

Lets talk about:

- Child Sexual Exploitation
- Radicalization& Extremism
- Online Safety and Behavior
- Emotional Health &
 Wellbeing
- Gangs, guns and knife crime
- Female Genital Mutilation
- Gender Identity
- Anti-bullying
- Prejudice and Hate Crime
- Forced Marriage
- Honour Based Abuse
- Obesity
- Eating Disorders
- Smoking
- Alcohol
- Healthy Relationships & Sex Ed
- Resilience
- Drugs and substance misuse
- Sexual bullying
- Domestic violence
- Physical Activity
- Suicide and Self harm
- Diet and nutrition
- Sexting
- Risk taking behavior's
- Oral hygiene
- Body Confidence
- Mental hygiene

Education, Safeguarding, Health and Wellbeing Hub Newsletter

SEPTEMBER 2024 EDITION



Welcome back to all our readers. We've got a new name; a new offer; and in some cases, new job titles. We are excited for the new academic year and have lots of interesting new trainings in development and a number of new resources and tools to support you which you will find details of in this newsletter. Look out for our NCC ESHAW Hub Directory (padlet.com) and Awareness Days (padlet.com) which we are launching this month, and don't forget to give us feedback on any aspect of our work using the QR codes and evaluation links which you can access through the hub directory. You may also be interested to review our new Memorandum of Understanding and Structured Conversation template which we will be using from now on whenever we carry out a consultation. You can access these tools here which hopefully will tell you all you need to know so that you can prepare and know what you can expect, including how to book a consultation with members of the team.

The summer holiday is probably already a dim and distant memory for many of you, and no doubt the pace has already accelerated over the last week. Some children will be beginning to share what their experiences have been like over the summer. For some it will be obvious what kind of a holiday they have had. For others, it may be less so. September is the time when we remind colleagues to keep an eye out for any children who have not arrived back in school, or who maybe seem different in some way- especially if they are from communities which may practice some harmful traditions such as FGM and Forced Marriage. The relevant school portal pages have been updated over the summer and if you haven't attended any recent face to face FGM training, you may want to consider booking a place on our September courses. Many HTs we have spoken to recently have indicated that their demographic is changing significantly and becoming more diverse. Although in no way do we wish to reinforce stereotypes, it is important that colleagues have awareness of the signs and indicators to look out for, and more importantly know how to have those difficult conversations when concerns do arise. Both the Level 1 and Level 2 courses that we have developed will help to dispel any myths people hold about FGM, and more importantly, provide colleagues with opportunities to practice their assessment skills; know how to make a good referral; and work with sensitivity without compromising their safeguarding responsibilities. See our training diary to book a place or contact sarah.lee@nottscc.gov.uk if you need some urgent advice and guidance.

Aside from the disappointing weather this summer, the unrest following the Southport attack, has left many in our communities shocked, scared, and anxious. Whatever your theories might be about what was behind the unrest (in my humble opinion there are many), as a team it has reinforced our belief that more work needs to be done around identity and belonging. Although at present we have not received any reports of the issues spilling directly into our schools, we would ask you to be mindful of the impact that these events may have had on staff, parents/carers and children and young people, especially those from migrant and refugee communities, those who follow the Islamic

share will be in the children's own words.

faith, and those from global majority backgrounds. Some of those we work with will not be feeling a sense of belonging currently. Many of those who became involved in the unrest, perhaps are also experiencing disconnection. In recent months we have received increased reports of racist terminology being used by students of all ages- often they have been exposed to this language online, although some receive such messages directly from home. At a time when the online space is occupied by those who deliberately share harmful content and disinformation, it is vitally important that we equip our children with the critical thinking skills needed to navigate this space successfully. Our training offer reflects this need, as does our planned co-production work. We will be running focus groups with children in KS2 upwards across the county to better understand how they feel about their lives; the challenges they face; and the help they feel they need to feel good about themselves and others. If you are willing to host an event for us, please do get in contact. We hope to produce some useful content and resources which will get at the root of the issues we are grappling with as a society. We believe the only way to do this is to facilitate dialogue, and truly listen to what our children are telling us about their lives. We will report back in due course, and hopefully, much of what we

There are of course continuing challenges ahead of us all with this new school year, but as a team we are feeling positive and optimistic. We have recharged and refocused and we are hopeful that we will be able to better serve you through our new offer. Our RSHE Network is back up and running and our Inclusive Behaviour courses are proving popular. There are lots of free training opportunities on offer too delivered by our trusted partners. We have lots to share and can't wait to be working with you, so keep talking to us about what you need; what's working and what's not; and through partnership, collaboration and co-production we can cultivate some green shoots of hope in this new era. Here's to a new year, new beginning, new opportunities........

