

# Secondary E-bulletin

## June 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 the last term of the academic year 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. I hope you find the information useful and supportive. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you have anything you would like to add to the newsletter in the future, please contact me on 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

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## PSHE Secondary Awards Programme

The three Secondary Schools from North Somerset involved in the PSHE Award Programme this year are coming to the end of their journeys for this cycle. Schools involved in the programme have completed a wide range of PSHE improvement work including developing PSHE teaching and learning, auditing the curriculum to identify any gaps and increasing the opportunities for pupil voice and engagement. Schools in the programme have received grants up to £1000 to help improve their provision.

We have now completed our recruitment of Secondary schools for the 2025-26 PSHE Award Programme. There will be six schools involved next year and these schools are currently identifying PSHE targets for the next academic year.

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# Mental Health

## Children and Young People's Mental Wellbeing Network (CYPMWN)

The second meeting of this network was held on Wednesday June 11<sup>th</sup> from 3.30-5.00pm. The following speakers/topics were covered in the meeting.

EYFS SEMH resources/school transition resources-Josh Dyer (Education Psychology Team) [North Somerset EPS training library | North Somerset Council](#)

School Nursing Team support packages-Penny Synczys (Public Health Nursing Clinical Lead) [School Nursing Service – Children and Young People's Services](#)

Music Therapy and Wellbeing-Heather Walters (Head of West of England Music Therapy and Wellbeing) [West of England Music and Arts](#)

CRuNCH-Cook 5 initiative-John Thompson (Chair of Trustees) [Cook 5 Initiative](#)

North Somerset Parenting Programmes-Emma Pattinson (Parenting Lead) and Lauren Nurse (Senior Parenting Coordinator) [Advanced parenting groups | North Somerset Council](#)

A recording of the meeting can be found here: [North Somerset Children and Young People Mental Wellbeing Network - Wednesday 11 June 2025](#)

If you would like to be added to my contact list for future meetings, please contact me at [steve.davis@n-somerset.gov.uk](mailto:steve.davis@n-somerset.gov.uk)

## North Somerset EPS Training Library

North Somerset's Educational Psychology Team are continuing to develop their training library to support educational settings to meet the needs of learners. There are a range of useful resources to support our work in meeting the emotional needs of pupils. Please follow the link below to find training videos on EBSA (Emotionally Based School Avoidance), Positive Transition and Early Years Social, Emotional and Mental Health: [North Somerset EPS training library | North Somerset Council](#)

## Research project into prevention of self-harm and suicide



**NIHR** | School for Public Health Research



University of Exeter

Help us strengthen the support provided to education and youth organisation settings regarding the prevention of self-harm and suicide in young people and response to a death by suicide

£45 for taking part : £15 voucher each round

### What is involved?

- Three rounds of questionnaires
- 20-30 minutes each
- In your own time, on your own device



### We need:

- School, college or youth organisation staff responsibility for planning and/ or delivering safeguarding/ pastoral care
- Professionals who provide suicide/ self-harm support to schools and other youth settings
- International academics and UK clinicians specialising in suicide/ self-harm

### To find out more please contact:

Judi.Kidger@Bristol.ac.uk

Or scan this QR code to express your interest:



## Place2Be-The Art Room-Creativity and Mental Health

☺ The Art Room team has developed a series of free projects for children/young people to make at home or school together with parents, carers or teachers.

These activities are different to the Creative Wellbeing Projects in that they are not directly linked to the PSHE curriculum and can also be used by families at home.

These activities can help adults and children to nurture their relationship whilst having fun making art together. Each project offers space to explore an engaging theme through stories, art and conversation. The activities provided can be adapted to a range of settings with children of different abilities and ages.

The aim of these projects is to encourage children to create something they want to make. We hope their creativity can be celebrated and social and emotional wellbeing strengthened through this process. Themes include: Mindful Listening, Noticing Feelings, Soothing Worries, Exploring Changes and Moving up to Secondary School.

Here is a link to all of the free activities: [Art activities from The Art Room - Place2Be](#)

## Place2Be-Parenting Smart

Place2Be also 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](#)

## 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. [New Free Listening Service 11-16 Years - Wellspring Counselling](#)

## Right Service, Right Time

The Public Health are in the process of transferring all of the information contained in our Right Service, Right Time document to our Better Health website so that is more easily accessible for all users and so that it can be updated more easily and efficiently. Links with further information about a wide range of mental health service providers can be found on this page: [Children & Young People's Mental Health & Wellbeing | Better Health North Somerset](#)

We are looking for schools to work with us to ensure that the development of this platform meets your needs and those of your pupils. If you would like to play a part in the co-production of this new webpage, please contact me.

## 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

## NHS Chat Health

**NHS**

**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 schools mobile phone policy. Messages are charged at your usual rate.

Service provided by



## 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](#)

## West of England Music and Arts-Music Therapy



Music therapy is a creative, evidence based therapy with trained therapists. Children and young people don't need to have or use any musical skill. Music is the way we make connections in a therapy session, that we explore feelings and support positive wellbeing outcomes.

