

Relationships, Sex and Health Education



All topics are now completed and in the Google Classroom!

Welcome to our newsletter.

Our Specialist Leaders of Education (SLE) have now completed all of the training materials for each of the topics. In addition, the DfE have now released some of the supporting teaching guidelines for the topics and these are in the Google Classroom.

Following the successful start for the 200 schools who started the training in June, we have been approved by the DfE to extend the offer to 400 schools with 50 of these places being exclusively for schools in the DfE North region.

Schools' Week visited The Alliance for Learning Teaching School and met one of our SLEs Ian Nicholson from Stretford Grammar High School to find out more about the training programme, the new curriculum, the impact to schools and hear about good practice being shared - we will share the article with you when it is published.

Lisa Fathers, Director of Teaching School and Partnerships



All topics now completed

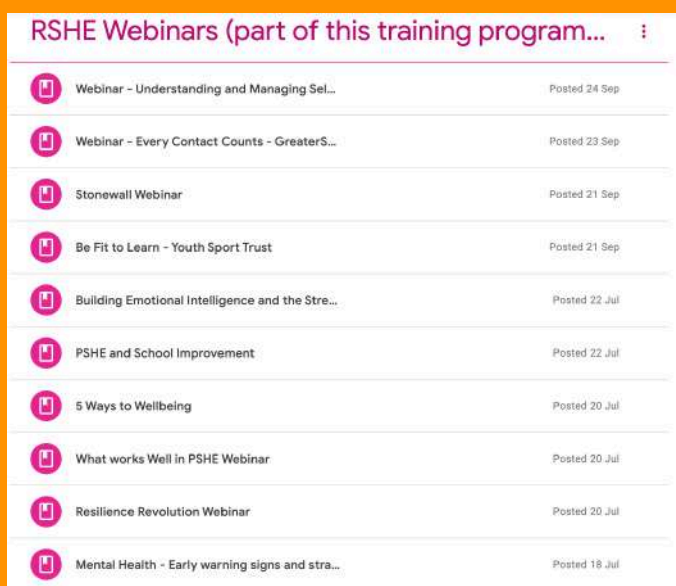
Training reach extended to new areas of the North

DfE presentations released to support topics

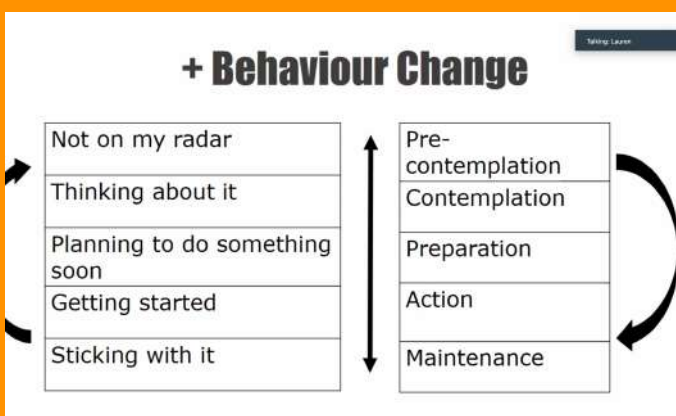
Get your additional FREE course NOW!

No need to miss the webinars

Our external partners delivered another six webinars for our RSHE training programme in September. The feedback has been superb. If you have missed any you can view them all in the useful resources section of the Google Classroom. These are also a great CPD to share with colleagues in your school.



Above: Extract from Google Classroom



Some of the feedback from September Webinars:

“Thank you for all of these, so many great webinars. Sadly I often have to miss them live as teaching is still happening, but I do catch up on Google classroom, they are excellent aids to the work we are undertaking.”

“Excellent webinar - more free training sessions please!”

It was really interesting to hear about the support available from Stonewall. I felt saddened by the facts and inspired to make sure my LGBT+ provision is right for my students.”

“Well delivered and informative”.

“Very schools-based and practical - gave me a good understanding of the types of self harm - not just cutting - thanks”.

As the course was an hour long, Beckie packed it with as much information as she could and this was good as it reinforced the actions we have in place”.

Curriculum for Life - New role to Manchester

I'm really thrilled to have recently joined GMCA as the new Curriculum For Life Co-ordinator. I'm based in the Skills and Work Team, and at the moment I'm working from home with my office location at HQ in central Manchester.



Manchester is my home town, but I've been away for quite some time – nearly twenty years working in London, firstly as a careers adviser then across a range of government departments in the civil service, and more recently in Spain, on a career break where I taught English to all ages for a couple of years in Cádiz. Working on Curriculum for Life – a partnership across GMCA, Health and Education - is a great opportunity for me to re-connect with my city whilst working on a project that is a priority for the Mayor. It's quite the learning curve!

