

# Primary E-bulletin

## Term 5 May 2026

Included in this bulletin are details of resources available to schools, but their inclusion does not mean that we, as a programme, are necessarily endorsing them.

## Welcome

I hope that Term 5 is going well for everyone. I have pulled together information on a wide range of resources and training opportunities to support schools/settings in further developing positive physical and mental health for your pupils and school colleagues. I hope you find the information useful and supportive. If you have anything (resources/websites/training opportunities) that you would like me to share in the Term 6 newsletter, please let me know. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you are not already on my mailing list and would like to be added, please let me know at the email address below.

Steve Davis ([steve.davis@n-somerset.gov.uk](mailto:steve.davis@n-somerset.gov.uk))

Advanced Public Health Practitioner for Children and Young People  
North Somerset Public Health Team

## North Somerset PSHE Programme

This year will be the final year of our PSHE Programme for Secondary schools in its current form. Following a review of the programme, the Public Health Team are keen to develop our support for all schools and we feel that a new model of engagement with CYP settings is needed. Further details of this new model will be shared with schools in September but there will be a greater focus on developing effective networks, improving our digital offer, providing more guidance on health matters and offering professional development opportunities.

# Mental Health

## CYP Mental Wellbeing Network

The last CYPMWN meeting was held on Wednesday 25 February from 3.30 to 5pm. A link to a recording of this meeting can be found here: Recording of meeting: [North Somerset Children and Young People Mental Wellbeing Network - YouTube](#) The meeting includes input from CAMHS on Service updates, finding mental health support for children and young people, Foundations for Wellbeing curriculum from the PSHE Association, Silvercloud, Kooth, Qwell, staff wellbeing and support for neurodivergent CYP. Useful links copied below.

[CAMHS :: Avon and Wiltshire Mental Health Partnership NHS Trust](#)

[Find Mental Health Support for Children and Young People in North Somerset | Better Health North Somerset](#)

[PSHE Association Foundations for Wellbeing curriculum Primary](#)

[Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

[Home - Kooth](#)

[Home - Qwell](#)

[10 ways to support staff wellbeing -PDF attached](#)

[Autism and Mental Health Webinar Access](#)

[Neurodiversity Hub - BNSSG Healthier Together](#)

[Art activities from The Art Room | Place2Be](#)

[Trauma and ACEs \(Adverse Childhood Experiences\) | North Somerset Council](#)

The next online network meeting is being held on Tuesday June 9<sup>th</sup> from 3.30-5.00pm. If there is a member of your staff in your school who would like to attend these meetings but does not currently receive an invite, please let me know at [steve.davis@n-somerset.gov.uk](mailto:steve.davis@n-somerset.gov.uk)

## Find the right mental health support services

The Mental Wellbeing Team have developed a new online resource for children, young people and adults to find mental health support services for CYP. We want users to be able to find the right service at the right time. There are two sections to this webpage: one for CYP themselves to use and one for adults to use. Both of the webpages are organised into categories of support to help users find the right support. Please share the link below with your staff, parents and wider community.

[Find Mental Health Support for Children and Young People in North Somerset | Better Health North Somerset](#)

## Mental Health and Autism webinars

Mental Health and Autism in Young People webinars have been recommissioned by the Public Health Mental Health team for the 2026-2027 financial year. The webinar is two hours, delivered by Neurodiverse Training and have been very positively received. The first webinar will be held on 21 May. The link to book is [here](#)  
***Important: If you book on to this webinar but later find you cannot make it, you must give us 2 working days notice of your cancellation, to avoid incurring a £75 fine to your organisation.***

## Mental health support for North Somerset parents/carers

Qwell is a new, free service available in North Somerset offering mental health support for parents/carers. Please share this information with your school community.



**Qwell**

**Free, safe and anonymous mental health and wellbeing support in North Somerset for all parents & carers.**

Whatever you're going through, we're here to help

- Connect with our supportive online community
- Find practical advice and information
- Chat anonymously with a counsellor
- Access a range of emotional wellbeing tools

Get support today  
[qwell.io](https://qwell.io)

The poster features a woman in a red shirt sitting on the ground with her hands on her head, looking distressed. The background is a mix of light beige and dark blue.

