

Relationships, Sex and Health Education



Welcome to our Newsletter

September 2020 sees the new RSHE statutory curriculum introduced in schools!

This term is a busy and exciting term for the PSHE hub and leads in schools. In June we launched our RSHE training programme to 200 secondary schools and this month 100 additional schools will begin the programme. The feedback so far has been exceptionally good and we can see from this that participants are seeing their confidence improve in the topics they will be delivering.

The DfE announced that due to Covid-19 schools will have until the summer of 2021 to have the new statutory curriculum in place, but schools should deliver the new curriculum as soon as possible. We have lots of early adopter schools in our hub and Specialist Leaders of Education available to support schools that might need additional support.

Our teaching school team at the Alliance for Learning have been working hard developing our online CPD to ensure it is high quality and really valuable to you.

Lisa Fathers, Director of Teaching School and Partnerships

FREE RELATIONSHIPS, SEX AND HEALTH EDUCATION TRAINING PROGRAMME FOR SECONDARY SCHOOLS

- Covers all 13 topics
- Online
- Additional FREE webinars
- Resources to use in the classroom
- Delivered by SLEs
- Supports you for the new statutory curriculum

Book NOW!

<http://allianceforlearning.co.uk/our-hubs/pshe-hub/>

September start has limited places left!

- New RSHE Curriculum launches in schools**
- New webinars now available to book**
- Final opportunity for secondary schools to book on RSHE training programme**
- Link to DfE webinar to support SEND pupils with RSHE**



brook **BROOK'S BIG RSE LESSON**

14-20 SEPTEMBER
SEXUAL HEALTH WEEK
#SHW20

Brook's Big RSE Lesson Live

Calling all teachers! This Sexual Health Week, Brook is here to help you Get Your RSE in Gear! To kick-start the year of mandatory RSE, we'll be hosting our biggest virtual RSE lesson ever on Wednesday 16 September from 10-11am.

Led by expert Brook educators, we'll be discussing healthy relationships and the effects of lockdown. The broadcast is completely free to join and is aimed at young people in year 9 and above. Don't miss out! Please [sign up today](#), share with your contacts and tune in with your class or assembly to ensure as many young people as possible can take part in this exciting nationwide event.



Sign up for #HelloYellow

Sign up to take part in #HelloYellow on Friday 9 October and receive your free fundraising kit today, with mental health resources and wellbeing activities.

#HelloYellow

YOUNG MINDS

The Girls Room by Tough Cookies



The Girls Room is a 10 week project, running online, for young women aged 11-13 years. Tough Cookies are hoping to reach as many girls as they can particularly those that are worried about going back to school, making friends and who may require a little bit of extra support.

They have a great programme planned, all details are on the website and to sign up the young person or parent/carer needs to complete the online form.

<https://toughcookiesed.co.uk/the-girls-room/>

RSHE for pupils with educational needs and disabilities



This webinar is available on YouTube and is really helpful. It's fairly long but well worth a watch.

You can access at https://www.youtube.com/watch?time_continue=1&v=AaYuSO2I_t8&feature=emb_lo
go

FREE Webinars to RSHE training participants

Participants on the RSHE training programme participated in a number of free webinars in the summer term. Hosted by partner professions, including We Do Wellbeing, Iheartprinciples and PSHE Solutions, a range of topics were covered. These were recorded and are in Module 1 of the Google Classroom.

There are another six webinars arranged for September and you can book these online through the links in the booklet in Module 1. Topics include: Making every contact count, Being a relationship and sex educator, Understanding and managing self harm in a school setting and Supporting LGBT young people.

WEBINAR FEEDBACK

"The trainers were excellent and the content was accessible and useful."

"Great practical ideas to take back to the classroom".

"Lots of signposts to further reading/evidence to support and inform when feeding back to stakeholders or training staff."

"They were excellent I learnt so much and have the tools to do this in school"








"Excellent presentation really engaging and gave lots of practical tips for delivering to our students".