Best wishes.

Sarah and the team

Access all previously published editions of our newsletter...

We have made it even easier for you to access any editions which you might have missed, or articles which contained information which can support you in your practice today. Simply click here to access every newsletter we have published over the past couple of years.



Listening and Learning Week 16-23rd October 2024 - Booking now open!!

To help embed Our Nottinghamshire Approach and our value of listening and learning, the Nottinghamshire County Council Children and Families Department are excited to be hosting Listening and Learning Week 2024!

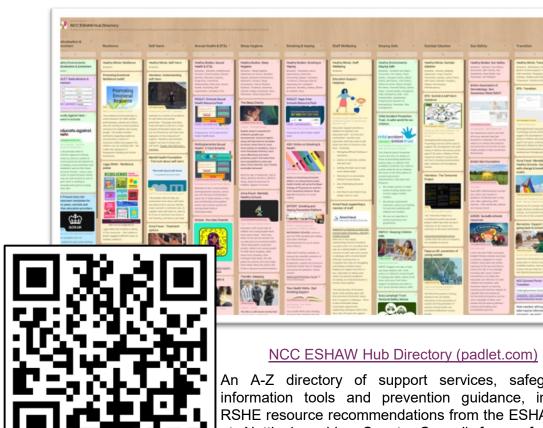
We have planned a week of activities, workshops and events focused on hearing and learning from the children, young people and families who have experience of Nottinghamshire support and services, and each other.

We invite you to join us by <u>booking on</u> to any of the events which are open to colleagues and external partners.

For more information, please contact
Jenny Smith, Strengths-Based Practice Lead, Transformation and Improvement Team
jenny.smith@nottscc.gov.uk

Education Safeguarding, Health and Wellbeing Hub Directory & Padlets

Education, Safeguarding, Health & Wellbeing Hub Directory



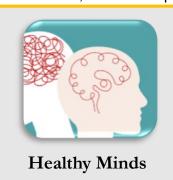
An A-Z directory of support services, safeguarding information tools and prevention guidance, including RSHE resource recommendations from the ESHAW Hub at Nottinghamshire County Council for professionals working with children, young people, and their families.

FIND OUR NEWLY RELEASED IN-DEPTH RSHE TOPIC PADLETS

Materials for display and information to share with families |Local support organisations offering intervention & training opportunities| Learning resources | The latest guidance and statistics for safeguarding updates| Recommended Reads, Video Clips, &



Sexual Health Resource Pack Greener Living Resource Pack



Coming Soon:

Anxiety & Depression Self- Harm & Suicide



Reducing Alcohol & Drug Use

Knives & Weapons

Healthy Bodies - Asthma: September Spacer Checker

September Spacer Checker

Welcome back, to the new term, with new children, and potentially new staff with the responsibility for First Aid and the administration of medicines across our settings. Please see this helpful checklist for managing your cohorts' Asthma, Allergies, Immunity, and Health protection needs this September.

Emergency Medicines Check

- In date AAI- Epi-Pens, pMDI reliever inhalers with spacers.
- Secure emergency medicine storage areas, team aware of how and when to access.
- A refreshed list of children, with known medication needs.

Staff Training Check

- Your 'First Aiders' clearly displayed.
- Training refresh booked for First aid responders, if required.
- General awareness for all on Asthma & Allergy signs, symptoms and appropriate emergency medicines use, including the risks of frequent inhaler use and triggers.
- Please share our video on the importance of inhaler and spacer use with settings https://youtu.be/TcYWkoMd931

First Aid Policies and Kits Check

- Review First Aid, Administering Medicines, and Intimate & Personal Care Policies. (examples are available)
- ♦ Fully Stocked
- Signage- indicating where kits are stored.

