

Education Safeguarding Health and Wellbeing (ESHAW) Hub Newsletter

NOVEMBER 2024 EDITION



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

This time last year I recall writing an article about small acts of kindness that we all need to notice when the world seems out of kilter and the sadness that fills our tv screens and newsfeeds is overwhelming. Yesterday was World Kindness Day, and once again, I was struck by how the pendulum seems to be swinging across the globe in the direction of increased conflict and polarisation; how little trust humans appear to



have in each other; how the planet feels sick and in need of healing. It made me think of a song which was released in 1965 and first recorded by Jackie DeShannon- "What the World Needs Now". At the time the United States were divided over the Vietnam War, and the preceding years had seen the Civil Rights Movement pushing for change for African Americans- change that not everyone was receptive to or felt necessary. I was struck by the parallels for our present times- not just in the US but in many places in the world- so many opposing sides and battlelines drawn; how many human beings seem to have lost the ability to

debate with one another respectfully, and how the online space has made it so difficult to know what is fact and what is merely opinion, or disinformation. Burt Bacharach's melody and Hal David's lyrics are almost like a balm for the wounded, hopeless soul, and just as it did when it was first released, the song struck a chord for me with its simple message that in order to live alongside one another, more love is needed in the world, and everyone is deserving of it. Those lyrics have resonated with me over the last few weeks. They remind me to not give up hope and to keep showing up with compassion and an open heart, even when the views that are being expressed are so far removed from my own beliefs.

I had the absolute pleasure this week of working with some boys in Year 9 and Year 11 who were helping us with our research for our upcoming training course called "Bringing the Best Out in Our Boys." We gave them free reign to talk about whatever they wanted to, and although there was some commonality in terms of the topics they selected and some of their views, we were struck by how very different their perspectives were about "the state of the world" and the reasons why we are where we are. The first two groups of Year 11s left me feeling pleasantly optimistic as they all seemed to be comfortable with themselves and each other. They showed levels of emotional maturity which we hadn't expected in truth, and they were full of excitement about the future and showed that they were reflective and compassionate. The Year 9 group literally melted our hearts. Each clearly had their own story to tell about emotional pain, yet in spite of often feeling judged by adults and their female peers, these boys understood the importance of love and acceptance in all its forms, which they showed in abundance every minute that we spent with them. In contrast, our final conversation of the day with another Year 11 group revealed some major differences in how they saw the world. Although respectful towards us throughout, they spoke openly about minoritised communities in ways that can only be described as

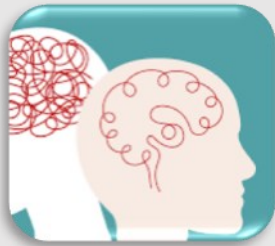
intolerant. Their sources were of course, mainly online, and it was clear that their critical thinking skills were less well-developed than the other students we had spoken to; and that there was a hardness, feelings of disconnection, and almost a sense of grievance and being overlooked which fuelled their very strong opinions. I won't lie- some of what they shared was hard to listen to given my own beliefs about equity and inclusion and social justice, but I realised that I needed to deliver on my promise to these boys that I would listen and try to understand what life was like for them, without judgement. It was very tempting to shut them down and dismiss some of their opinions as being misguided at best, and downright ill-informed. But those song lyrics helped to remind me that if I want to deliver on inclusion and social justice, my love cannot just be reserved for those whose opinions I agree with. Those boys needed to be heard and feel respected, not dismissed. They spoke passionately about how they felt they were not permitted in school to have their own views and that they were punished for expressing their opinions. They talked about having certain opinions forced upon them, and it was clear that they felt assemblies and RSHE lessons ignored how they felt about their place in the world and that they felt that they were being "talked at" rather than being given space to explore their views and opinions. As an experienced practitioner, the conversation was at times challenging and I did reflect that if RSHE isn't your specialism, how difficult it would be to navigate these conversations, especially if you have students in the same room with diametrically opposing views. I had to consciously keep myself regulated and kept returning in my mind to the question I most wanted to ask each of them..... "What happened to you to make you feel so angry and fearful of those who don't share your identities?" Fortunately, we will get to speak to these boys again and will dig a little deeper into these questions, and as hard as it was to hear what was expressed, I still left with hope in my heart because they did respond to gentle challenge, they did show us respect and were polite and courteous, and they seemed genuinely to appreciate the chance to engage with us as equals. We didn't agree on everything, and I am not naive enough to think that we will in that short time, have done anything to change their opinions and outlook. What I do believe however, is that from the very start to the end of the session, what we did get absolutely right, was establishing the rules of engagement which were rooted in love and compassion. We created a safe space where nobody felt they had to defend themselves, go on the attack, undermine, shame or embarrass anyone. Nobody was dismissive. Everyone listened intently and responded with passion whilst still being mindful of each other's feelings. We all wanted to try and better understand each other....and I believe the boys responded as they did because they recognised that we believed they were facing struggles we did not fully understand but were committed to doing something about.