"Presenters were lovely and it was good to refresh and think of some new ways to incorporate the 5 ways to well-being. I liked the idea that some activities can tick off more than one of your 5 ways as I'd always seen them as being separate. I've felt inspired to make myself an action plan and will be using these ideas with staff and students in September! "

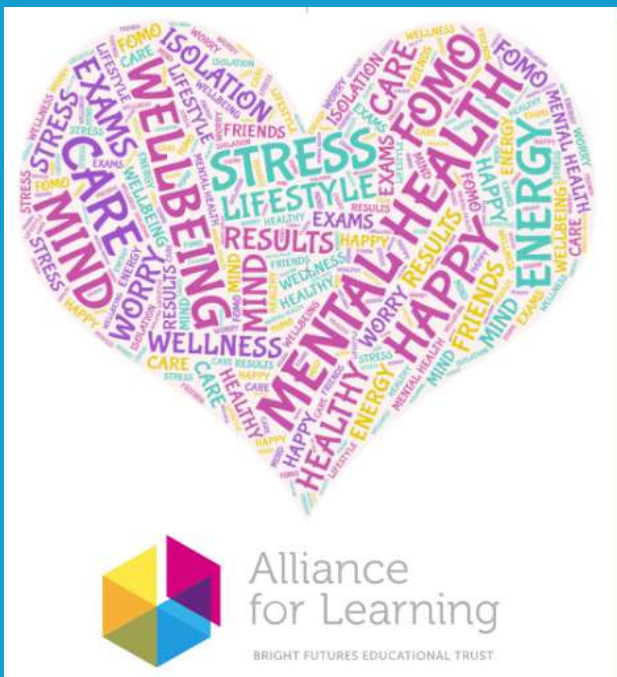
"Excellent subject knowledge and insightful presentation. Content can be used for my staff to promote the benefits of the subject".



Webinars in this Training Programme

-  Five Ways to Wellbeing Posted 13:18
-  Resilience Revolution Posted 13:17
-  Mental Health, early warning signs and help... Posted 13:16
-  Impact on School Improvement Posted 13:15
-  Building emotional intelligence and the stre... Posted 13:11
-  Relationships, Sex and Health Education for ... Posted 13 Jul
-  What works in PSHE - PSHE Solutions Posted 9 Jul

The supporting webinars have proved really successful. You can watch all of the webinars that have taken place in Module 1. We will continue to record all webinars.



We are recruiting a team of Mental Health Specialist Leaders of Education to support schools post Covid-19 and moving forward.

Find out more at www.allianceforlearning.co.uk or chat to Lisa @lisafathersAFL

A participant on our RSHE training programme gave us this useful feedback

We are actually changing our curriculum for this September. We have removed standalone PSHE lessons and RE has changed into RE and Ethics. We are not a faith school and we have made very clear that we are not teaching any material from PSHE/RSHE from a religious perspective, we have actually gone for a colour coding and logo system of all worksheets and power points to show students any differentiation between RE and Ethics. Our 'Ethics' is essentially PSHE/RSHE but we felt this rebrand was a great way to launch our whole new curriculum. There are really clear elements of where the 2 subjects work harmoniously and a very transferable skill set from both staff and students.

As well as our lessons, we also have 1 Ethics tutor time a week (20 mins) to supplement our lessons.

The training so far has been excellent - it clearly breaks down all of the modules and therefore it makes it really easy to use the training materials whilst planning for the new curriculum. It guides on what students need to know but for many modules it really gives insight into why it is important for them to know it also. There are lots of great tips on how to deliver topics and what things to be mindful of. Just like with the students, it doesn't just give us information, the training seems to be aimed at making us more confident in delivering it.

I am definitely a RSHE novice, but when planning I have really tried to think about how we can empower students and give them the confidence to make informed choices when they are faced with a situation. Of course, learning knowledge is key but there is a real opportunity here to develop their personal skills. I also think it is good for us to consider our curriculum as being proactive to the issues young people will inevitably face, rather than being reactive and only choosing to tackle these issues if they arise in our schools.

Support from Jigsaw PSHE - and free resources



Jigsaw, the mindful approach to PSHE, 11-16 (FREE resources and AFL 10% discount) is an established and comprehensive teaching programme. In 36 lessons for each year - years 7-10 (24 for year 11), provides students with their entitlement to PSHE that really equips them for life and learning; fully teaches all the statutory Relationships, Sex and Health Education outcomes (with built-in progression and assessment process aligned to the NCFE Levels 1 and 2 RSHE Awards); covers all the expectations of the PSHE Association Programme of Study; and provides all the teaching resources needed as well as free updates and ongoing support for teachers.

