

Primary E-bulletin

Term 6 June 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 the busy end to the school year is going well for everyone and that everyone has a great summer break when the end of this term arrives. 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 1 newsletter, please let me know. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you or anyone you work with are not already on my mailing list and would like to be added, please let me know at the email address below.

These newsletters are added to the Healthy Schools section of the Better Health website and can be downloaded here: [Healthy Schools Newsletters | Better Health North Somerset](#)

Steve Davis (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

This year will be the final year of the Healthy Schools' Programme for Primary 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 Tuesday 9 June. The agenda included updates from the MHST team, Wellspring Counselling, the Parenting Team and Voyage Learning Campus. A recording of the meeting can be found by following this link to NS CYP Mental Wellbeing Network playlist: [North Somerset Children and Young People Mental Wellbeing Network - YouTube](#)

I have also attached to this email the presentations from Wendy Griffin on Wellspring's Counselling offer and from Christina Perry on the VLC's outreach work and pre-panel checklist.

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 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](#) Schools and community settings will soon receive posters advertising this new webpage along with a QR code for easy access.

Mental Health and Autism webinars

Mental Health and Autism in Young People CPD webinars have been recommissioned by the Public Health Mental Health team for the 2026-2027 financial year. The free webinar is two hours, delivered by Neurodiverse Training and have been very positively received. The next online webinar will be held on Tues 15 Sept from 11am to 1pm. The link to book is [Autism & Mental Health in Young People Tickets, Tuesday 15 September • 11 AM - 1 PM GMT+1 | Eventbrite](#)

Free Secondary School transition resources

The Anna Freud website has a teacher toolkit including free resources to help Year 6 and Year 7 pupils feel more confident. These can be found at: [Moving Up! Free Transition to Secondary School Resources | Anna Freud](#)

Jigsaw also offer a free Transition Resource pack which includes PSHE-aligned lessons and printable resources. You can sign up for this pack at: [Support pupils through a confident, connected transition to secondary school - Jigsaw](#)

Useful Mental health support links for North Somerset parents/carers

Guidance and links to support can be found on the Better Health North Somerset website: [Children and Young Peoples Mental Health](#)

Qwell

Qwell is a free service available in North Somerset offering mental health support for parents/carers. Please share this information with your school community: [Qwell](#)

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, however it is not an emergency service: [ChatHealth – Children and Young People's Services](#)

NSPCC Programmes

Building Connections is 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 for further details about NSPCC programmes.

Wellspring Counselling

Wellspring Counselling have launched a free listening service for children aged 11 to 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](#)

SilverCloud

SilverCloud provides online, evidence-based programmes to support mental health and wellbeing. The service is available to children, young people and parents and carers across Bristol, North Somerset, and South Gloucestershire. [Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

Mental Health Support Team (MHST)

Children, Young People, Parents and Carers in BNSSG now have the option to **self-refer to MHST** when MHST work in their schools.

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

Self-referrals are open now. Other professionals (Eg, GPs) can 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

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-services/mh-schools/mental-health-support-team-mhst-2>

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

MHST
Tools to thrive

Dingley's Promise-SEND training for Early Years

Funded SEND training opportunities for Early Years professionals are now available through Dingley's Promise Training. Sessions include Behaviours that Challenge and Supporting Communication Development. Further details can be found on the attachment included with this newsletter.

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 to 11 to understand and manage their emotions, attention and behaviour with [35 fully-resourced lessons](#), practical strategies and statutory RSHE coverage. [Additional, on-demand CPD training](#) is also available to School Plus members. Further information can be found at: [Foundations for Wellbeing](#)

Nature and Wellbeing Activity Packs

Sometimes the most powerful moments for children's wellbeing happen outside.



Jigsaw Education Group and **Forestry England** have partnered to create two free Nature and Wellbeing activity packs for children aged 3 to 11.

They require very little equipment and can be used in school grounds, playgrounds, parks or local green spaces.

Download the free Resources here: [Nature & Wellbeing Activity Pack for Schools | Free Mental Health Resources](#)

Mental Health Support Benches

New mental health support bench plaques have been installed across Weston-super-Mare, through collaboration with the Weston Seafronts Team and the Community Response Team. These plaques provide signposting to support services in locations identified as places where individuals who may be vulnerable are known to gather, ensuring that support is visible and accessible to those who may need it most.

You can read the press release on the North Somerset Council website: [Mental Health Support Benches](#)

You can also view and share the local social media post: [facebook - Support Benches](#)

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 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 KS1-5. 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](#)

Launch of Pol-Ed in North Somerset



In order to support our partners in education in keeping our children safe, the **Office of the Police and Crime Commissioner for Avon and Somerset** is delighted to announce that it has purchased [Pol-Ed](#) on behalf of all schools across Avon and Somerset. The implementation of the product will be managed by the [Avon and Somerset Violence Reduction Partnership](#) with support from [Avon and Somerset Police](#).