**Music therapy assessments** can be used for a stand-alone assessment report to support and inform or part of longer term therapeutic intervention.

Preschool, Primary or Secondary age

1. **EHC assessment** – we can contribute, as health professionals (AHPs) and members of Health and Care Professions Council, to the EHC assessment for someone who doesn't yet have music therapy by doing a music therapy assessment and report.

**The report cites** the presenting needs and then the responses to and uses of music - as a tool for health and wellbeing - over 2 face to face sessions.

**We state** how music therapy could help, as an evidence based therapy, and the benefits for that student directly linked to EHCP outcomes to be addressed and the 4 domains of the EHCP.

Our music therapy Goal Based Outcomes link directly to the EHCP outcomes.

This is part of NS council Wave 3: *specialist intervention from a professional*

2. Our **music therapy assessment** can be used as a **stand alone package** to highlight where music therapy could be an integral/valuable part of the provision for a child or young person who already has an EHCP e.g at a review stage if an alternative intervention is needed - *where talking therapy has not been possible or isn't appropriate and a creative therapy is needed.*

Also, our creative health team offers:

- Small nurture groups – 4 children depending on need; 8 week package
- Whole class wellbeing & music: face to face – music as a tool, for wellbeing
- Morning afternoon or whole day; starts with whole school assembly and approach to wellbeing through music. Wellbeing and music activities are modelled per class and then class well-being ambassadors model their 2 activities to the other classes until you all know all 10 within your school!
- Creative music and wellbeing sessions

Please contact: [Heather.Walters@wema.org.uk](mailto:Heather.Walters@wema.org.uk) for anything music therapy or wellbeing related.

Or [Jenni.Parkinson@wema.org.uk](mailto:Jenni.Parkinson@wema.org.uk) for any Inclusive music education enquiries

## Kooth

Nearly **1 in 4 young people** in the UK report feeling anxious about moving up a school year. Transitions, whether it's starting secondary school, changing classes, or facing new expectations, can be a major source of stress for students.

You see firsthand how these changes impact students' wellbeing. That's why **Kooth's free digital mental health resources** are here to support them through every step.

### Your free June resources

## KoothKlass Live stream webinars straight to your classroom

### Let's talk about moving up to secondary or high school

A chat about transitioning to a new school in September. For year 6/ p7 [book here](#)  
For middle schoolers [book here](#)

### Kooth's support for young carers

For young people aged 11+ who are young carers. Find out about Kooth, myth- busting and words from our Kooth Clinical team. [Book now](#)

### We're still here over the summer: Let's talk about loneliness and healthy relationships

A 30 minute webinar for young people aged 11+ on tackling loneliness and building healthy relationships. [Book here](#)

## KoothTalks Families Free webinars for parents and carers

### How to support your child to manage change when moving up to secondary school

A 30 minute webinar for all parents and carers of children who are starting secondary school this year. [Share with parents](#)

### Helping young people stay safe on smartphones and online

Find out how parents can support online safety for their children and how Kooth keeps young people safe. [Share with parents](#)

## Assembly for your whole school or year group

Book your free Kooth mental wellbeing assembly with your local engagement lead.



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## PSHE/RSE

### PSHE Association School Plus

The PSHE Association have recently launched a new package for schools called School Plus. This includes all the benefits of their standard membership (unlimited users, access to lesson plans, guidance and planning tools) and personalised support from subject specialists. The School Plus membership also provides access to their new CPD training library, live webinars and networking opportunities and quick tips for classroom practice videos. Further information can be found at: [School Plus learn more](#)

### Pride Month toolkit 2025

Two toolkits (one for Primary and one for Secondary) are available to download from the Anna Freud Mentally Healthy Schools website. Both are full of resources to celebrate and support those who identify as LGBTQIA+ during Pride Month and beyond. [Pride Month toolkit 2025](#)

### Secondary RSE Resources-Get Real

The Get Real Sessions are online resources, mapped to the statutory guidance, designed to support schools in providing consistent RSE throughout the school year. With 80 lessons for years 7 to 11, these unique resources provide consistent and engaging teaching for students through video content, while supporting and training staff as they teach the lessons.

Each lesson consists of;  
A teaching video  
3 fully planned classroom activities  
A powerpoint presentation

Worksheets and workbooks  
Links to related online content  
Notes and links to support teachers and develop knowledge

Visit [www.getrealsessions.co.uk](http://www.getrealsessions.co.uk) for more information and to read testimonials from schools already using the sessions to support their RSE.

As you plan your RSE for 25/26 you can also request a free 7 day trial to have a look at the resources for yourself. If you have any questions please email [becky@getrealsessions.co.uk](mailto:becky@getrealsessions.co.uk)

## Sexual Health and Wellbeing

### Brook

[Brook](#) is a Sexual Health charity which provides a wide range of support and advice for young people and professionals on a wide range of issues such as relationships, puberty, gender and sexuality.

Their website is full of useful information to support schools particularly with regards to Relationship and Sex Education.



### Sexual Health Service

A new sexual health service called Yuno launches across BNSSG on 1 April. The service is commissioned by Bristol City, North Somerset and South Gloucestershire councils. Yuno will offer free and confidential access to a wide range of services and will be provided by the NHS and a number of not-for-profit organisations working collaboratively.