Individual Healthcare Plans Check

- Children, parents, and staff collectively agreed the specific care needs, planned actions and responsibilities. In line with GP or health professional advice.
- Individual Healthcare review dates set

Everyone as a 'safe guardian'

- ♦ School Vaccination dates scheduled FLU Vaccs 'coming soon': Schools and Early Years Vaccination Resource Pack (padlet.com)
- All students aware of being an Asthma /First Aid Champion, and looking out for their friends, knowing how to enact help and report concerns.
- ♦ Information shared with families <u>Medicines</u> and <u>medical devices</u>: Key back-to-school tips.GOV.



please contact: Healthy Bodies Co-

ordinator lauren.burns@nottscc.gov.uk

Healthy Bodies - World Food Day 16th October 2024

NOTTINGHAMSHIRE FOOD SUMMIT

SAVE THE DATE



WEDNESDAY 16TH OCTOBER 2024

Please join us on World Food Day to celebrate the wonderful collaborations, initiatives and sustainable food practices that are

happening all over Nottinghamshire!

More information to follow at a later date.

Any questions email:

foodenvironment@nottscc.gov.uk



Please find information and booking link for the Nottinghamshire Food Summit Reserve your space here

Healthy Bodies - Nottinghamshire Food Summit

Please find information and booking link for the Nottinghamshire Food Summit

Name of the event: The Nottinghamshire Food Summit

Date: October 16th 2024

Time 9.30 for networking & coffee 10 am start- 4.30 finish

Venue: The Great Hall, Trent Building, University of Nottingham, University Park, NG7 2RD

About this event

We are delighted to invite you to you to <u>Nottinghamshire Sustainable Food Network's</u> first Nottinghamshire Food summit. This event brings together organisations from across Nottinghamshire, all of whom are taking steps and supporting our shared vision of a more sustainable food system for Nottinghamshire.

Spaces are limited so we encourage you to reserve your spot by clicking the link below.

Reserve your space here . On booking you will need to **click on the date and time** of the venue to complete the booking. If you have held the date in your diary you will still need to complete this booking.

Good food is vital to the quality of people's lives and plays an essential role in improving health and wellbeing and reducing health inequalities. Our vision is that everyone in Nottinghamshire no matter what their age and where they live should have access to healthy tasty affordable food which should also be positive for the environment and local economy. For more information you can view the Nottinghamshire Food Charter here:



The programme for the day will include presentations from inspirational local food initiatives and national speakers including Dr. Megan Blake from Sheffield University and Andrew Forsey OBE from Feeding Britain. You will also have an opportunity to help shape the **Nottinghamshire Food Plan** with themed-facilitated discussion.

At this event, you can expect to:

- Get Involved: Whatever organisation you are from your voice matters.
- **Share Experiences**: Connect with other organisations working towards the same aims, to share opportunities and challenges related to the food system and learn from organisations that bring fresh perspectives.
- Action Plan: Collaborate to create practical actions for Nottinghamshire's food future.
- **Networking:** Connect with diverse organisations for transformative ideas.
- Celebration: Acknowledge impactful work across Nottinghamshire.

Join us for a sustainably sourced lunch prepared by <u>Pulp Friction</u> and supported by <u>Fareshare East Midlands</u>

Your **role** in this partnership is pivotal. By attending, you'll gain insights, learn about ongoing initiatives, and help to shape the Nottinghamshire food system for our communities, organisations, and businesses.

Further information on the facilitated discussions, dietary requirements and travel options to the venue will be sent after booking onto the event.

Healthy Bodies - INTENT Smoking and Vaping Prevention Programme



INTENT

SMOKING AND VAPING PREVENTION PROGRAMME

For Years 7-11



- I) WHAT INTENT IS
- II) HOW TO DELIVER
 IT IN YOUR SCHOOL

III) Q&A

REGISTER BELOW

- 8th October 2024
 12.30pm 1.00pm
- 12th November 2024
 3.30pm 4.00pm
- 11th December 2024
 12.30pm 1.00pm

For more information

https://intent.evidencetoimpact.com/

Healthy Bodies - Nottinghamshire's Sexual Health Service

Nottinghamshire's Sexual Health Services Update

Nottinghamshire County Council and Nottingham City Council have successfully procured a single contract for **Nottingham and Nottinghamshire Integrated Sexual Health Services (NNISHS)**. This single contract is being established to replace the current arrangements for Sexual Health Services across Nottinghamshire County and Nottingham City which are delivered via multiple providers. The proposal of the integrated single contract across the City and County populations is intended to improve equity and deliver improved sexual health outcomes for Nottingham and Nottinghamshire residents.