Pol-Ed is completely FREE for all North Somerset schools to access.

Developed by PSHE specialist teachers and quality assured by West Yorkshire Police for legal accuracy. Pol-Ed provides a comprehensive range of PSHE lessons, assemblies, and Pol-Ed Passport resources, all delivered directly through the [Pol-Ed website](#).

The programme is fully aligned with statutory RSHE and Health Education and is designed to support schools in delivering high-quality, engaging PSHE education with confidence.

Pol-Ed includes:

- Over 20 lessons for every year group
- Four key curriculum strands – relationships, understanding the law, keeping safe, wellbeing
- Pol-Ed Passport lessons to support personal development and assessment

- Curriculum maps to support sequencing and long-term planning
- Evidence documents showing alignment with statutory guidance
- A programme of FREE online CPD sessions throughout the year.
- All supporting materials can be found within the Resources areas of the website.

Pol-Ed's core aim is to help keep children safe while supporting schools in developing pupils' knowledge, confidence, and ability to make positive, informed choices.

Once your school is registered, you can add all teaching staff so they can access resources directly with their classes. To support with this process, we have attached a short guide explaining how to add users.

If you are a PSHE lead, you may also find the reporting function particularly useful. This allows schools to track and analyse lesson delivery across the school.

Physical Health

HAF Programme-Summer holidays

HAF (Holiday Activities and Food)
Programme Report 2026-7

From Paige Gunstone (HAF Coordinator)



Summer Holidays HAF Provision 2026

Did you know that **FREE Holiday Activities and Food (HAF) activity days** are available for children who receive **benefits-related free school meals**?

Our bookings for **Summer holiday HAF programme** are **NOW LIVE**. You can find out more information and how to book by visiting: [How to book HAF activities | North Somerset Council](#)

The Summer programme will include a **wide range of fun activities**, such as, sports and games, arts and crafts as well as indoor and outdoor activities. All the usual favourites will be available, along with some **exciting new activities** – there really will be something for everyone!

Each eligible child can book **up to 16 free sessions** over the Summer holidays. If your child hasn't tried HAF activity days before, why not give them a go? They're a great way for children to have fun, make new friends, and enjoy **healthy, tasty food**.

If you have any questions, please contact us at: HAF@n-somerset.gov.uk



HAF NORTH SOMERSET
Holiday Activities & Food

Bookings are now LIVE!

Children and young people who receive benefits related free school meals are invited to book onto our free HAF Summer Activities.

#HAF2026

BEST START IN LIFE Funded by UK Government

For more information about HAF please visit: <https://eequ.org/northsomersethaf>

Snack-tember

The aim of Snack-tember is to help children and young people have healthier, more sustainable snacks. Last year, nearly **1 million** children and young people took part in the first ever *Snack-tember*! This year, they want to reach 2 million!

Registration for *Snack-tember* 2026 is now open, so if you work with children and young people aged 5-16 years, in any setting, come and get involved!

REGISTER NOW and be the first to receive the latest updates about Snack-tember, and access to ALL the resources as they become available!

Food and Nutrition at School

North Somerset's Public Health team have recently updated the council's Better Health website with a wide range of resources and plans to support teaching and promoting healthy eating in schools. The resources include lesson plans, healthy eating resources and lunchbox tips. These can be accessed at [Food and Nutrition at School | Better Health North Somerset](#)

British Nutrition Foundation

The British Nutrition Foundation offer a range of CPD opportunities to support schools in developing their food curriculum and healthy eating. Some courses are free and others cost as little as £45. Further details can be found at: [British Nutrition Foundation - Courses](#)

Food for Thought – supporting healthier choices

School communities play a big part in supporting families to make healthier choices. School events can be filled with sweet treats and sugary drinks, which can be harmful over time. Attached with this newsletter is a PDF that includes ideas and tips for making small changes to encourage healthier options. You can also find this on the [Food and Nutrition at School](#) page of the Better Health website.

Free Training: Changing the Narrative: ‘Why Weight?’