## Chat Health

ChatHealth is a confidential text messaging service run by our School Nursing service. It allows students to contact healthcare professionals about a range of issues including emotional health and wellbeing, relationships, smoking, stress and

anxiety, self-esteem, bullying, drugs and alcohol and sexual health, **however it is not an emergency service.** [ChatHealth – Children and Young People’s Services](#)



**11-19 YEARS OLD?**

We help young people with all kinds of things like ...



Message us for confidential advice and support and to chat with a School Nurse.

 ChatHealth

Send a message to:  
**07312 263093**

The service is open on Monday to Friday from 9am-5pm.



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps) Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Service provided by

 Sirona  
care & health

## Place2Be-Parenting Smart

Place2Be has produced a parenting advice service on their website. This provides parenting advice written by child mental health experts and offers practical tips to support children’s wellbeing and behaviour. There are currently 57 topics including ‘De-escalation techniques with children’, ‘Help your child manage separations and goodbyes’ and ‘My child doesn’t want to go to school’. Most topics include a short video and some written guidance. This is an excellent resource and could provide much needed support for parents/families who are struggling. Here is the link to the Parenting Smart webpage which can be shared with parents/carers in your school community: [Place2Be: Parenting Smart: Articles](#)

## NSPCC Programmes

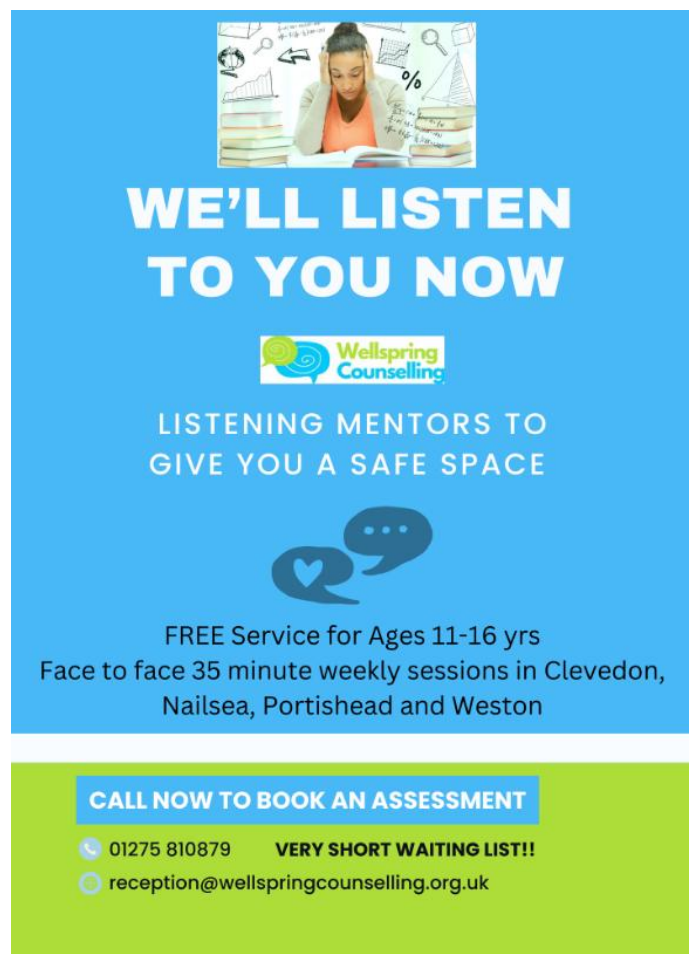
Building Connections-an online service for young people up to the age of 19 who are experiencing loneliness [Building Connections | Support service for young people | NSPCC Learning](#)

Please contact Tamsin Sheldrake-NSPCC North Somerset Schools Coordinator on [Tamsin.sheldrake@nspcc.org.uk](mailto:Tamsin.sheldrake@nspcc.org.uk) for further details about NSPCC programmes.