Following a competitive tender procedure, Nottingham University Hospitals NHS Trust (NUH) have been awarded the contract. NUH will deliver the contract as the lead member of a consortium which includes Sherwood Forest Hospitals Trust and Preventx. All three of these providers are incumbent providers within the existing ISHS provision. The contract is scheduled to commence on **1st October 2024.** Further communications will be shared across the system in due course regarding how to contact the new integrated service, including information of the new service name, branding etc.

In the interim, both commissioners and providers would welcome ideas from system partners regarding how best the new service can interact with other services across the system to reach and improve the sexual health inequalities in target high risk groups:

- Young people (under 25)
- People from deprived areas
- Lesbian, Gay, Bisexual and Transgender (LGBTQIA+) people & men who have sex with men
- Black and minority ethnic (BME) groups
- Asylum seekers, refugees & recent migrants
- Homeless people
- Sex workers
- People who inject drugs (PWID)
- People who have already experienced domestic and sexual violence and abuse (DSVA)
- People with learning disabilities
- People with mental health problems

We would also like to make every contact count and ensure that the Sexual Health prevention agenda is well embedded in other services. We will also continue to work with partners to build an honest and open culture where everyone can make informed and responsible choices about relationships and sex to reduce the stigma associated with sexual health and HIV.

For further information, please contact:

Nottingham and Nottinghamshire Integrated Sexual Health Service:

nottinghamshire.sexualhealth@nhs.net

Nottinghamshire County Council commissioners: ellie.tobin@nottscc.gov.uk

Healthy Environments - International E-Waste Day - 14th October 2024

International E-Waste Day - Monday 14th October 2024



Almost all of us have unwanted, broken cables clogging up our drawers, or have considered binning that flimsy cable when it broke. That's millions of unwanted cables and thousands of kilograms of copper going to waste. Cables are made of an average of 20% copper which is one of the most precious materials on our planet. Copper is essential to our everyday lives - vital for our phones, our transport, clean energy, lifesaving medical equipment and our green future. Like any electricals, cables can be recycled and the copper in them can be reused to create essential hospital equipment or even electric vehicles. So, this International E-Waste Day, we're asking the UK Schools and Households to join The Great Cable Challenge and help recycle 1 million cables*! If 1 million of us all recycled one cable, we could save at least 5,000 kg of copper from going to waste.



Calling all of our school Eco-Warriors, Eco-Committees, School Council Environment leads and classroom Eco Monitors. As our best Eco-Representatives across Nottinghamshire, you can help us raise the awareness to support the National Campaign from Material Focus- helping our households to safely recycle and be free of cable clutter.

Encourage unwanted cable collection and recycling as part of your club activity.

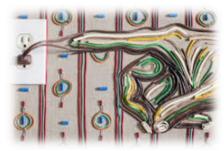
You could set up your own pop-up collection to collect cables and other small household electricals in your office, school, community hall or local area. Or you may wish to encourage families to evidence their own cable hunt and recycling activity.



- **1.** Follow Material Focus' simple step-by-step instructions in the guidedownload from the website
- **2.** Promote your cable collection activity or collection point o Use the communications materials available in the toolkit, including social media and newsletter templates. Take your cables to your nearest recycling centre. Using our recycling centres | Nottinghamshire County Council
- **3.** Let us know how you get on in the great cable challenge climate.change@nottscc.gov.uk

I wonder just how many cables your families will collect? How many times the unwanted cables would stretch around your playground laid end to end? Or what other creativity could be unleashed by the unwanted cables' challenge.

Lauren Burns- Healthy Bodies Co-ordinator lauren.burns@nottscc.gov.uk



Healthy Environments - Free Training - Cyber Security and Anti-Bullying

Free training opportunities - Cyber Security and Anti-Bullying

Cyber Security Training and Cyber Choices for school staff Thursday 26th September 2024 - 15:30-17:00

- ⇒ This session will be delivered by East Midlands Special Operations Cyber Protect Officers
- ⇒ This session is for all school staff that are using devices (phones, tablets, or computers) connected to the school network as part of their job role.
- ⇒ The aim of this private session will be to educate school staff on best practice when it comes to basic cyber security like strong passwords, two step verification, avoiding phishing scams, securing both work and personal devices and keeping your online accounts secure and private.



