



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

Relationships and Sex Education (RSE) is learning about the emotional, social, and physical aspects of growing up, relationships, sex, human sexuality, and sexual health. It should equip children and young people with the information, skills, and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

A comprehensive programme of RE and HE gives children and young people essential skills for building positive, enjoyable, respectful, and non-exploitive relationships and for staying safe both on and offline.

During this very challenging year I have continued to support schools in many different ways for example, developing the Together for All and Live Well Young People websites, created and delivered a virtual training offer, held the PSHE termly network, produced The Health and Wellbeing Newsletters and by providing one-to-one provision, preparing for these statutory changes you have all been working so hard to achieve.

Here are links to the websites mentioned [www.together4all.co.uk](http://www.together4all.co.uk) and [Your health and wellbeing - LiveWell \(nelincs.gov.uk\)](http://Your health and wellbeing - LiveWell (nelincs.gov.uk))

In light of the statutory guidance and what we have all been through this last year I have produced two questionnaire; one for primary and one for secondary, there is a drop down box to state if you are academy, school, PRU or SEND specialist school etc. Please take the time to complete it honestly and the best you can. This will help me to assess how things are going across the authority. Additionally this will really help me to review the local offer and support; but also, identify the areas that may need development ready for September role out. This will also facilitate me to target the support more efficiently.

Completion date is 28<sup>th</sup> May.

<https://rseprimary.questionpro.eu>

<https://secondary.questionpro.eu>

## Explore the connection between physical and mental wellbeing

Research shows that doing physical activity can improve mental health. For example, it can help with better sleep, happier moods and managing stress and anxiety.<sup>1</sup>

This important relationship between physical and mental wellbeing is the focus of our **new, flexible lesson plans** for 10-16 year olds.

These new resources have been developed with teachers and are underpinned by the evidence-based ***five ways to wellbeing***. They include short, fun activities such as **creating a wellbeing jigsaw** or **designing a poster to promote getting active**, and are supported by a video featuring **MC Malik** who discusses how he uses physical activity to support his mental health.

Like all of our content, this resource is mapped to the national curriculum helping you to cover core PSHE topics within Relationships and Sex Education (RSE) and Health Education. Head to the School Zone to download these resources for free today.

## Assessment in RSE

**Questions to think about when planning for RSE:**

- Can you assess in RSE?
- How do you assess in RSE?

**What does the RSE & HE Statutory Guidance say about assessment?**

- Schools should make sure that pupils make progress
- Pupils need to build on previous knowledge
- Lessons should be assessed
- Targeted intervention /extensions should be put in place for those pupils struggling
- You don't need a formal examined assessment
- Assessment to be used to strengthen quality of provision

**The course cost is £30 per person. You will be invoiced after the session has taken place.**

**The session will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, you will receive a link to join the meeting a day before it is due to take place. Please make your booking via Eventbrite, link included below.**

<https://www.eventbrite.co.uk/e/assessment-in-rse-tickets-145491682539>

**Below Health and Wellbeing in schools Term Calendar for training**

Health & Wellbeing

2020/21

Summer Term 1

## **Restorative Practices in Education to Support Wellbeing for Education**

20<sup>th</sup> April, 4pm-5pm

### **Return**

Online training session

To book a place visit [Eventbrite](#)

## **Every Interaction Matters**

21<sup>st</sup> April, 4pm-5pm

26<sup>th</sup> April, 9:30am-10:30am

Webinar

To book a place visit [Eventbrite](#)

## **PHSE Coordinators Meeting**

22<sup>nd</sup> April, 3:30pm-4:45pm

Meeting

To attend visit [Eventbrite](#)

## **Emotion Coaching in Education to Support Wellbeing for Education Return**

28<sup>th</sup> April, 4pm-5pm

Online training session

To book a place visit [Eventbrite](#)

## **Sexual Health Awareness**

29<sup>th</sup> April, 3:30pm-5pm

Online training session

To book a place visit [Eventbrite](#)

## **Assessment in RSE**

5<sup>th</sup> May, 3:30pm-4:30pm

Online training session

10<sup>th</sup> May, 9:30am-10:30am

To book a place visit [Eventbrite](#)

## **Loss & Bereavement to Support Wellbeing for Education Return**

5<sup>th</sup> May, 4pm-5pm

Online training session

To book a place visit [Eventbrite](#)

## **Post-traumatic Growth to Support Wellbeing for Education Return**

19<sup>th</sup> May, 4pm-5pm

Online training session

To book a place visit [Eventbrite](#)

## **SEMH Champions Meeting**

27<sup>th</sup> May, 1pm-3pm

Meeting

To attend contact [Amy.Chilvers@nelincs.gov.uk](mailto:Amy.Chilvers@nelincs.gov.uk)

## Community

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Compass Go Newsletter



March Compass  
GO... newsletter.pdf

## School Nursing

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### Dental Habits

Research shows that a quarter of 5-year-olds already have tooth decay with an average of 3-4 teeth affected.<sup>1</sup>

That's why we created **Keeping Our Teeth Healthy**, an engaging, curriculum-linked science lesson plan exploring dental hygiene. The resource introduces your pupils to Tilly, a mighty molar who has turned into a troubled tooth and needs help making healthier dental choices.

These KS1 and KS2 PowerPoint presentations have been developed by teachers and dental experts. They also **include a simple, fun science experiment** which pupils can try at school or at home with their families.

Head to the School Zone to download this r

Resource and explore other curriculum-linked resources that encourage healthier habits in the lead up to Easter.

### School Resources

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New resources [to](#) support students' mental and physical wellbeing

Our [new physical and mental wellbeing lessons](#) for Year 6, and KS3 and KS4 explore the link between physical and mental wellbeing, with engaging video content and quizzes.

See [The worry tree](#) and [Unhelpful thoughts](#) for bite-sized mental wellbeing activities for KS3 and KS4.