As we finished the session, I paraphrased the words of researcher Richard Reeves, (I thoroughly recommend his TED Talk [How to Solve the Education Crisis for Boys and Men | Richard Reeves | TED,](#)) who when asked what advice he would give to boys who are feeling left behind by society, responded by saying, " Don't listen to the dark corners of the internet. We see you. We feel you. We will help you with your struggles. We can raise you up without needing to push others down." It's a message I wish I could shout from the rooftops, because it's one that is full of love and understanding, and which says every human being is worthy of love. In the new year we are hoping that we are going to be able to start putting some love out into the online space by raising up our children's voices, connecting with them and staying out of judgement. If the pendulum is to swing back, we the adults need to model the sharing of love in all our interactions, including those we fundamentally disagree with, because the alternative is for me unthinkable- we just spread more hate and disharmony.

So if you aren't familiar with the lyrics, or you feel in need of a soothing melody to give you a pick-me-up and remind you that the world needn't be as dark as it currently feels, take a listen to this [song](#), or maybe [this one](#), and the next time someone triggers you and you feel angry, cross or hurt, try to find a way of responding in love, because maybe that individual is in greater need of it than you realise.....we need to replenish our supplies.

Love from Sarah & the team

ESHAWH - What's New or Coming Soon.....



Healthy Minds

Inclusive Behaviour Support

Coming Soon:

- Anxiety & Depression
- Loss & Bereavement
- Self-Harm & Suicide



Healthy Bodies

Reducing Alcohol & Drug Use

Vaccination Resource Pack

Vape Free-Schools Resource Pack

Coming Soon

- NCMP- Healthy Child
- Sexual Health Resource Pack



Healthy Environments

Child Criminal Exploitation

Child on Child

Greener Living Resource Pack

FGM

Radicalisation & Extremism

Coming Soon:

- Knives & Weapons
- Staying Safe
- Anti-Bullying
- Online Safety



NEW RSHE RESOURCES & LINKS ARE NOW ADDED ON OUR PADLETS HERE

[NCC ESHAW Hub Directory \(padlet.com\)](https://padlet.com/ncc_eshawh)

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, & Podcasts for topic immersion

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 published over the past couple of years.

Sustainability/Environmental Leaders Contact List.



In last month's edition we shared information regarding [Sustainability leadership and climate action plans in education](#) and there's tonnes of support available. To ensure the right information, at the right time, goes to the right people, we are creating a database to facilitate a network of **Sustainability Leaders** across the county. Is that you, or do you know who has that responsibility or is likely to be nominated for that role in school? If so, please email eshawh@nottsc.gov.uk with name, role, name of school so we can add them to the database. Thanks again, in advance.

RSHE Updates



We are still here to support you.

A consultation of the RSHE statutory guidance was announced by the Sunak Conservative government and ran from the 16 May – 11 July 2024. However, during the consultation period, a general election was held, and a new government was announced. It's not certain what outcomes will emerge from the previous consultation, but currently the DfE are analysing the feedback and updates will be provided on the following webpage: Review of the RSHE statutory guidance - GOV.UK (www.gov.uk)

NCC ESHAWH reviewed and updated the policy template and guidance and released this on 1st September 2024, however only minor changes have been made – it remains in line with the 2019 RSHE statutory guidance. NCC and the ESHAW Hub will provide further updates and will release an updated policy template and guidance if/when new statutory guidance is announced and published.

