

# Primary E-bulletin

## Term 2 November 2025

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 this term 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 3 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 Healthy Schools' Programme

There are 22 schools in our current cohort and schools are busy working towards their identified health outcomes with the support of the Healthy Schools team. Schools are provided with a grant of £350 to support their outcomes and schools this year have applied for grants to buy items such as physical activity equipment, mental health resources and healthy eating leaning resources. Further information about the HS Programme for the next academic year will be shared in Term 4.

## Healthy Workplaces Programme

### The North Somerset Healthy Workplaces Awards

Schools are welcome to join our Healthy Workplaces Programme to gain support to help your staff health and wellbeing.

It is a free, flexible programme to support and promote the health and wellbeing of staff in all types of workplaces, with many benefits such as access to training, events, peer to peer support and shared resources. The scheme provides a framework to celebrate work to support staff health and wellbeing with opportunities to achieve 'Healthy Workplace' awards.

More info: [Healthy Workplaces | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk)

Contact the team: [healthyworkplaces@n-somerset.gov.uk](mailto:healthyworkplaces@n-somerset.gov.uk)

Join our Healthy Workplaces newsletter

Join our mailing list to receive our bi-monthly newsletter with the latest news, events, training and useful information to support staff health and wellbeing for all types of workplaces across North Somerset.

[Join our mailing list now](#)



## Mental Health

### CYP Mental Wellbeing Network

The last meeting of the CYP Mental Wellbeing network was held on Thursday October 9<sup>th</sup>. This was attended by around fifty representatives from schools and mental health support services. During the meeting presentations were made by

Mental Health Support Team leaders, Off the Record, Place2Be on the Parenting Smart website resource: [Place2Be: Parenting Smart - Articles](#) and Christina Perry from the Voyage Learning Campus on the Inclusion toolkit.

Here is a recording of the meeting for anyone who would like to hear what was said about the agenda items: [CYP Mental Wellbeing Network Meeting – 9 October 2025](#)

The next online meeting will be held on Wednesday 25<sup>th</sup> February from 3.30-500pm. Please contact me if you, or someone within your school, would like to be sent an invite.

## 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](http://qwell.io)

The poster features a woman in a red top sitting on the floor 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](#)

Please share this information with your school community, particularly with the Christmas break coming up soon.



**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



## 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 54 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 upto 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.

## Weight-related bullying

*Every body deserves kindness* is a short film for children aged 6-9 years old to address weight related bullying in primary schools. It was produced by Leeds Beckett University and co-designed with a group of young people and their families as too many primary school children are experiencing weight related stigma and bullying which can detrimentally impact physical and mental health. The film is accompanied by a Teacher Resource pack.

Film: [Every body deserves kindness](#)

Resource pack: [Every body deserves kindness teacher pack](#)

## Right Service, Right Time

Over the past few months North Somerset's Public Health team have been working with a small group of mental health professionals/stakeholders to move our Right Service, Right Time (RSRT) document online to make it more accessible, relevant and comprehensive for users. We receive regular feedback that people are not aware of the mental health services available. The RSRT webpage provides details of local and national mental health support services. We have created two webpages: one aimed at parents/professionals and one aimed at children and young people. These two webpages are not live yet and are still only in draft but you can access them via the links below.

Over the next few weeks, we would like to collect feedback from a wide range of individuals and groups. The feedback forms are fairly short and should each take no more than ten minutes to complete. We would like time to review all feedback before the Christmas break so we have set a deadline for responses of **Thursday 11<sup>th</sup> December**. We will use your feedback to further develop the webpages and we plan to launch these later in the Spring Term so that it is much easier for users to find the right services at the right time.