## Wellspring Counselling

Wellspring Counselling have launched a free listening service for children aged 11-18.

Further information can be found on their website but please promote this service through your normal communication channels. [Free Listening Service 11-16 Years - Wellspring Counselling](#)



The graphic features a blue background with a white text box at the top containing the text 'WE'LL LISTEN TO YOU NOW'. Below this is the Wellspring Counselling logo, which consists of a green speech bubble with a white swirl inside, followed by the text 'Wellspring Counselling'. Underneath the logo is the text 'LISTENING MENTORS TO GIVE YOU A SAFE SPACE'. At the bottom of the graphic, there is a blue speech bubble with a white heart inside, followed by the text 'FREE Service for Ages 11-16 yrs Face to face 35 minute weekly sessions in Clevedon, Nailsea, Portishead and Weston'. The entire graphic is set against a light green background.

**WE'LL LISTEN TO YOU NOW**

**Wellspring Counselling**

LISTENING MENTORS TO GIVE YOU A SAFE SPACE

FREE Service for Ages 11-16 yrs  
Face to face 35 minute weekly sessions in Clevedon, Nailsea, Portishead and Weston

**CALL NOW TO BOOK AN ASSESSMENT**

☎ 01275 810879 **VERY SHORT WAITING LIST!!**

✉ [reception@wellspringcounselling.org.uk](mailto:reception@wellspringcounselling.org.uk)

## SilverCloud

SilverCloud, delivered by Northpoint, is a new online mental health and wellbeing service available to children and young people across Bristol, North Somerset, and South Gloucestershire. [Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

This NHS-approved platform offers self-guided, evidence-based programmes designed to support low mood and anxiety, drawing on the principles of Cognitive

Behavioural Therapy (CBT). Developed by clinical experts, the programmes are free, confidential, and accessible anytime via mobile phone, tablet, or computer.

In addition to resources for young people aged 12 and above, SilverCloud also provides tailored modules for parents and carers of children aged 5 and upwards, helping them to better support their child's emotional wellbeing.

## Mental Health Support Team (MHST)

Children, Young People, Parents and Carers in BNSSG now have the option to **self-refer to MHST**. This is a change families and professionals have been asking for, as we are aware that some people would prefer not to have an initial direct conversation with a member of school staff, relating to their mental health.

**We still encourage our MHL's to make use of the current referral forms and continue with referral consultations as normal.**

Self-referrals will be possible across BNSSG from 27 April. Other professionals (Eg, GP's) will then have the opportunity to signpost to this pathway from the beginning of Term 6 (June).

Find out more at: [Mental Health Support Team - OTR](#)

**OTR** **NHS**  
Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

### Mental Health Support Team (MHST)

Education Mental Health Practitioners (EMHPs) work as part of the MHST in your **selected schools**, either **1:1 or in groups**. We are trained to provide **early intervention**, Low Intensity Cognitive Behavioural Therapy (**LI-CBT**), which is a type of brief talking therapy to help with **anxiety, low mood**, and other **wellbeing** struggles. It does take work so you need to **want to work** with us.  
**\*We do not offer a crisis service.**

**Get in Contact**

  
  
  
**0117 403 8735**  
  
**awp.mhstenquiries@nhs.net**

**How can you access us?**

Speak to a trusted member of staff in school who will work with the school **Mental Health Lead (MHL)** to make a referral to us.  
**OR**

If you would prefer **not** to speak to a member of staff directly and think we are the right service for you, then complete a **self-referral** form by scanning the QR code or going to our website.

↓

We will then meet with your MHL or review your online referral. Even if we are not the right service for you, we will still help your school to think about what options may be helpful.

↓

If LI-CBT is suitable for you, then you will start meeting with your EMHP.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with **selected schools** across Bristol, North Somerset and South Glos.  
**To find out where we work, check out our webpage:**  
<https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2>

This leaflet is also available in other languages. Please contact us for more information.