⇒ This session is FREE to attend, it will take place online and you can register your interest here: Cyber Security Training & Cyber Choices for School Staff | EM Cyber Secure (eastmidlandscybersecure.co.uk)

Embedding banter into school Anti-Bullying policies Wednesday 9th October 2024 - 15:30-16:30



- ♦ This session will be delivered by Lucy Betts and Sarah Buglass (NTU Psychology) and Katherine Marshall (Nottinghamshire County Council)
- During the session we will explore: (a) the nature of banter, (b) definitions of banter, bullying, and relational conflict, (c) how to embed banter into school anti-bullying policies, and (d) relevant resources and CPD opportunities.
- ♦ This session is FREE to attend, it will take place online via MS Teams and you can register your interest here: https://forms.office.com/e/7sda9tBvRu --- We will use this information to share a link to the session beforehand and relevant information following the session (e.g., slides).

Please note – The Anti-Bullying Alliance are hosting a free webinar on Thursday 10th October 2024 from 4pm-5pm to support schools to '<u>Get Ready for Anti-Bullying Week</u>'. This year, <u>Anti-Bullying Week</u> is from Monday 11th – Friday 15th November – the theme is 'Choose Respect'.

You can book your free webinar tickets <u>here</u> and free Anti-Bullying Week <u>teaching resources</u> are also now available.



Healthy Minds — World Mental Health Day - 10th October 2024

World Mental Health Day - How we can use this to Promote and Reinforce our Practice in School



World Mental Health Day is on Thursday 10th October and this year's theme is *Time to Prioritise Mental Health in the Workplace*.

Working in Education, we are aware of the need to make mental wellbeing a priority within school. The DFE want every school to have a Senior Mental Health Lead by March 2025 and part of the training for this role focuses on staff wellbeing as it recognises that staff need to be mentally healthy before focusing on the children's wellbeing. If you have not yet completed this training, the next NottAlone Cohort begins in November and can be accessed here: Senior Mental Health Lead Training for Schools and Colleges | NottAlone.

In isolation, celebrating mental health days once or twice a year can be tokenistic and won't necessarily have an impact. However, if we celebrate them as part of a reinforcement of our good practice and/or to implement new strategies which we will then continue, then it is worth taking these days to focus on whole school wellbeing.

The idea of finding additional time to implement yet another activity in our already packed schedules is not appealing, however, my hope is by sharing the results of a wellbeing pilot I recently lead with the juniors in my local school, it is evident that certain wellbeing techniques are quick to adopt, easy to continue and really do work.

With each junior class, I spent some time looking at different techniques – daily physical exercise, gratitude, grounding techniques, self-kindness, breathing exercises and improved sleep through avoiding screens an hour before bed. I gave them approximately 5 weeks to trial their chosen technique before asking for their feedback. Out of 96 children who committed to it, 93 claimed there were positive benefits to their wellbeing. I will just focus on the most popular chosen technique, the breathing exercises. The common themes in the feedback were that this technique helped with feeling calmer, more relaxed, it distracted them from their worries and that it helped with uncomfortable feelings of anger, frustration and worry.

I know that this is not a conclusive study, it is from a school which already prioritises wellbeing and where children's emotional literacy is well developed and regularly practised but this was about wellbeing habit forming and the results and comments are overwhelmingly positive.

In retrospect I should have asked why they made their particular choice, I am wondering if it is because it is a quick and easy technique to adopt and after trialling it a few times and realising that it has immediate benefits, it was worthwhile continuing it as a wellbeing technique.

Going back to World Mental Health Day, could this be a good time to start trialling some wellbeing habits with the children and staff, especially if we consider the comments from the pilot? I am a huge advocate of breathing exercises, as it was a technique I used with my classes and witnessed the benefits; for many children it became a self-regulation tool when dealing with difficult emotions because it was already in their toolbox. A helpful way of targeting the children who you know you would benefit from this is to make them 'experts' and train them to lead the breathing activities, or whichever technique you choose to adopt.

Why not use World Mental Health Day as a day to kick start certain wellbeing techniques with staff and children; breathing exercises being an easy method to adopt and continue. If you do, let me know how you get on and if you find it beneficial.