**Landing page-where users select the adult or CYP route**

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

**RSRT webpage for adults to find appropriate services to support CYP**

[Getting Mental Health Support for a Child or Young Person | Better Health North Somerset](#)

Feedback form for this webpage: please complete by Dec 11<sup>th</sup> [Adult Feedback on Right Service, Right Time-Parent/Professionals page](#)

**RSRT webpage for CYP to find appropriate services to support themselves**

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

Feedback form for this webpage: please complete by Dec 11<sup>th</sup> [Adult Feedback on Right Service, Right Time page-Children/Young People page](#)

Your support in developing this important resource for our community is greatly appreciated. I will also be sending out a separate email about gathering feedback from CYP on the webpage designed for them to access independently.

## 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](#)



**WE'LL LISTEN  
TO YOU NOW**



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)

## CAMHS

The latest referral guidance for CAMHS can be found attached at the top of this webpage: [Professionals :: Avon and Wiltshire Mental Health Partnership NHS Trust](#)

This includes information on:

- 1 Introduction to CAMHS
- 2 What is this guidance for?
- 3 Who do CAMHS work with?
- 4 When might it be a CAMHS referral?

- 5 What referral information is required?
- 6 How to make a referral?
- 7 Who can refer?
- 8 When might it not be a CAMHS referral?
- 9 What to do if you're unsure?
- 10 Where to find other sources of help?
- 11 Other Specialist Services
- 12 Consent, confidentiality & communication

## Boys in Mind

Boys in Mind works in partnership with children, young people and professionals in a range of settings to promote good mental health and prevent suicide, particularly among boys and young men. Their work is guided by their 3 P's – Prevent, Promote and Partner.

Their website provides a wide range of resources including films, podcasts and case studies.

[Boys in Mind – Helping to reduce mental health stigma among boys and young men](#)

## Young Minds

Young Minds is a leading charity fighting for a world where no young person feels alone with their mental health. They offer support to young people, parents/carers (of children and young people) and professionals. They have a wide range of resources for schools, teachers and community groups covering themes such as 'Support with grief and loss', 'Supporting young autistic people with their mental health' and 'A quick guide to OCD in young people'. This is a great resource to use in school and promote with families. [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## Wellbeing for Life curriculum-PSHE Association

The PSHE Association have produced a research-led mental health and wellbeing curriculum for primary schools — *Foundations for Wellbeing* — which will support pupils aged 4-11 to understand and manage their emotions, attention and behaviour with 35 fully-resourced lessons, practical strategies and statutory RSHE coverage.

- **35 fully-resourced lessons** – 5 per year group from EYFS to Year 6 – that you can plan seamlessly into your wider PSHE/RSHE curriculum. ([See lesson summary.](#))
- **Evidence-based self-regulation strategies** that benefit learning and wellbeing

- **Sequenced progression** to develop emotional literacy over time
- **Classroom-ready PowerPoints** and pupil-facing materials, including videos and posters
- **Alignment with DfE statutory RSHE requirements** for teaching about mental health and wellbeing
- **Exclusively available to School and School Plus members** (with access to [additional, on-demand CPD training](#) available to School Plus members only).

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

## 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. I will be sharing further information about this new guidance along with some key documents in the coming weeks. 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](#)

I will be holding an online webinar for PSHE/RSHE leads on Thursday March 26th from 3.30-5.00pm. I will send out invites before the Christmas break. Please send me an email if there is anyone in particular in your school who would like to be invited.

### 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](#)

## Neurodiversity support

The NHS are holding an hour long webinar on supporting autistic pupils with or without a diagnosis on Thursday December 11<sup>th</sup> from 10-11am. Places can be reserved by following this link: [Is support better with or without a diagnosis of Autism? | NHS England Events](#)

## Physical Health

### Girls Active

Recent research has shown that 43% of girls, who were physically active in primary school, no longer felt that way once reaching secondary school and girls' enjoyment of physical activity is much less common than boys. The Girls Active Programme helps girls to feel more confident and motivated to participate in PE, school sport and physical activity. The Girls Active website has lots of resources and information as well as case studies to support schools in this important area of work. [Girls Active - Youth Sport Trust](#)

### Inclusive Sportswear

Inclusive Sportswear are leading a movement in sportswear policies to champion rigorous inclusivity, dismantle participation barriers, and inspire belonging for everybody in sport.

