoming early adopters is to get all staff behind the view that we really are giving young people the tools to become successful, balanced happy adults. If our young people don't know how to form and maintain relationships and keep themselves safe and happy when they leave school, we feel we have not provided them with a broad and balanced curriculum. PSHE needs to be as high a priority as your core subjects and to allocate a member of SLT to support the PSHE coordinator in implementing the new changes and to make and keep PSHE high profile, sharing this message with staff, parents and the whole school community. We all know that a safe child is a better learner.

In our opinion PSHE lessons should not be just knowledge based, we need to give our students the guidance and tools to change behaviours. For example, most students often know how to stop STI's but many of our young people don't know how to discuss sex, how to have a voice and how to say no. The facts are not enough.

As we are a small PRU we decided that one member of staff should deliver all the lessons and this continues. Other staff will support lessons and have a working knowledge if they have to step in and run the lesson. We also have weekly forums and use Restorative Approaches to support our pupils to maintain and manage their relationships. Every year, in partnership with colleagues, we run a 'Risky Business' week, who deliver sessions and students engage with this activity really well.

Our centre embraces all our multi agency colleagues, and our School Nurse, YOT and Mosaic, our drug and alcohol service will deliver sessions throughout the year – they are a valuable resource so use them as often as you can!

**Mrs Sarah Nolan. PSHE Coordinator The Pendlebury Centre PRU**

**Thank you so much to the Pendlebury Pru for sharing their insights as an SRE Early Adopter**

## WORKING IN PARTNERSHIP

We will be working in partnership with external agencies including Youth Sport Trust and Jigsaw.

We are delighted to announce that the Youth Sport Trust will be delivering one of the topics.



## Coronavirus – Home Learning Resources



We know this is a tricky time and we have collated a raft of useful resources for you on our website.

[http://  
allianceforlearning.co.  
uk/coronavirus-home-](http://allianceforlearning.co.uk/coronavirus-home-)



## RELATIONSHIPS, SEX AND HEALTH EDUCATION TRAINING PROGRAMME

**For all Secondary Schools! Prepare for the Statutory Changes in September 2020**

- A comprehensive update to statutory changes
- Training on all 14 topics in the new curriculum
- Free resources to use in class
- Various training dates on-line and face-to-face
- Network with practitioners
- On-going support



**Register your interest now! <https://bit.ly/2VqFooC>**