Pip Challinor-Galley

School's Health Hub Coordinator

pippa.challinor@nottscc.gov.uk

ESHAW Hub Training Calendar Autumn Term 24/25

Education, Safeguarding, Health & Wellbeing Hub Training & Events Calendar

Please note: Most of our training will take place at Edwinstowe House, NG21 9PR unless otherwise stated. Full day courses = 09:00-16:00, AM courses = 09:00-12:00. PM courses = 13:00-16:00 If you have attended our training and wish to provide feedback, please do so via the following link:

ESHAW Hub Training Evaluation 2024 - 2025

		Contombor		
iour Level 1 Mon 30 th (AM) An introduction to Fe-	Wed 11 th <u>Understanding Behaviour</u> <u>Level 2</u> Mon 30 th (PM) <u>Managing Difficult Conversations: FGM Level 2</u>	September Thurs 19 th Understanding Behaviour Level 1	Wed 25 th <u>Understanding Behaviour</u> <u>Level 1</u>	Thurs 26th (15:30-17:00) Cyber Security Training and Cyber Choices for School Staff Free - Online via MS Teams - Notts Police
		October		
An introduction to radi-	Wed 2 nd (PM) <u>Extremist Ideologies -</u> <u>Level 2</u>	Thurs 3 rd <u>Understanding Behaviour</u> <u>Level 1</u>	Mon 7 th Understanding Behaviour Level 1	Tues 8 th Understanding Behaviour Level 2
Tues 9 th (15:30-16:30) Embedding banter into school Ant-Bullying Policies Free - Online via MS Teams - NTU Psychology & NCC	RSHE Leaders Network	Wed 16 th <u>Understanding Behav-iour</u> <u>Level 1</u>		
<u> </u>		November		
Mon 11 th (AM) Working with gender questioning and Trans and non-binary children and young people and their families - Level 1	Wed 13 th <u>Understanding</u> <u>Behaviour - Level 1</u>	Thurs 14 th Understanding Behaviour level 2		
Mon 2nd (13:00 - 15:00) Gaming & Gambling Harm workshop (for staff) Free - Online via MS Teams - Ygam	Mon 2nd (18:00-19:15) Gaming & Gambling Awareness session for Parents Free - Online via MS Teams - Ygam	December Wed 11th (timings and link tbc) Cyber Security information session for parents Free - Online via MS Teams - Notts Police		

ESHAW Hub Training Calendar Spring Term 24/25

January							
Mon 6 th	Tues 7 th	Thurs 23rd	Mon 27 th (AM)	Mon 27 th (PM)			
Understanding Behav- iour Level 1	Understanding Behav- iour Level 2	Bringing the Best Out in Our Boys - Level 2	An introduction to radicalisation & extremism: understanding and identifying risk - Level 1	Extremist Ideologies - Level 2			
Tues 28 th (AM)	Tues 28 th (PM)						
	Responding to online risks and harms Level 2						
	Online via MS Teams						
The state of the s		February					
Mon 3 rd (AM)	Mon 3 rd (PM)	Tues 4 th	Wed 5 th	Mon 10th (15:30-			
,	Managing Difficult Con-	NOTT ALONE LIVE EVENT YMCA NEWARK	NOTT ALONE LIVE EVENT YMCA NEWARK	17:00 - link tbc) Cyber Security Training and Cyber Choices for School Staff Free - Online via MS			
Tues 11th	Tues 11th	Weds 12th		Teams - Notts Police			
Cyber Security information session for parents Free - Online via MS Teams - Notts Police	<u>Understanding</u> <u>Behaviour Level 1</u>	Understanding Behaviour Level 2					
March							
Thurs 6th (AM)	Thurs 6th (PM)	Weds 12th	Thurs 13th	Weds 19th			
Online Safety-Level 1	Responding to Online Risks and Harms - Level 2 Online via MS Teams	<u>Understanding</u> <u>Behaviour Level 1</u>	Understanding Behaviour Level 2	Happy Minds, Healthy Bodies: developing life- long habits for the digi- tal age			
Thurs 27th							
Responding to online misogyny & hate speech - Level 2							
April							

ESHAW Hub Training Calendar Summer Term 24/25

May							
Thurs 1 st Identity & Belonging: a new lens on. Level 2		Understanding Behav- iour Level 2	Working with gender questioning and Trans and non-binary children and young people and their families -	Thurs 22 nd Responding to online misogyny & hate speech Level 2			
			<u>Level 1</u>				
June							
Mon 9th <u>Understanding Behav-iour</u> <u>Level 1</u>	Tues 10th <u>Understanding Behav-iour</u> <u>Level 2</u>	Thurs 12th Bringing the Best Out in Our Boys - Level 2					
July							
Thurs 10th Identity & Belonging: a new lens on. Level 2							
August							