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If you need this document in an alternative format please contact Margaret Coard on 01603 433276, and we will do our best to help.

PSHE newsletter

Issue No 3 Summer 2006



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

PSHE

New QCA Units of Work

QCA have published new units of work for Sex and Relationship Education, Healthy Lifestyles and Financial Capability. They are available electronically only from the QCA Website: www.qca.org.uk/PSHE

PSHE Certification of Teachers in Norfolk

The PSHE Certification programme of Continuing Professional Development (CPD) has been developed to enable teachers to gain recognition of their experience in teaching Personal, Social and Health Education.

Sixteen teachers across Norfolk are now in their final stages of phase 2 of the PSHE Certification Programme.

We are now recruiting for phase 3 of the Certification Programme. For more information please contact Cindy Burton on 01603 433276 or cindy.burton@norfolk.gov.uk

PSHE Co-ordinators INSET

PSHE – Am I doing it right? This course runs termly and the course description and a list of dates are available in the secondary INSET Opps book. For further information please contact your school's INSET Co-ordinator or Cindy Burton on 01603 433276 or cindy.burton@norfolk.gov.uk

Have you been asked to contribute to your school's SEF? The 'Ethos Team' which is made up of Secondary Advisers and members of Healthy Norfolk Schools have produced a document to support schools with the completion of section 4 of their SEF.

continued overleaf



every **child** matters
a brighter future for Norfolk's young people

Who we are and how you can contact us:

- **School Drugs Adviser:**
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Tel: 01603 433276
- **Adviser for Pupil Support, Guidance & Personal Development (PSHE & Citizenship):**
christine.woods@norfolk.gov.uk
Tel: 01603 433276
- **Healthy Norfolk Schools Co-ordinator:**
adele.godsmark@norfolk.gov.uk
Tel: 01603 433276 or 01603 307356
- **Primary Drugs Education Development Worker:**
anna.sims@norfolk.nhs.uk
Tel: 01603 307444
- **Primary Sex and Relationships Development Worker:**
molly.potter@norfolk.nhs.uk
Tel: 01603 307199
- **Healthy Norfolk Schools Project Worker (Secondary Schools):**
marian.fox@norfolk.nhs.uk
Tel: 01603 307288
- **Healthy Norfolk Schools Project Worker (Healthy Eating and Physical Activity):**
sue.astbury@norfolk.nhs.uk
Tel: 01603 307196
- **Healthy Norfolk Schools Adviser (Emotional Health and Wellbeing):**
rosemary.games@norfolk.gov.uk
Tel: 01603 433276

 **Norfolk** County Council
at your service

PSHE cont:

This section concentrates on the 5 Every Child Matters Outcomes to which PSHE and Citizenship contribute greatly. For a copy of the ECM document please contact Cindy Burton on 01603 433276 or cindy.burton@norfolk.gov.uk

Sex and Relationships Education

The SRE Guidance for Norfolk Schools is currently going through the final checking stages before publication. It will support schools with policy writing, legal issues, confidentiality and resource ideas.

SRE INSET

A course to support planning and delivery and assessment of SRE in secondary schools. This course runs termly and the course description and a list of dates are available in the Secondary INSET Opps book. For further information please contact your school's INSET Co-ordinator or Cindy Burton on 01603 433276 or cindy.burton@norfolk.gov.uk

Citizenship

Citizenship Co-ordinators INSET

Citizenship – Am I doing it right? This course runs termly and the course description and a list of dates are available in the Secondary INSET Opps book. For further information please contact your school's INSET Co-

ordinator or Cindy Burton on 01603 433276 or cindy.burton@norfolk.gov.uk

Making Sense of Citizenship

All schools have been sent two copies of the above resource produced by the DfES, ACT and the Citizenship Foundation. It contains some up-to-date advice on Citizenship issues including assessment.

Assessing Citizenship

The above resource has been published by QCA (ref: QCA/06/2294). It contains examples of assessment activities for Key Stage 3 and all schools have been sent a copy.

Esinet PSHE and Citizenship website has help and support for local PSHE and Citizenship issues including information on available training, policy development and contact names. This can be accessed at www.norfolkesinet.org.uk click on school staff, then on curriculum, then on PSHE and Citizenship.

Drug Education

Smoking

There have been some requests for clarification of the position regarding smoking (by staff/visitors etc) in schools. In 1995, the County Council issued guidance stating that schools are no smoking sites and, as such, smoking is not allowed. In the light of possible government legislation regarding the banning of smoking in public places, it is likely that revised guidance will be forthcoming.

Smoking Cessation Project

There is currently a pilot project underway at five high schools. Smoking Cessation workers have been trained to work with young people to support them if they wish to quit smoking. Results of the pilot will be analysed and

disseminated on completion of the project.

Drug Education INSET

Please remember that INSET courses are offered in three main areas:

- basic drug awareness training for teachers/staff in schools
- reviewing/developing school drug policies
- developing Drug Education at Key Stages 1 and 2 and at Key Stages 3 and 4

There is no charge for these (although supply cover is not available).

Drug Education (Primary)

Anna Sims, the Healthy Norfolk Schools Primary Drug Education Development Worker, continues to support primary schools with regard to developing schemes of work/lesson plans as well as school drug policies. Anna can be contacted on 01603 307444 or by email at anna.sims@norfolk.nhs.uk

Drug Awareness leaflet for parents

The Norfolk Drug and Alcohol Action Team (DAAT) has distributed a leaflet to schools as well as copies of the leaflet 'Do your children know more about drugs than you do?' This contains useful information for parents (and teachers) and may be seen at www.nordat.org.uk

Healthy Norfolk Schools

There are currently twenty-two secondary schools signed up to the local programme, with many more having expressed an interest and requested further information.

The aims of the National Healthy Schools programme are:

- to support children and young people in developing healthy behaviours
- to help raise pupil achievement
- to help reduce health inequalities
- to help promote social inclusion.

Being part of the local programme means free support, guidance, training and resources to help meet the criteria for four core themes:

- PSHE including Sex and Relationship Education and Drug Education (including alcohol, tobacco and volatile substance abuse)
- Healthy Eating
- Physical Activity and
- Emotional Health and Well-being.

These criteria link closely to sections 2 and 4 of the Ofsted Self-evaluation form (SEF). Being part of Healthy Schools will therefore facilitate the provision of tangible and authoritative evidence to support self-evaluation and an Ofsted inspection.

If you would like more information or would like to set up an informal meeting to discuss Healthy Schools, please contact Marian Fox on 01603 307288 or email: marian.fox@norfolk.nhs.uk