They want to see systemic change in the sport and PE kit policy landscape where participation, performance, enjoyment and belonging in sport and PE always determines kit choices. Founded by Team GB Olympian Tess Howard MBE, Inclusive Sportswear has attracted wide interest and support and has had a significant impact on the activity levels in many schools. Their website [Inclusive](#)

[Sportswear](#) is packed with resources and support for schools who want to get involved.

## Sport and Physical Activity Bursary Scheme

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

We all know how important sport and physical activity is for the health and wellbeing of children and young people, and how life-changing access to a favourite activity can be. Unfortunately, the cost can often be a barrier. That is why we have introduced a bursary fund, to help remove that barrier.

What's Available?

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.

Who's Eligible?

Applicants must:

- Live in North Somerset
- Be aged 18 or under
- Come from a low-income family or be experiencing financial pressures

All applications need to be supported by a sponsor/referrer – someone who knows the young person well and understands their circumstances and goals.

More information and how to refer someone is available here:

<https://www.betterhealthns.co.uk/information/pabursary/>

## ParkPlay

A safe, free, welcoming and inclusive way for families to run around every Saturday and have fun.

Games are played using bats, balls, cones, frisbees, skipping ropes and more.

ParkPlay involves:

**Meeting** - Getting to know each other especially those who are there for the first time.

**Moving** – Simple games that help everybody feel comfortable.

**Playing** – A more structured activity/game with a few rules but nothing too serious!

**We meet at:**

Castlebatch, Worle, Weston-super-Mare, BS22 7PL. Saturdays from 9.30-11am

Merlin Park, Portishead BS20 8RN. Saturdays from 10-11.30am

If you would like a visit by a member of the Physical Activity team to tell your pupils all about ParkPlay please get in touch [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk)



To find out more go to: <https://park-play.com/>

Free community play (90 minutes) on Saturday mornings in Worle and Portishead. Further information can be found at: [ParkPlay | Better Health North Somerset](#)

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

### Parkrun primary

Junior parkrun happens every Sunday at 9 am 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 that will support them to:

Register and connect with their local event.

Host a junior parkrun assembly.

Share information with parents and carers.



Attend a local parkrun event together.

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/>

## Go4Free

Go4Free is a physical activity project which aims to increase participation across all age ranges, by providing free passes to a physical activity class/session from the list below.

To be eligible for a Go4Free pass you will need to meet both of the below criteria:

Take part in less than 30 minutes of physical activity per week

Live in North Somerset

Referrals into the scheme can be made by the North Somerset Healthy Lifestyles Advisors (HLA), North Somerset Social Prescribers (see the list at the bottom of the page), or via another local professional. Self-referrals can also be made.

The Go4Free pass will provide you with five FREE visits and five HALF PRICE visits (for which you will pay a maximum of £3 per session) to one of the approved Go4Free physical activity sessions of your choice. Follow this link for further information: [Go4Free | Better Health North Somerset](#)

## Oral Health

The PSHE Association has launched new free lesson materials for EYFS and SEND pupils, co-developed with dentistry experts as part of the BRUSH project. The new lesson materials will support pupils to develop healthy habits for taking care of their teeth now and in the future, ensuring alignment with the relevant requirements from the DfE's 2025 statutory RSHE guidance (for implementation from September 2026) and early years foundation stage (EYFS) statutory framework. The free lesson resources can be found here: [Dental health lesson materials for EYFS & SEND](#)

You could do this as part of North Somerset’s Oral Health Awards: [Oral Health Awards | Better Health North Somerset](#)

Further information about our Oral Health Promotion Service can be found via the poster below:

**Better Health North Somerset**

**North Somerset Council**

**ORAL HEALTH PROMOTION SERVICE**

Oral health in North Somerset children is sadly declining. Despite best efforts from many of us to reverse the trend last year 25% of our 5-year-olds had experience of tooth decay. Let’s band together and let children and families know how to prevent unnecessary and traumatic dental work. We can help...