Curriculum for Life is a concept that was created by young people, and my priority is to make sure that young people are core to bringing it to life. My plan for the next few months is to work alongside them in developing tools to enable them to create their personalised “curriculum for life” – choosing the areas where they want to strengthen their capabilities to step easily into the adult world, and identifying the resources, wherever they exist, that will help them to do that.

As a PSHE newbie my focus is to better understand how this is delivered in schools and elsewhere. I'm lucky to be surrounded by colleagues who are sharing the information they have, and also to have signed up to the training being offered by The Alliance for Learning Teaching School – which I hope to start very soon. Of course, it's essential that Curriculum for Life enhances and supports work already going on in schools. To that end, I'll be reaching out to you later this year through The Alliance for Learning Teaching School to make sure that we forge strong links with the emerging design developed by young people. I look forward to meeting you – most likely virtually – and working together on this exciting project!

Laura Stuart, Curriculum for Life Co-ordinator

 A screenshot of a digital interface showing four training resources. Each resource is represented by a small thumbnail icon on the left and a text box on the right. The resources are:

- RSHE Basic First Aid (1).p... PowerPoint
- RSHE Health and preventi... PowerPoint
- RSHE Respectful relation... PowerPoint
- RSHE_Changing_adolesc... PowerPoint

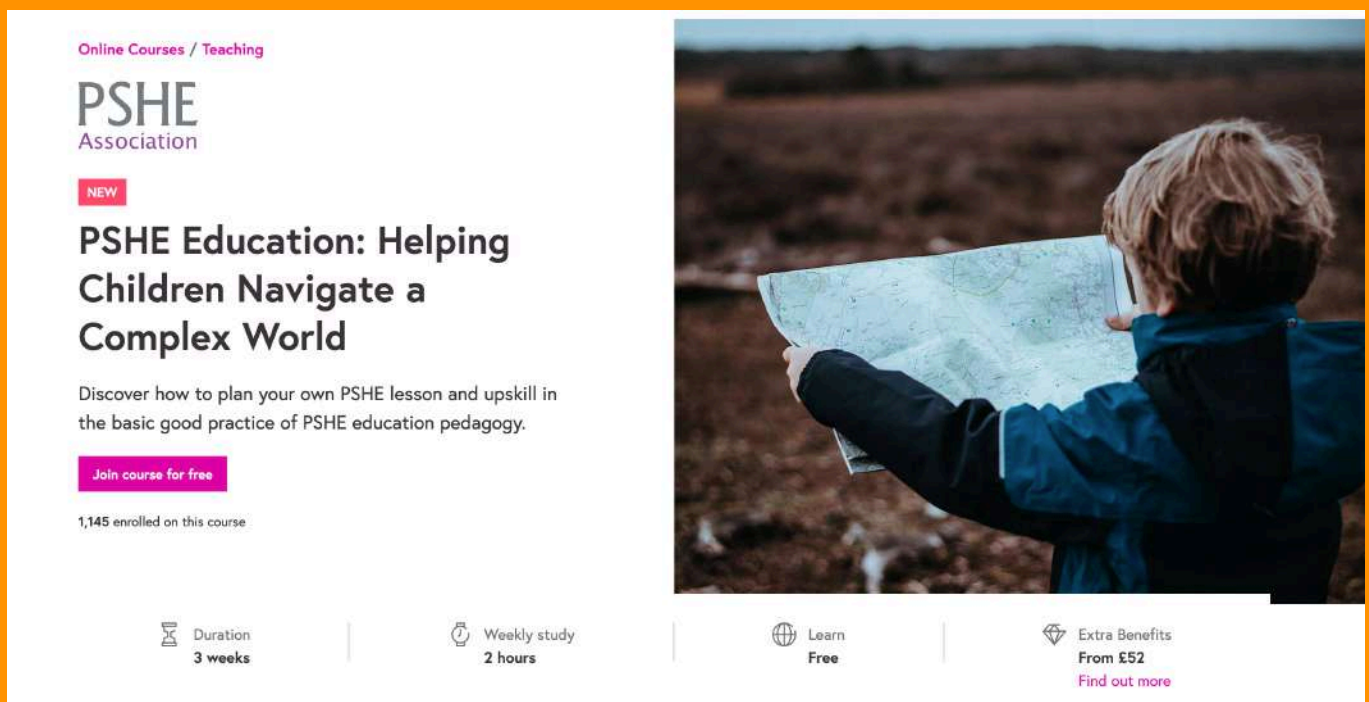
DfE Training Guidance

The DfE have published guidance for 8 of the 13 topics. These have been added to each topic under Module 2 and Module 3, but they are also in the stream in Module 1.