## Wellbeing for Life curriculum-PSHE Association

The PSHE Association have produced a research-led mental health and wellbeing curriculum for secondary schools — *Wellbeing for Life* — which will empower KS3-4

students with practical knowledge and skills to manage their attention, behaviour and emotions.

Wellbeing for Life builds on the pioneering approach we took with our ***Foundations for Wellbeing*** mental health curriculum for primary schools, developed in collaboration with the University of York.

All lessons are informed by neuroscience and the **latest developmental and psychological research**.

Here's what you get:

- **15 fully-resourced lessons:** five for year 7, five for years 8 to 9, and five for years 10 to 11 (**learn what makes our lesson plans different**).
- **Classroom-ready PowerPoints and pupil-facing materials.**
- **Accompanying Teacher Handbook** with dedicated sections on the wider emotion and attention regulation strategies used in the lessons.
- **Classroom posters** to help support and reinforce students' learning during and between lessons.
- **Exclusively available to School and School Plus members.**
- **Accompanying on-demand training** to help you embed Wellbeing for Life in your school.

Further information can be found at: [Wellbeing for Life curriculum](#)

## PSHE/RSE

### Relationships and sex education (RSE) and health education

The Department for Education published new statutory guidance for schools in July 2025. The guidance contains information on what schools should do and sets out the legal duties with which schools must comply when teaching relationships education, relationships and sex education (RSE) and health education. The guidance is for introduction from 1<sup>st</sup> September 2026. The revised guidance can be found here: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

The PSHE Association have provided helpful, free guidance on how to manage these changes in your school: [Statutory RSHE](#) They have also recently published a Programme of Study for KS1 to 5. This can be downloaded at: [Programme of Study for PSHE education \(KS1-5\)](#)

All schools must have an up-to-date written policy for relationships or, where they teach sex education, for RSE. The new statutory guidance for makes it clear that schools must proactively engage and consult with parents when developing and reviewing their policy. Further details can be found on Page 4 of the statutory guidance: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

The PSHE Association offer guidance on writing your PSHE Education Policy but you will need to be a member to access this: [Writing your PSHE education policy](#) Jigsaw provide a policy template. Trusts may provide PSHE policies for their schools so please check if this is the case for your school. Whether your PSHE policy is a Trust-wide one or your own, all staff should be familiar with its contents

## **NSPCC Learning-Harmful sexual behaviour training**

The NSPCC provide an online course to support staff in gaining the knowledge they need to confidently identify and manage incidences of harmful or problematic sexualised behaviour. The course costs £35 and lasts for two hours. Further details can be found at: [Harmful sexual behaviour in schools training | NSPCC Learning](#)

## **Tackling misogyny**

The PSHE Association have produced a free teacher pack to support schools in tackling misogyny. This pack can be found here: [Misogyny, online influencers and the PSHE curriculum](#)

Life Lessons have also produced a teacher guidance resource which can be found here: [Anti-Misogyny in 2025 Teacher Guidance Resource - Life Lessons](#)

Anna Freud Mentally Healthy Schools provide a resource called 'Outside the Box' to promote gender equality and tackling sexual harassment. This can be found here: [Outside the Box: promoting gender equality & tackling sexual harassment in schools : Mentally Healthy Schools](#)

## RSE Day

RSE Day will be celebrated on 25 June this year with the theme of 'It begins with me'.



For anyone that doesn't know, RSE Day is a day to celebrate good practice in education around healthy relationships and positive sexual health. Each year the organisation behind the day produces free lists of things that schools can do to celebrate the theme and raise awareness with their pupils and

families.

These lists are available on their website [www.rseday.com](http://www.rseday.com).

This year, they are encouraging schools across the country to join in with their special RSE Day song, 'It begins with me'. We plan to create a video montage of children nationwide singing the song.