The PSHE Association Annual Survey has identified that some schools have removed or added content based on the DfE Draft RSHE guidance which was published in May 2024. Until the consultation responses have been reviewed and the guidance is finalised it is important to ensure that you are still teaching to the 2019 Statutory RSHE guidance.

The ESHAWH remain available to support and advise you in relation to RSHE – so please do reach out via email eshawh@nottscc.gov.uk should you need us.

RSHE Leaders Contact List.



To ensure the right information, at the right time, goes to the right people, we are creating a database of **RSHE Leaders** across the county. Is that you, or do you know who has that responsibility in school? If so, please email eshawh@nottscc.gov.uk with name, role, name of school so we can add them to the database. Thank you in advance.

We have rescheduled the **RSHE Leaders Network** event from October 2024 to **Tuesday 4th March 2025**

Outline

Opportunity to network with other (Relationships, Sex and Health Education) RSHE leads across primary, special, secondary, and alternative provision, and to discuss key aspects of the RSHE Statutory Guidance (and associated/proposed amendments).

Description

This is an opportunity through networking, discussion, and focused activities to look at aspects of the RSHE curriculum across all key stages.

We will focus on policy content; assessment processes; managing difficult questions; challenge around content (from parents/staff/governors/OFSTED); staff engagement and confidence in delivery and working with families.

Cost for the full day (excluding lunch) - **£85 per person**.

(please note that if you have already booked your place at the higher price, you will be refunded the difference in cost)

Booking for The East Midlands Education Support Service - [RSHE Leaders Network | The East Midlands Education Support Service](#)

If you need further information or have a question please email eshawh@nottscc.gov.uk

Healthy Minds - Are You S.A.D Like Me?

Are you S.A.D. like me?



I anticipate the turning back of those clocks earlier every year and this year in the last week of August there were many signs that the seasons were changing. The waterproof mac was out and hugged around me, flip flops reluctantly kicked off and swapped for loafers to hide my icy blue toes. The grey blustery days had commenced. But along with freshening up the sweaters and fluffing up the cozy blankets in the full 'Hygge' spirit (which I have to work hard to conjure up, when I am essentially part lizard and thrive in the sunshine), I had to be grateful that I had longer than usual to make my winter preparations.

For those, with [Seasonal Affective Disorder](#)- it's essential. My survival kit if you will. First step GP. antidepressants for that serotonin boost that depreciates with shorter days. Pharmacy- prescription, new inhaler- the extreme temperatures can really get to my chest. Sitting in the doctors' waiting room a few weeks ago, it resembled a creche full of under 4-year-olds anticipating their flu clinic. 'Nasal sprays'- don't they get excited with just about anything?! On my journey home, I made a note to consider every falling leaf with the wonder of a child. Which reminded me- I must book in my gutter and drain clean, I need to manage the levels of falling rain too, not just my dip in mood. Checking my car boot for de-icer and flicking the switch on the dead torch, I tested the even more important headlights and glanced at the tread on my tyres before setting off-those winter journey habits weren't forgotten. At home. I swapped the salad spinner and ice cube tray for the soup maker and crock pot. Fresh home-made soups and stews would fill me with the goodness and natural immunity that my gut microbiome deserves and support my heart to feel the warmth from within. I looked forward to the new recipes, I could share with friends. As I went to restock the tea-lights and candles in the bathroom, the joy of returning to taking a hot soak in the bath, with cinnamon and orange scented bubbles flooded back, my memory broken as I gave a quick bleep of the smoke alarm and checked the light on the carbon monoxide alarm, huffing loudly to silence the click as the gas boiler switched from summer to winter timings. Clambering into the far depths of the cupboard I knocked down the first aid box and took time to ditch the mosquito bite creams and suncreams that would expire by next summer, checking the quantities and qualities of cough syrups and cold and flu tablet packets! I unearthed the resting place of the electric blanket- oh how I wish I had wrapped that cord nicely rather than shoving it in all bent and twisted. Taking care to check the length of the cord and connections for signs of damage in my haste, I carried it through to the bedroom, (such a glamorous life I lead!) I jotted on my shopping list- medicines, torch batteries, tissues, salt and grit for my paths, matches, vegetables. As I searched for and signed up for the weather health alerts to hit my inbox, I received a message with my appointment for my chimney clean and that prompted me to ask the neighbour if he needed booking in too, which then resulted in my first December social date in the diary!! Out came the winter duvet, the more togs, the more money saved on the heating in my opinion! I continued downstairs replacing the electric fan with the portable heater. Switching the solar lights for the fairy lights, all tested and working, in good condition before daylight saving time arrived. Usually, I get consumed in the darkness and feel lonely within the hibernation of winter, but this time spent preparing has kept me **Safe, Alert, Disasters averted.**