Free professional development

Free professional development training opportunity — PSHE education: Helping children navigate a complex world

The course will be available for five weeks from the 5th of October and can be completed at your own pace, but is open for enrolment now — make sure you follow the below link to avoid missing out! This training will provide the ideal foundation for teaching new statutory RSE, Relationships Education and Health Education content effectively, and will be of interest to trainee teachers, NQTs and more experienced teachers who have not benefitted from any subject-specific training in PSHE education. <https://www.futurelearn.com/courses/pshe-education-how-to-teach-children-to-navigate-a-complex-world>



The screenshot shows a course listing on the FutureLearn platform. At the top, it says 'Online Courses / Teaching'. The course title is 'PSHE Education: Helping Children Navigate a Complex World', with 'PSHE Association' as the provider. A 'NEW' badge is present. A description reads: 'Discover how to plan your own PSHE lesson and upskill in the basic good practice of PSHE education pedagogy.' A 'Join course for free' button is visible, along with the text '1,145 enrolled on this course'. At the bottom, there are four icons with text: 'Duration 3 weeks', 'Weekly study 2 hours', 'Learn Free', and 'Extra Benefits From £52 Find out more'. To the right of the text is a photograph of a child in a blue jacket holding a large map outdoors.

FREE training course

Did you know - if you are on the RSHE training programme you can apply for 1 additional free course with us? Places are limited on a number of courses including Transgender Awareness, Creating a Mindful School and Youth Mental Health First Aid. See the booklet



The image shows the logo for the Alliance for Learning, which consists of several colorful triangles (pink, blue, yellow, green) arranged in a cluster. Below the logo, the text reads 'Alliance for Learning' and 'BRIGHT FUTURES EDUCATIONAL TRUST'. Further down, it says 'CPD and School Improvement Offer 2020-2021'.

Offer from the Self-Harm in a School Setting Webinar host

WHAT'S THE DEBATE?

Awareness, Educate & Prevent



Providers of RSHE Resources, Training and Workshops

We have developed our own resources that can be used within PSHE & RSHE Curriculum. These resources are divided into 6 Categories

**Mental Health Domestic Abuse Exploitation
Sex Risk Relationships**

Each category and their subsequent topics consists of 25 Statement Cards that can be used to challenge and dispel popular myths and stereotypes in an open, honest, peer led, healthy debate. The topic packs also include 4 lesson plans/activities, a PowerPoint for assemblies and a Facilitators Guide. Our cards are PVC making them waterproof and durable, great for working with young people.



**20%
OFF**

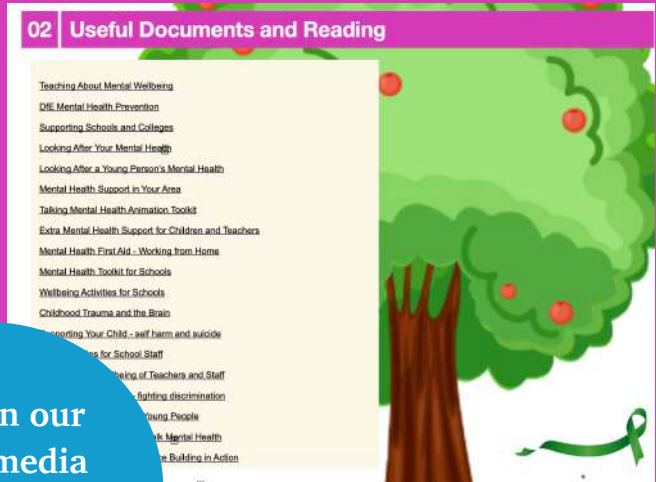
For all schools participating in Alliance for Learning RSHE training
20% discount off all resources, training and workshops. Offer valid until 31st March 2021
Quote discount code **AFLRSHE20** at checkout or when booking training



DfE publication - Principles of excellence in relationships education

This set of principles will help you recognise and deliver excellent relationships education. It is based on official government requirements and research in this area. It has been developed by a group of leading relationships organisations and inspiring educators.

Exciting FREE resource pack coming for World Mental Health Day



Look on our social media pages on 9 October!



Sign up to In Your Corner 2020



Create an open culture around mental health among students, teachers and parents.

Every November over 800 schools, colleges and youth organisations take part in our In Your Corner campaign by delivering four short sessions about mental health throughout the month.

[Click here for more information](#)

Resources to support SEND pupils with RSHE

[Click here to open](#)

[Click here to open](#)



What does good Relationships and Sex Education (RSE) look like?

RSE means relationships and sex education.

