

# PSHE newsletter

Issue No 2 Autumn 2005



Bringing you up-to-date news and information about PSHE, Drug Education, Sex and Relationships Education, Citizenship and Healthy Norfolk Schools

As the work of Norfolk Children's Services and the implication of Every Child Matters continue to emerge and develop, we will keep you up to date with how we will develop our work and the way we work with schools.

There has been much good work and some outstanding achievements to celebrate this term! Several teachers gained the nationally recognised PSHE Certification of Teachers and there was a successful and enjoyable celebration of the work of health promoting schools. Read on to learn more...!

## PSHE

### PSHE Certification of Teachers in Norfolk

Congratulations to all those who received certification in Phase 1 and we really enjoyed the celebration event in July.

Thank you for your applications for Phase 2 of the certification programme. This programme is now well under way.

### PSHE Coordinators INSET

Please check the INSET Opps Handbook in your school for details of the new course being run from September. It aims to help PSHE coordinators understand their role and will cover aspects of SRE and Drug Education.

Children's  
Services  
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Who we are and how you can contact us:

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- **Healthy Norfolk Schools Co-ordinator:**

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**Norfolk** County Council  
at your service

## Sex and Relationships Education

We are currently compiling some **SRE Guidance for Norfolk Schools** which will help with policy writing, legal issues, confidentiality and resource ideas. It will be available to schools early next year.

**Confidentiality In Schools Training** took place in July in partnership with Connexions Norfolk. It was oversubscribed and so we will be running further courses in the Spring – watch out for the flier.

## Citizenship

**The Methwich Project** is a resource pack which includes a video and lesson plans to help deliver Key Stage 3 Citizenship. The video was written, produced, directed and edited by, and stars students from Methwold High School. Funded by Norfolk Youth and Community Service it helps to explain the levels of government, what they are responsible for and how they are funded. The première of the video took place in June and a copy of the pack has been distributed to all secondary schools.

**UK Youth Parliament Norfolk** is an example of real participatory democracy for young people in Norfolk. Our current members of the youth parliament are dedicated to representing the view of their constituents and have influenced the political decision making process.

The closing date for applications for next year's election is 18 November with elections being held across Norfolk from 23 – 27 January 2006.

For more information on how to get your school involved with either the youth parliament elections or local democracy week please contact Fran Ronan (Deputy County Co-ordinator Active Citizenship) at [fran.ronan@norfolk.gov.uk](mailto:fran.ronan@norfolk.gov.uk)

**Esinet PSHE and Citizenship Website** has help and support for local PSHE and citizenship issues including information on training available, policy development and contact names. This can be accessed at [www.norfolkesinet.co.uk](http://www.norfolkesinet.co.uk). Click on school staff, then on curriculum, then on PSHE & Citizenship.

## Drug Education

Remember that 'Drug Education' includes alcohol and tobacco: these are still the substances most commonly used by most young people. When planning drug education programmes always consult young people first to establish their needs and level of knowledge.

The **Norfolk DAAT** (Drugs and Alcohol Action Team) recently sent copies of a parents leaflet to schools called '*Do your children know more about drugs than you do?*' This can be viewed at [www.nordat.org.uk](http://www.nordat.org.uk) and ordered (in bulk for distribution to parents) from **Health Information Leaflet Services** on 01603 307208. In addition, **parents' awareness evenings** can be arranged if schools feel there is a need (email Barry Gibson for details).

Concern is still being shown nationally around levels of cannabis use. The BBC recently broadcast *Cannabis: what teenagers need to know*. If you missed this you can receive a copy from the BBC by emailing [panorama@bbc.co.uk](mailto:panorama@bbc.co.uk). Mark your request "Cannabis: School Request". Details can be seen at [www.bbc.co.uk/panorama](http://www.bbc.co.uk/panorama).

Several schools have taken part in anti-smoking projects; details of these will be placed on the Drug Education section of ESINET and the Healthy Norfolk Schools website.

# Healthy Norfolk Schools

## **Cheers to health-promoting schools in Norfolk!!**

On 22 June 180 people gathered at Norwich City Football Club to celebrate the work of schools across Norfolk. Forty specially invited guests from health, Children's Services and the wider community came together to raise a glass of fruit juice to salute the work taking place in over 170 schools across the county. On the day pupils and teachers from 30 schools displayed or demonstrated some of the work they have undertaken to promote both physical and emotional health, and well-being. As well as raising a fruity toast, those attending had a go at a range of fun activities designed to encourage children and young people to make healthy choices including parachute games and competitions. The lucky attendees then enjoyed a tour of the ground.

## **Food in Schools Training**

Unfortunately, the Department of Health toolkits hit production delays which meant that the free training for schools was postponed. It took place in September and covered healthy lunchboxes, growing and cooking clubs, dining room environment, water, tuckshops, breakfast clubs and healthier vending. Further twilight training sessions will take place in November. If you would like to know more please contact Sue Astbury on 01603 307196.

## **Two-way Talk**

Anna and Molly from the Healthy Schools Team have been busy developing a resource pack for parents/carers to encourage them to talk about life skills, sex and drugs with their children. The activities are designed for pupils from Years 1 to 7. They are photocopiable activities to supplement PSHE work in schools and can be sent home by teachers as and when they feel they are appropriate. Their aim is to stimulate conversation between parents and children – not to survey attitudes and lifestyles. The resource will be sent to schools during the Autumn term. For more information contact Anna Sims on 01603 307444.

To contact anyone in the Healthy Schools Team telephone 01603 433276.

## Secondary Strategy: Behaviour and Attendance

### **Core Day 4: Developing Emotional Health and Well Being**

These training materials ask the question “Is there a supportive school context that underpins teaching and learning, and informs values and principles to maximise school improvement?”

Much of the material in this document is based on the healthy schools framework, which is well illustrated in ‘*Promoting Emotional Health and Well-Being through the National Healthy School Standard*’ (NHSS, 2004).

The purpose of these materials is to help schools to develop their knowledge and understanding of an emotionally healthy school and apply this expertise and skill to their own school. It supports schools to consider the added benefits for addressing issues to do with behaviour and attendance.

We will be running catch up twilights in the Spring term and use our adapted materials as the topic for our discussions at Network Meetings. If you would like the materials or further information please contact us.

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