Anyone can become unwell if they get too cold. It is important to follow this guidance [Adverse Weather and Health plan](#) so that you are prepared for cold weather and can take action to keep yourself warm safely. There are also actions you can take to keep healthy during the cold weather. Looking after children and those in early years settings before and during cold weather: [teachers and other educational professionals](#) Some people are at higher risk of becoming seriously unwell because of exposure to cold. [How cold weather affects your health - Met Office](#) So, as you pull out your hats, scarfs, gloves, and boots- think are you weather ready? Are you **S.A.D.** like me?

Please, find below some posters which you are welcome to print off and display, or share with colleagues.

[Keep Warm Keep Well.pdf](#)

[Are You Weather Ready. \(English\).pdf](#)

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

Healthy Minds - Updates from NottAlone

NottAlone - Updates

If you haven't visited NottAlone for a few weeks, when you get 5 minutes, click on the link [Mental Health Support Services For People In Nottinghamshire | NottAlone](#) and have a look. NottAlone is no longer just for children and young people, it has now expanded to an all-ages service still following the same easy to use format. It would be helpful to let parents and carers know, as well as other members of staff, that this option is now available, so they know where to get help for themselves if needed.



Another update from NottAlone concerns **NottAlone Live 2025**. For the third year running, a free wellbeing event will be held during Children's Mental Health Week, for young people to attend. During the event the children can visit various stalls, listen to keynote speakers and watch performances on the main stage and attend workshops, which all focus on wellbeing. This year there will be two events held, both at the YMCA Community Activity Village in Newark, one for primary (years 5 and 6) aged children and one for secondary aged young people. The primary event is on Tuesday 4th February, where a maximum of 5 children per setting can attend, follow this link to book: [NottAlone Live Booking Form 2025 for Primary Schools \(Year 5 - Year 6\)](#) and the secondary event is on Wednesday 5th February, the maximum amount of young people for this event is 10. Here is the link: [NottAlone Live Booking Form 2025 for Secondary Schools](#).



We are providing a free lunch for everyone that attends, therefore it is imperative that you know which children you will be bringing before you book due to dietary requirements as well as whether the children have permission to be photographed/videoed. We will continue to update the NottAlone Live webpage with relevant information regarding this year's event. [NottAlone Live | NottAlone](#).

Follow this link to find out about last year's event [Empowering young voices: NottAlone Live 2024 | Nottinghamshire County Council](#). Read the report and watch the video to learn more about what to expect.

Pip Challinor-Galley - Healthy Minds Co-ordinator

Pippa.challinor@nottsc.gov.uk

Healthy Environments - Knives & Weapons Review of Guidance and Resources

Knives and Weapons

Review of Universal Teaching Resources and Guidance for Schools and Education Providers

During the summer term, colleagues in the Violence Reduction Partnerships emailed school across Nottinghamshire and Nottingham City, asking for feedback on the *2023 Knives and Weapons Guidance for Schools and Education Providers* and the Universal Knife Crime Lesson Resources, which were made available to schools at around Christmastime last year. A big thank you to all of you who were able to complete and returned this. Since the beginning of this academic year, our team has been working in partnership with the VRP, Nottingham City, Youth Justice and Nottinghamshire Police to review all of the feedback and have used this to drive us forward in our annual review of both the lesson resources and the overall guidance.