For sample lesson plans, many relating specifically to RSHE etc:



- Sample lesson plans (a range from different Jigsaw modules)
- Editable sample PSHE (including RSHE) policy
- Snapshot overview of Jigsaw 11-16
- Mapping document to statutory RSHE outcomes
- x13 lesson plans, one related to each training strand of this RSHE training...added as modules delivered
- **10% discount** on Jigsaw PSHE 11-16 Programme (£1620 NOT £1800)
Discount code on flier...use link



If you missed Jigsaw PSHE's FREE 'Recovery Package' last term, you are welcome to download it now to help support your students as they return to school and make sense of the Coronavirus situation. Lesson plans for teacher-led or self-study sessions and the Jigsaw REST resources (Resilience Scale to assess resilience and wellbeing with suggested interventions for the 10 descriptors) are included at no cost to schools

<https://www.jigsawpshe.com/recovery/11-16>. For more information phone 01202 377193 or email jan@janlevergroup.com



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 in Module 1.

Autumn Webinars - book now

These are available for all participants in the RSHE training programme. If you are not open the programme and would like the recoding of any - just let us know.

Being Fit to Learn: The Power of an Active School

15 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

This session will look at what it means to be fit, healthy and well and the role that PE, sport and physical activity can play in supporting pupils wider learning and achievement. Sharing research and insight, and examples of best practice from leading health and wellbeing schools, the session will get you thinking about your own school context and how you can start to create a culture where physical activity and learning go hand in hand.

This session will delivered by Chris Wright, Head of Health and Wellbeing and Emma, Mackenzie-Hogg, Development Manager for PE and Achievement from the Youth Sport Trust.

Supporting LGBT Young People

17 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

Stonewall are an LGBT rights charity, campaigning for the rights of lesbian, gay, bi and trans people. Our Education and Youth team work with schools and colleges across the UK, supporting teachers and education professionals to feel confident celebrating difference in the classroom. At this workshop, you'll gain an overview of current best practice in supporting LGBT young people: join us to pick up some tips on getting ready to deliver LGBT-inclusive RSE, get to grips with key language and terminology, and find out about further resources and support.

This session will delivered by Stonewall.

Making Every Contact Count

22 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

This webinar will cover key messages regarding daily physical activity discussing stories where individuals which have inspired and motivated others to change small things in their routine to increase their activity. We will discuss the statement 'Your health is not important to you until you no longer have it' and how physical activity can make huge improvements to someone's lives. More importantly how we can work together to look at key messages from the #ThatCount Campaign to ensure young people, their families and all of us can enjoy the benefits of activity with links to local opportunities across Greater Manchester.

This session will delivered by GreaterSport.

Understanding and Managing Self-Harm in a School Setting

24 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

This webinar will explore the occurrence of self-harm in young people, the relationship between self-harm and suicide and assist school staff to consider how they manage the occurrence of self-harm and care for the students involved. We will examine briefly the facts about self-harm in young people and some of the more commonly reported reasons from young people as to why they self-harm. This webinar will help professionals working with young people to feel more confident to understand the reasons for self-harm and apply the knowledge gained to educational settings so that students can be supported effectively. The main aims of the session are:

- To explore the prevalence and meaning of deliberate self-harm in students
- The link between self-harm, suicide and mental health.
- The need for school policy and guidelines.
- To improve the management of incidents of self-harm and outcomes for the individual students, other impacted students and staff.

This session will delivered by Beckie Breakwell from What's the Debate.

A Focus on Anxiety and Depression

29 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

With 50% of lifetime mental illness being present by the age of 14, it's vital we are aware of the early warning signs of common mental health diagnosis. Here we take time to focus on two of the most commonly diagnosed mental health conditions and understand some common risk factors so we can intervene early and offer appropriate support.

This session will delivered by We Do Wellbeing who offer training and consultancy on all things mental health and wellbeing. The founder Dawn will deliver this webinar.

Being a Relationship and Sex Educator

30 September 2020 - 3.30 - 4.30pm

Venue : Online via Zoom

We will look further at this important role and support the group to consider some key factors such as; RSE topics, terminology and language.

This session will delivered by Kerry Cabin from Tough Cookies.



**Tough Cookies
are hosting a
webinar on 30
September - see
page 6 for details**

Let's talk about sex with Tough Cookies Education

Tough Cookies education create and design sex ed resources and deliver sex, relationships and health workshops across the country, teaching young people the skills and knowledge to live safe and healthier lives – from boob checking, testicular cancer awareness to STIs, puberty and periods we provide a varied programme of fun, friendly, open and honest sex ed.