This 20-minute online course explores how everyday environments, services and language influence health and wellbeing. Based on the regional [‘Why Weight’](#) pledge, it highlights how staff can help create supportive, stigma-free environments and improve access to healthy food and active lifestyles. You will need an iLearn account to access the training, if you don’t already have one, please email: ilearnsupport@n-somerset.gov.uk to register. [iLearn Why Weight Training](#)

Free lecture in more inclusive PE for LGBTQ+ CYP

This free lecture during Pride month on 29 June (12 to 1pm) will explore experiences of PE for the LGBTQ+ community and how to make it more inclusive. For further information follow this link: [Public Lecture: Social media narratives of being gay in physical education - NCSEM-EM](#)

Sport and Physical Activity Bursary Scheme

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/>

ParkPlay at Castle Batch

With summer only a few weeks away ParkPlay gives families a choice to be more physically active on a Saturday morning. Through a variety of games and activities led by a play leader, families can enjoy a happy, free, safe, welcoming and inclusive way to connect with others and have fun.

The aim - To create a relaxing and informal place where families can often choose what games they would like to play, stop and start when they wish, go early or arrive a little later, the choice is there to ensure an enjoyable experience.

Castle Batch Green Space, Worle from 9.30 to 11am



To find out more, register and then turn up whenever you wish go to:

<https://book.plinth.org.uk/e/oGo9UcvCwrgPCskETyiN>

Any questions please get in touch getactive@n-somerset.gov.uk

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/>



Brush Up

[Brush Up](#) is a new oral health improvement initiative for North Somerset. This free programme aims to give staff confidence to give brief, sensitive, evidence-based oral health advice, alongside age-appropriate toothbrush packs, to children, young people, families and adults who may face barriers to good oral health.

Free Training: Oral Health Promotion for children and young people aged 5 to 19 years old

Good oral health is essential for children and young people to stay well, thrive and avoid preventable pain. This module introduces the main oral health issues affecting 5 to 19-year-olds and how staff can promote healthy habits and prevent problems early.

You will need an iLearn account to access the training, if you don't already have one, please email: ilearnsupport@n-somerset.gov.uk to register. [iLearn Oral Health Promotion Training](#)

Oral Health Promotion Service

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](#)

Better Health North Somerset

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

WWW.BETTERHEALTHNS.CO.UK/PROFESSIONALS/ORAL-HEALTH/

Keeping Safe

Youth Connections Hub – MAVIS bus

Operating every **Tuesday and Thursday from 2pm to 7pm**, the [Youth Connections Hub](#) is delivered using the [MAVIS bus](#) and is supported by colleagues from the [Youth Justice Service](#) and the Safer Communities team.

The project aims to:

- Provide a safe and informal space for young people to talk about any concerns, including community safety



- Offer information, advice, and signposting to local clubs, activities, and community groups as well as other services which may be beneficial
- Make referrals or signpost young people to other relevant services where appropriate

Youth Connections Hub operates across **Weston and Worle**, including locations such as the Queensway Centre and Weston town centre as well as visiting all the **secondary schools** within the area.

Backseat Boss-Road safety initiative

Axa have produced a new road and car safety programme for Primary schools focused on children understanding what safer driving looks like. This will help them to challenge unsafe habits and to teach them good habits as they grow and one day become drivers themselves. These free resources can be accessed through this link:

[Backseat Boss: A safer driving initiative to improve road safety](#)

Water Safety

I have attached a Water Safety PDF from Avon Fire and Rescue to this newsletter email. Further resources to support teaching and learning on water safety can be found on the PSHE section of the Better Health website: [Personal Safety | Better Health North Somerset](#)

Bright Beginnings Groups

Bright Beginnings Groups are designed to support children in their early development while offering parents and carers a welcoming space to learn, play and connect with others.

Bright Beginnings focuses on building strong early foundations through play-based activities that support children's social, emotional and communication skills. Sessions also provide practical support for parents and carers, with time to share experiences, build confidence and learn simple strategies to support their child's development at home.

If you would like more information about any of the Bright Beginnings Groups, please contact: Family.Hub@n-somerset.gov.uk.

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

Once referral forms are finalised, we will link to these from our website: [Domestic Abuse Healing and Empowerment North Somerset - Family Action](#).

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? Second Friday of each month
Where? Best Start Family Hub Old Nitch, 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.



Groups on offer

- Mellow Parenting (0-4 years)
- Incredible Years Autism & Language Delay (2-7 years)
- Incredible Years Preschool & School Age (3-10 years)
- D.A.R.T – Domestic Abuse Recovery Together (7-14 years)
- Non-Violent Resistance (9-17 years)
- Parents Plus: Working Things Out (11-17 years)
- Parents Plus: Adolescent Programme (11-17 years)
- Parents Plus: Special Needs Programmes (11-25 years)
- Parents Plus: Parenting When Separated (all ages)



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.

For more information or any questions, please contact the Parenting Team:
parentinggroups@n-somerset.gov.uk

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 or visit [SAS Website](#)