So, what's new.... The biggest change is to the lesson plans we provide to upper KS2. What was the year 6 lesson has been re-classified as being suitable for year 5 children. A new year 6 scenario has been created using a 'real life' situation which involved social media. I am excited about this development, as I'm sure many of you will agree, social media plays a huge role in all our children's lives – our younger children are not exempt.

This means there are now universal knife crime lessons plans and resources available to all schools and education providers, which are aimed at children in years 5, 6, 7 & 10.

Reviewed with the same partners, you can be assured that the Knives and Weapons Guidance for Schools and Education Providers contains the most up to date guidance and information to help you should you suspect a child has, or is confirmed as having, a knife or weapon on school site.

You will find all these resources on the Schools Portal and the [Violence Reduction Partnership website](#).

Lastly, we are in the final stages of completing the Knives and Weapons Padlet. We hope to have this ready for you to use after Christmas. You will then be able to find this, along with all of our other padlets, [here](#)

Penny Bent - Healthy Environments Co-ordinator - penny.bent@nottscc.gov.uk

Remedi Online Briefing

As a partner agency, Remedi would like you to come along (virtually) to hear about the wider services they can offer. This includes:

- * Work In Prisons
- * Work in Schools
- * Workshops & programmes
- * Mentoring Training

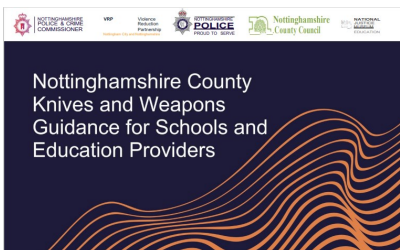
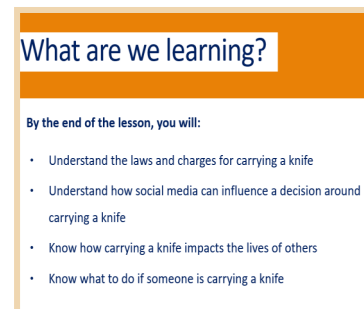
Date: **28th January 2025**

Time: **10:00—11:30**

Venue: **MS Teams**

For further information or to access the link, contact Anna Arthurs-Whitehouse

Anna.Arthurs-Whitehouse@remediuk.org



Healthy Environments - Tech Time Out Tuesday & Flu Immunisation Catch-Up Clinics

“Tech Time Out” Tuesday – 3rd December 2024

Techtimeout Tuesday is an annual event focused on promoting digital wellbeing in the workplace. It encourages individuals and businesses to take a break from digital devices and engage in offline activities, emphasising the importance of balancing digital consumption with physical and mental health.

On Tuesday 3rd December 2024:

- Pick a techtimeout activity.
 - Enjoy the social and health benefits of spending a bit of time offline.
- Raise awareness and start the conversation of digital wellbeing.

For further information & resources, visit: [techtimeout tuesday 2024 | digital wellbeing awareness day](#)

SAIS Immunisation Flu Catch-Up Clinics in Nottinghamshire

Please note: These clinics are for school aged children who live in the Nottinghamshire area and have not received their flu vaccination in school or elsewhere. The clinics are appointment only.

For more information or to book an appointment please call IntraHealth on the below telephone number.

Tel: 0333 358 3397 option 4

[Children's Flu vaccination Information](#)

We kindly ask that where possible only 1 accompanying adult attends.