Please do share with your schools and don't forget to plot yourselves on our map to show us you are celebrating <https://padlet.com/AchieveWellTeam/rse-day-map-2026-li6yz1dgwt62eryr>. On the day and in the lead up please feel free to tag #RSEday on your socials.

## Physical Health

### Bite Back Programme

Bite Back in Schools is a free programme supporting secondary schools to improve their food environment while developing students' leadership, advocacy, and teamwork skills. The programme empowers students to become School Food Champions in their school, working together to identify issues around school food and take practical action to create healthier, fairer food cultures.

Delivery is flexible, with full support provided to schools, making the programme well suited to a wide range of school contexts. Participating schools receive:

- A £500 grant to fund student-led improvements
- An inspiring kick-off assembly from a Bite Back Ambassador
- Resources, student workbooks, and badges
- Full delivery support (only 15 flexible staff hours required)
- Opportunity to join a growing national movement of schools and young food advocates

Applications are welcome from all mainstream schools including SEN, Alt-prov and PRU schools (excluding Independent schools)

Schools can sign up here: <https://www.biteback2030.com/bite-back-in-schools/england-join-bite-back-in-schools/>

If you have any upcoming events/meetings Bite Back would be able to attend or speak at, please contact them. They're eager to speak at Headteacher conferences, PSHE network meetings and in person events where they can.

If you have any questions, please feel free to reach out to the Programmes Manager at: [andy.rayment@biteback2030.com](mailto:andy.rayment@biteback2030.com) or [book in a call directly here.](#)

# FUEL THE FUTURE: BITE BACK IN SCHOOLS



**FULLY FUNDED,  
STUDENT-LED  
PROGRAMME TO  
TRANSFORM YOUR  
SCHOOL'S FOOD**



- **FOR YEARS 7, 8, 9 OR 10 STUDENTS EXPLORE FOOD ENVIRONMENTS IN SCHOOL AND THEIR COMMUNITY**
- **SKILL-BUILDING RESEARCH, COMMUNICATION, ADVOCACY, AND TEAMWORK**
- **REAL IMPACT LASTING CHANGE IN YOUR CANTEEN**
- **15 HOURS OF CONTENT IN A WAY THAT WORKS FOR YOU**
- **TRIED & TESTED DELIVERED SUCCESSFULLY IN 200 SECONDARY SCHOOLS**

**WHAT WE OFFER**

- ✓ Ready-to-go **resources** and **session plans**
- ✓ Kick-off assembly **delivered by an inspiring Bite Back ambassador**
- ✓ **£500 grant** to help you run it
- ✓ High-quality **physical resources**, including **workbooks and badges**

"The Bite Back programme has been a catalyst for change at our school."

DARTON ACADEMY

"My students are loving the content of the lesson resources"

THE GILBERD SCHOOL

**APPLICATIONS NOW OPEN!**



## Substance Use

### Substance Advice Service

The Substance Advice Service is a specialist service for children and young people aged 10 to 18 who are affected by substance use, either directly or indirectly (children affected by familial substance use). The service is also available to families and carers, as well as professionals who work with them.

We provide information, advice and education around drugs, alcohol and nicotine. We also provide treatment programmes for children who want to cut down or quit using drugs and alcohol.

Most of our work completed with children is on a voluntary engagement basis. We can meet children wherever they feel most comfortable, whether it's at school or college, at home, in our building or in a community setting such as a youth club or café.

For further information or to access a referral form please contact [yipsadmin@n-somerset.gov.uk](mailto:yipsadmin@n-somerset.gov.uk) or visit [SAS Website](#)

## Yuno Sexual Health – free online and in-person training

Yuno offer free online and in-person training on a variety of topics, with some specifically targeted at education staff, as well as training to deliver the condom delivery scheme (CDS). More details and the booking link are available here: <https://www.betterhealthns.co.uk/information/yuno-training-for-schools/>

More information about paid training available through Brook can be found here: [RSE Professional Training: Sex Education Programmes](#)