New Report on Young People and COVID-19

Brook in partnership with the National Youth Trust have launched Inside Out. This report examines the disproportionate impact of the pandemic on young people. You can access the report at <https://bit.ly/3lmLtgP>

Janice Allen Headteacher at Falinge Park High School - Working with parents on a RSE policy

Read the whole article by clicking [here](#).....

Falinge Park High School is a large multi-cultural 11-16 school in Rochdale. There are over 42 languages and a variety of faiths in the school. We had been teaching RSE as part of our PSHE curriculum for a number of years and had very few children who were withdrawn. However, with the DfE announcement last year and the disturbances outside schools in Birmingham, it put our practice in the spotlight and in June/July 2019 I was meeting a number of parents who were expressing concerns.

We had a choice – we could either continue and risk misconceptions developing amongst our communities which would have a negative impact on our school or we could pause. At Falinge, we are not afraid of pausing to think, we aren't ashamed of procrastinating in order to achieve clarity of thought and practice so in September 2019 we decided we would stop teaching RSE until we had the opportunity to discuss our practice with parents.

In October 2019 the Prime Minister announced there would be a general election. I had previously written to parents explaining I would be inviting small groups of parents in to discuss RSE, I wrote to them again to say that we would not be exploring RSE until January. The reason for this was I did not want to do anything whilst political parties were campaigning. Whilst there is no hiding from the fact that education *is* political, I did not want our children and their education being used as political pawns. Of course, there were nagging doubts that I should be moving forward with this but our rationale for waiting was strong and our values were

Specialist Leader of Education on this training programme shares her thoughts

When the Department for Education (DfE) launched its statutory guidance on Relationships, Sex and Health Education (RSHE) (which set out what all schools must cover from September 2020) in March 2019, it really felt like an ‘historic’ moment for the plight of PSHE.....albeit a slightly daunting task for many of us, especially as this was the first new guidance on relationships and sex education for 19 years!

The health and ‘relationships and sex’ aspects of PSHE education will be compulsory in all schools from 2020, and as a school, we championed this government commitment to strengthening PSHE’s status when the initial announcement was made in 2018. It felt like the beginning of a new era for the subject; with huge potential for a levelling-up of PSHE standards across all schools, building on the fantastic work that the Secondary schools across Warrington, Cheshire West and Greater Manchester had already been doing via our PSHE Hub Networks and the ‘Future in Mind’ initiative.

Although we knew that the changes to status wouldn’t come into effect until 2020, at Culcheth High School we ensured that we were fully prepared to meet these new requirements, and began by creating our new Personal Development Programme of Study using guidance from the PSHE Association, who pre-empted many of these changes. We signed up to become a DfE ‘Early Adopter’ school to pilot the changes implemented and ensure that we were fully compliant with the required elements, and completed Student Voice surveys to ensure that we tailored all lessons to meet the needs of our students. This was directed all to all parents/carers and the wider community via our Eagle newsletter, and comments and feedback were considered when updating our RSHE Policy.

In addition to the required areas, our Personal Development Schemes of Work also cover economic wellbeing and careers. Although these elements are not yet compulsory, as a school we believe that these have never been more important, so we remain adamant that our school should cover PSHE in its entirety. It is, however, good to see elements of economic wellbeing included, for example relating to gambling and online fraud. It was also great to see mental health and consent cited in the statutory DfE guidance and we have also been busy updating the mental health guidance and lessons in line with our Future in Mind initiative, including how this links to the emotional health and well-being of our students.

One of the main difficulties we encountered was working out how to embed all (and there’s A LOT) of the required content into our timetabled Personal Development lessons without it impacting on other curriculum expectations. Fortunately, our Senior Leadership Team are extremely supportive of PSHE as a subject and, alongside affording more tutor/registration activity time and calendared assemblies, increased the number of allocated Personal Development lessons on this year’s timetable.

Initially, we found it very useful to utilise the advice and guidance provided by the PSHE Association and the Sex Education Forum in order to map out and plan what we needed to embed across our ‘spiral-bound’ curriculum, building effectively upon students’ prior knowledge and learning. [The Roadmap to RSE](#) was particularly useful support guide, particularly when preparing to provide high quality, effective content. Following on from this, utilising the training provided via the Alliance for Learning Teaching School RSE training, and liaising with other PSHE Leads via our PSHE Hub networks to share good practice, has been massively beneficial in helping me to prepare and support the staff delivering the PSHE curriculum. If you haven’t already, I’d thoroughly recommend joining up! ©



Jo Shaw, PSHE SLE at AfL and Head of PSHE at Culcheth High School, Warrington.