Saturday 7 th December 2024	Boots Victoria Centre 11-19 Lower Parliament St, Nottingham, NG1 3QS	9.30am-4pm
Wednesday 18 th December 2024	Ollerton Family Hub Dukeries Academy, Whinney Ln, New Ollerton, Newark NG22	10am -4pm
Thursday 19 th December 2024	Stapleford Care Centre Church Street, Stapleford NG9 8DB	2pm-6pm
Friday 20 th December 2024	Arnbrook Childrens Centre Bestwood Lodge Drive, Arnold, NG5 8NE	2pm-6pm
Friday 20 th December 2024	Intrahealth Unit 2 East Bridgford Business Park Kneeton road, East Bridgford NG13 8PJ	9.30am-4pm
Monday 23 rd December 2024	Mansfield Woodhouse Childrens Centre Mansfield Woodhouse CC, Swan Ln, Mansfield Woodhouse, Mansfield NG19 8BT	10am-4pm
Monday 30 th December 2024	Boots Victoria Centre 11-19 Lower Parliament St, Nottingham, NG1 3QS	10am-4pm

Healthy Environments - Ygam Awareness Sessions for Staff and Parents / Carers

**Free training opportunities –
Gaming & Gambling Awareness & Harm Prevention Workshop**

Staff session: Monday 2nd December 2024 - 13:00-15:00

- ◇ This session will be delivered by Ygam and is City & Guilds Assured
- ◇ This session is **FREE** to attend, it will take place online via MS Teams
- ◇ You can [register your interest here](#):

During the session, Ygam will cover the following topics:

- Gaming and gambling harms.
- Advertising and legislation.
- Mental health and wellbeing.
- The blurred lines between gaming and gambling.
- How to spot the signs of harm.
- Where to get help and support.



Upon completion, attendees will receive:

- Access to Ygam's award-winning resources for sessions, tutorials, and group work all mapped to the PSHE curriculum for KS2-KS5 and a framework of outcomes.
- City & Guilds certificate.
- City & Guilds digital credential.
- Access to further training through Ygam's Alumni programme, including topics such as monetisation, cryptocurrency, and lived experience.

If colleagues are unable to attend this particular session, but would still like to attend a FREE Ygam training session, they are welcome to [register](#) for one of the [frequent open workshops](#):

Parent/carer session: Monday 2nd December 2024 - 18:00-19:15

There is also a **Gaming and Gambling Awareness and Harm Prevention Workshop** for parents, carers, aunts, uncles and grandparents.

- ◇ This session will be hosted by Ygam
- ◇ This session is FREE to attend, it will take place online via MS Teams and parents/carers can [register their interest via this link](#).

During the session, Ygam will cover the following topics:

- Gambling: exploring the influences on children and young people
- Gaming: discussing the benefits and concerns of gaming, including microtransactions
- The blurred lines between gaming and gambling.
- Recognising the signs of harm and where to go for support



If parents and carers can't make this date, they are welcome to [register for one of Ygam's open workshops](#):

Healthy Environments - Gaming & Gambling Awareness Sessions for Parents / Carers

GAMING AND GAMBLING AWARENESS SESSION FOR PARENTS AND CARERS



Ygam are working with Nottingham City Council and Nottinghamshire County Council to offer an online information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children.

Workshop overview:

- Gambling: exploring the influences on children and young people
- Gaming: discussing the benefits and concerns
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Useful tips to create a healthy gaming balance
- Where to get help and support

We also have a dedicated Parent Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling. Find out more here: parents.ygam.org

WHAT MIGHT
INFLUENCE A
YOUNG PERSON
TO GAMBLE?

WHAT IS
A LOOT
BOX?

WHY ARE
IN-GAME ITEMS
SO IMPORTANT
TO YOUNG
PEOPLE?

Register for your **FREE** place now!

DATE: Monday 2 December 2024

TIME: 6pm - 7:15pm

VENUE: Microsoft Teams

To register, please scan the QR Code or click [here](#).



Healthy Minds

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](#)