Yuno and Brook Education Services also support schools with a range of activities: Assemblies for Y9-13, Outreach and Health Promotion, My Life 1 to1s and targeted RSE group sessions. Follow this link for more information: [Outreach, educational services in North Somerset](#)

## Sport and Physical Activity Bursary Scheme

### Help Young People Get Active - Bursary Scheme open

Grants of up to £50 are available to help children and young people (aged 18 or under) access the sport or physical activity they love. The bursary can be used to cover:

- Sports kit or equipment
- Membership or annual fees for clubs and activities
- Entry fees for events or competitions related to their sport or activity

We are also happy to work directly with clubs and activity providers across North Somerset to explore additional ways to support applicants.

More information and how to refer someone is available here: <https://www.betterhealthns.co.uk/information/pabursary/>

## Junior Park Runs (4 to 14 year olds)

Junior parkrun happens every Sunday at 9am, encouraging families to be active by running and walking a two kilometre route in the local community.

Schools can sign up to become a parkrun primary and receive a toolkit to support them.

Junior parkruns happen in Cheddar, Clevedon, Nailsea, Portishead, Yatton and Worle.

More details can be found here: <http://parkrun.me/jpinfo>

Schools can register as a parkrun primary here: <https://blog.parkrun.com/uk/2025/09/12/parkrun-primary-initiative/>



## Active Travel Awareness Days

Active travel plays a key role in improving pupils' physical and mental health, tackling air pollution around school sites and supporting climate action. Embedding walking, wheeling, scooting and cycling into the school run, curriculum delivery, enrichment activities and whole-school events helps pupils develop lifelong healthy habits while reducing congestion and road danger.

A list of Active Travel Awareness Days for May to July is available to download here: <https://www.betterhealthns.co.uk/information/active-travel/>

# Keeping Safe

## Parenting Village update

### Parenting village coffee morning

This is a relaxed and friendly drop-in session where parents and parenting specialists will be on hand to share resources, offer support, a listening ear or just spend time talking about what it's like to be a parent.

**"It takes a village to raise a child"** comes from an old African proverb. It shares the message that it takes many people to provide a safe and healthy environment in which children can flourish.



Scan here to learn more about our advanced parenting groups



**When?** First Friday of each month  
**Where?** Best Start Family Hub Castle Batch, Bishop Avenue, Weston-super-Mare, BS22 7PQ  
**What time?** 09:30am – 11:00am

**TEMPORARILY SUSPENDED**  
**When?** First Friday of each month  
**Where?** Best Start Family Hub Wooditch, Monkton Avenue, Weston-super-Mare, BS24 9DA  
**What time?** 09:30am – 11:00am

**When?** Third Monday of each month  
**Where?** Clevedon Library, 37 Old Church Road, BS21 6NN  
**What time?** 9.30am - 11am



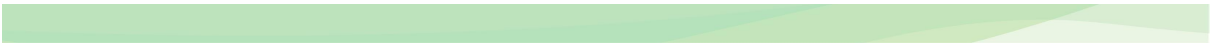
## Advanced Parenting groups

# Advanced Parenting Groups




The Family Wellbeing Parenting Team have on offer various advanced parenting groups which are free to attend and run by trained facilitators. All groups are evidenced based meaning they employ tried and true methods built on research that demonstrate positive outcomes and are most likely the most reliable way to approach parenting. The groups cover different ages and stages from 0-25 years.





## Family Action



### **Domestic Abuse Healing and Empowerment Service**

Domestic Abuse Healing and Empowerment North Somerset offers emotional and practical support, as well as information and guidance, to children, young people and adults that have experienced domestic abuse in North Somerset. The service supports the recovery journey, empowering individuals and resulting in greater wellbeing and improved quality of life.

Referrals are only accepted from specific referral pathways. For now, please send enquiries to the general email: [northsomersethealingempowerment@family-action.org.uk](mailto:northsomersethealingempowerment@family-action.org.uk) Once referral forms are finalised, we will link to these from our website: [Domestic Abuse Healing and Empowerment North Somerset - Family Action](#).