**TRAINING FOR STAFF:**

- BASIC ORAL HEALTH OVERVIEW
- ORAL HEALTH CHAMPION DEVELOPMENT
- INTEGRATING ORAL HEALTH PROMOTION
- SUPERVISED TOOTHBRUSHING

**VISITS:**

- ASSEMBLIES
- CLASS LESSONS
- DROP INS
- STAY AND PLAYS
- PARENT’S EVENINGS

**FREEBIES:**

- TOOTHBRUSHING PACKS
- MOUTH CANCER SELF-CHECK KITS

**Oral Health Awards**

Why not earn some recognition for efforts whilst you’re at it? To earn your bronze, silver, gold or platinum award in oral health promotion: Educate staff and pupils, Integrate ways of practice, Reinforce learning with an intervention and mobilise your community to maintain good oral health.

**JOIN THE TOOTHBRUSH REVOLUTION** [catherine.wheatley@n-somerset.gov.uk](mailto:catherine.wheatley@n-somerset.gov.uk)

[WWW.BETTERHEALTHNS.CO.UK/PROFESSIONALS/ORAL-HEALTH/](http://WWW.BETTERHEALTHNS.CO.UK/PROFESSIONALS/ORAL-HEALTH/)

## Staying safe

### **Social media survey**

The Molly Rose Foundation and University of Bristol are completing a survey into how schools help students to navigate social media and content. Responses will help them identify what further support teachers need, Further details of the survey can be found here: [Supporting students to navigate social media and algorithms](#)

# Support for parent/carers


## Parenting Village


# 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.



 **When?** First Friday of each month  
**Where?** Castle Batch Children's Centre, Bishop Avenue, Weston-super-Mare, BS22 7PQ  
**What time?** 09:30am – 11:00am

 **When?** Second Tuesday of each month  
**Where?** Oldmixon Family Centre, Monkton Avenue, Weston-super-Mare, BS24 9DA  
**What time?** 09:00am – 11:00am

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

Scan here to learn more about our advanced parenting groups



## Advanced Parenting groups



### Advanced Parenting Groups

Parenting isn't easy even when your child is well and happy. Sometimes all we need is a little advice and guidance to get us back on track when things are tricky.

The Family Wellbeing Parenting Team have an offer of 13 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.

For information on the advanced parenting groups please search for "North Somerset Advanced Parenting Groups" on your chosen search engine or scan the QR code below.

- Incredible Years Autism & Language Delay
- Incredible Years Preschool
- Incredible Years School Age
- D.A.R.T – Domestic Abuse Recovery Together
- Parents Plus: Adolescent Programme
- Parents Plus: Working Things Out
- Parents Plus: SEND
- Parents Plus: Parenting When Separated
- Non-Violent Resistance
- Mellow Parenting

For more information, please contact the Parenting Team:  
[parenting.groups@n-somerset.gov.uk](mailto:parenting.groups@n-somerset.gov.uk)



## FREE Holiday Activity and Food (HAF) days for children and young people who receive benefits related free school meals

Website link to HAF website: [Holiday, activities and food \(HAF\) programme | North Somerset Council](https://www.n-somerset.gov.uk/holiday-activities-and-food-haf-programme/)

With trips to the theatre and swim sessions for the family, as well as organised activity days and gym sessions for teenagers at Hutton Moor Leisure Centre, there really are some ideas that your teenagers might enjoy. Teenagers who receive benefits related free school meals can take a friend for free to the gym sessions, and they can both enjoy some food in the café together. All for free!

Up to 4 sessions can be booked over the Christmas/Winter holiday. They are free and it's a great way for young people to have fun, make new friends, and enjoy some great food. Should you have any queries please email [HAF@n-somerset.gov.uk](mailto:HAF@n-somerset.gov.uk)

Please share the flyer attached to this newsletter with your families.