September				
Tues 10th Understanding Behaviour Level 1	Wed 11th Understanding Behaviour Level 2	Thurs 19th Understanding Behaviour Level 1	Wed 25th Understanding Behaviour Level 1	Thurs 26th (15:30-17:00) Cyber Security Training and Cyber Choices for School Staff Free - Online via MS Teams - Notts Police
Mon 30th (AM) An introduction to Female Genital Mutilation (FGM) Level 1	Mon 30th(PM) Managing Difficult Conversations: FGM Level 2	If you have missed some training which you would have been interested in attending, please look out for future dates or contact eshawh@nottsscc.gov.uk to enquire.		
October				
Wed 2nd (AM) An introduction to radicalisation & extremism: understanding and identifying risk - Level 1	Wed 2nd (PM) Extremist Ideologies - Level 2	Thurs 3rd Understanding Behaviour Level 1	Mon 7th Understanding Behaviour Level 1	Tues 8th Understanding Behaviour Level 2
Tues 9th (15:30-16:30) Embedding banter into school Ant-Bullying Policies Free - Online via MS Teams - NTU Psychology & NCC	Tues 15th RSHE Leaders Network	Wed 16th Understanding Behaviour Level 1		
November				
Mon 11th (AM) Working with gender questioning and Trans and non-binary children and young people and their families - Level 1	Wed 13th Understanding Behaviour - Level 1	Thurs 14th Understanding Behaviour level 2		
December				
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	Tues 10th Understanding Behaviour - Level 1	Weds 11th Understanding Behaviour - Level 2	

Healthy Minds

January				
Mon 6 th <u>Understanding Behaviour Level 1</u>	Tues 7 th <u>Understanding Behaviour Level 2</u>	Thurs 23rd <u>Bringing the Best Out in Our Boys - Level 2</u>	Mon 27 th (AM) <u>An introduction to radicalisation & extremism: understanding and identifying risk - Level 1</u>	Mon 27 th (PM) <u>Extremist Ideologies - Level 2</u>
Tues 28 th (AM) <u>An introduction to Online Safety - Level 1</u> Online via MS Teams	Tues 28 th (PM) <u>Responding to online risks and harms Level 2</u> Online via MS Teams	Mon 6th Jan <u>Understanding Behaviour Level 1</u>	Tues 7th <u>Understanding Behaviour Level 2</u>	
February				
Mon 3 rd (AM) <u>An introduction to Female Genital Mutilation (FGM) Level 1</u>	Mon 3 rd (PM) <u>Managing Difficult Conversations: FGM Level 2</u>	Tues 4 th NOTT ALONE LIVE EVENT YMCA NEWARK	Wed 5 th NOTT ALONE LIVE EVENT YMCA NEWARK	Mon 10th (15:30-17:00 - link tbc) <u>Cyber Security Training and Cyber Choices for School Staff</u> Free - Online via MS Teams - Notts Police
Tues 11th <u>Cyber Security information session for parents</u> Free - Online via MS Teams - Notts Police	Tues 11th <u>Understanding Behaviour Level 1</u>	Weds 12th <u>Understanding Behaviour Level 2</u>		
March				
Tues 4th <u>RSHE Leaders Network</u>	Thurs 6th (AM) <u>An Introduction to Online Safety–Level 1</u> Online Via MS Teams	Thurs 6th (PM) <u>Responding to Online Risks and Harms - Level 2</u> Online via MS Teams	Weds 12th <u>Understanding Behaviour Level 1</u>	Thurs 13th <u>Understanding Behaviour Level 2</u>
Weds 19th <u>Happy Minds. Healthy Bodies: developing lifelong habits for the digital age</u>	Thurs 27th <u>Responding to online misogyny & hate speech - Level 2</u>			
April				

Healthy Minds

May				
Thurs 1 st <u>Identity & Belonging: a new lens on.</u> <u>Level 2</u>	Tues 6th <u>Understanding Behaviour</u> <u>Level 1</u>	Weds 7th <u>Understanding Behaviour</u> <u>Level 2</u>	Thurs 8 th (AM) <u>Working with gender questioning and Trans and non-binary children and young people and their families -</u> <u>Level 1</u>	Thurs 22 nd <u>Responding to online misogyny & hate speech</u> <u>Level 2</u>
June				
Mon 9th <u>Understanding Behaviour</u> <u>Level 1</u>	Tues 10th <u>Understanding Behaviour</u> <u>Level 2</u>	Thurs 12th <u>Bringing the Best Out in Our Boys - Level 2</u>		
July				
Weds 9th <u>Understanding behaviour Level 1</u>	Thurs 10th <u>Understanding behaviour-level 2</u>	Thurs 10th <u>Identity & Belonging: a new lens on.</u> <u>Level 2</u>		
August				