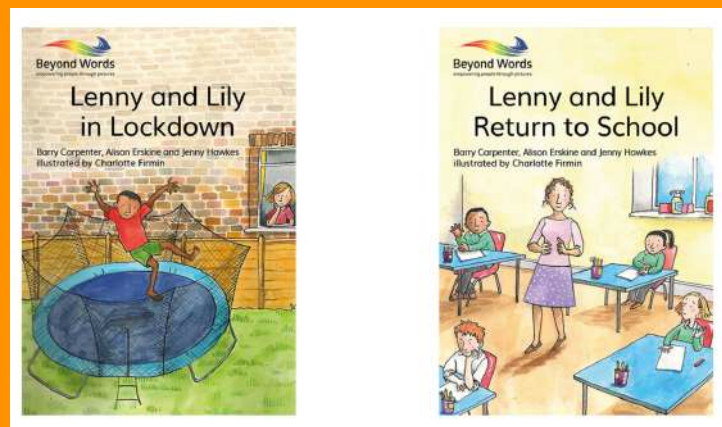
RSE is taught to students in schools.

RSE helps people learn about themselves.

[Click here to open](#)

<h3>Updated Planning Framework</h3>	<h3>Video Webinar from the DfE</h3>	<h3>Useful links, news & resources</h3> <p>ASDAN map our Planning Framework in their new guidance</p> <p>ASDAN have mapped their 'Exploring Aspirations pathways' to the different sections of our Planning Framework in the curriculum links section of their new Exploring Aspirations</p>
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[Click here to open](#)



Follow us on twitter @AFLTeachingSch to keep up to access FREE resources, details of training programmes and links to supporting information



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UPDATE


10%
discount
20AFLRSE

4th National Conference

Relationships, Sex and Health Education: Supporting Pupils' Wellbeing

Online Conference

30th November – 3rd December | 4pm – 6pm daily

Day 1: Monday 30th November

- 16.00 – 16.45 **KEYNOTE (CROSS-PHASE): A strategic approach to leading healthy schools with relationships and sex education at the heart of the curriculum**
Hannah Wilson, Former Headteacher; Expert in Diversity and Mental Health; Sex Education Forum; Specialist in Leadership Development; Founder, #DiverseEd
- 16.45 – 17.00 **Virtual exhibition & networking**
- 17.00 – 17.30 **CROSS-PHASE: How to teach LGBTQ+ elements of RSE**
Adele Bates, Education & Behaviour Specialist, Adele Bates Education
- 17.30 – 18.00 **CROSS-PHASE: Common barriers to good whole-school mental health and how to overcome them**
Daniel Sobel, CEO, Inclusion Expert
- 18.00 **Close of Day 1**

Day 2: Tuesday 1st December

- 16.00 – 16.45 **KEYNOTE (PRIMARY): Getting RSHE right in the primary setting**
Helen P Frostick, National Leader of Education & Former Headteacher, St Mary Magdalen's Catholic Primary School, Richmond, London
- 16.45 – 17.00 **Virtual exhibition & networking**
- 17.00 – 17.30 **PRIMARY: Relationships education: embedding the mental health & wellbeing elements across the school**
Julie Norman, Executive Primary Lead, Quantock Education Trust & Managing Director, School Omega Solutions (SOS)
- 17.30 – 18.00 **PRIMARY: Behaviour, mental health & emotion coaching: supporting the wellbeing of SEMH pupils**
Ryan Kilby, Headteacher, Meadow View Farm School, Leicestershire
- 18.00 **Close of Day 2**

Day 3: Wednesday 2nd December

- 16.00 – 16.45 **KEYNOTE (SECONDARY): Practical approaches to RSHE in a secondary school**
Michelle O'Neill, Leader of PSHE, Citizenship, RE & Careers, Wellacre Academy, Greater Manchester
- 16.45 – 17.00 **Virtual exhibition & networking**
- 17.00 – 17.30 **SECONDARY: Embedding health education across the secondary school**
Maria O'Neill, Advanced Skills Teacher & Director, UK Pastoral Support
- 17.30 – 18.00 **SECONDARY: Five common RSE challenges for secondary schools and how to overcome them**
Amelia Jenkinson, CEO and Co-founder, Sexplain
- 18.00 **Close of Day 3**

Day 4: Thursday 3rd December

- 16.00 – 16.45 **KEYNOTE (CROSS-PHASE): Statutory RSE: Lessons so far**
Lucy Emmerson, Director, Sex Education Forum
- 16.45 – 17.00 **Virtual exhibition & networking**
- 17.00 – 17.30 **CROSS-PHASE: Mental health: therapeutic environments and advice for teachers**
Shahana Knight, Childhood Trauma Specialist, TPC Therapy
- 17.30 – 18.00 **CROSS-PHASE: Effective teaching: RSE for SEN students**
Garry Freeman, SEND Consultant, SENDCo and National SEND System Leader
- 18.00 **Close of Day 4**

Call +44 (0)207 501 6761
or visit www.statutory-rse.co.uk