Access to most Yuno sexual health services will be through a new clinically supported [easy-to-use website](#), which acts as a digital 'front door'. Managed by a team of experienced sexual health clinicians and other healthcare professionals, the platform will ensure people receive trusted, high-quality and timely care.

Yuno will have an enhanced focus on prevention of poor sexual health through a health promotion and engagement service which will also be responsible for delivering outreach to those at greatest risk of poor sexual and reproductive health outcomes.

## Yuno Professional Training 2025/26 delivered by Brook

Training opportunities are available for all professionals working with children and young people in North Somerset on sexual health are now available through Eventbrite. Sessions include Yuno: Relationship and Sex Education (RSE) delivery in practice, Yuno: Understanding Masculinity and Tackling Misogyny in RSE and Yuni: Supporting and including young people with SEND in RSE. The range of training opportunities will grow over time so this webpage is worth saving to your favourites for future reference. [Yuno Professional Training 2025/26 | Eventbrite](#)

## Physical Health

### ParkPlay – free family activities

[ParkPlay](#) is helping build happier, healthier communities in North Somerset by bringing people together through play. ParkPlay takes place every Saturday in Weston-super-Mare and Portishead at:

- Castle Batch Recreational Ground, 9.30am to 11am
- Merlin Park, Portishead, 10am to 11.30am.

It's free, safe, welcoming, and open to everyone. It's a great way to meet people and have fun. ParkPlay runs every Saturday and will continue throughout the summer holidays!

To find out more, visit: [park-play.com/parks/south-west](http://park-play.com/parks/south-west)

Or like our Facebook pages: [Castle Batch](#)

[ParkPlay](#) and [Portishead ParkPlay](#).

You can also email us at: [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk).



### Cricket event at Castle Batch CC

The All Stars Cricket event is back at Castle Batch Children's Centre, Worle this summer. Sign up today while there are still spaces available!

We are excited to announce that there will be two cricket activities taking place over the summer at Castle Batch Children's Centre:

- 5-8 year olds (parents/carers must stay with children for this session)  
**Tuesday 5 August**, 10am to 2pm  
Use code 5AHY7
- 9-12 year olds  
**Wednesday 6 August**, 10am to 2pm  
Use code AQ3MJ.

Both sessions are free, you just have to use the codes.

You can book via the QR codes (click on the posters below to enlarge them for scanning) or [find out more](#).

We are very excited to be hosting this event again this year. If you are working with any families who would benefit from this activity, make sure you sign up as soon as possible while there are still spaces available as this event often books up quick.

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

Junior Park Runs are held over the weekend for children and young people aged between 4 and 14. This is a free, fun and friendly 2km event. Timings can be found below:

[Weston-super-Mare](#) - Sundays at 9am, Walford Avenue Neighbourhood Open Space

[Nailsea](#) - Sundays at 9am, Golden Valley playing field

[Clevedon](#) - Sundays at 9am, Clevedon Seafront

[Yatton](#)-Sundays at 9am, Yatton Recreation Ground

Please share information with parents/families.


## Support for parent/carers


# 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 Thursday of each month  
**Where?** Nailsea and Backwell Children's Centre, Pound Lane, Nailsea, BS48 2NP  
**What time?** 1.30pm - 3pm

 **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



North Somerset  
**children's**  
 centres





North  
Somerset  
Council

## 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)





## Parents Plus: Adolescent Programme



### Attention Parents

The teenage years can be a challenging time for many families. By helping parents develop warm relationships with their teenagers you can reduce conflict and support teenagers to grow up as well-adjusted and happy adults

Join our **Parents Plus 'Adolescent Programme'** and meet other parents in a supportive group to make this a reality.

**Venue:** Portishead Library, Horatio House, 24 Harbour Rd, Portishead, Bristol BS20 7AL

**Start:** Wednesday 1<sup>st</sup> October 2025

**End:** Wednesday 26<sup>th</sup> November 2025 (*no group during the school holidays*)

**Time:** 18:00 – 20:30

**For more information about the group and how to refer, please visit the North Somerset website:** <https://n-somerset.gov.uk/my-services/children-young-people-families/advanced-parenting-groups> **Or email:** [Parenting.Groups@n-somerset.gov.uk](mailto:Parenting.Groups@n-somerset.gov.uk)

  
**ParentsPlus**  
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

[www.parentsplus.ie](http://www.parentsplus.ie)

## Holiday Activities and Food (HAF)

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



The poster features a group of diverse children smiling in a circle on the left. To the right, the text reads 'HAF NORTH SOMERSET Holiday Activities & Food Summer Holiday Fun 2025!'. Below this, it states: 'Parents and carers will be able to view the activities available and book using our booking platform: [www.eequ.org/northsomersethaf](http://www.eequ.org/northsomersethaf)'. It then asks for queries to be emailed to [HAF@n-somerset.gov.uk](mailto:HAF@n-somerset.gov.uk) or phoned at 07385 978806 or 07385 017565. The poster also includes icons for a paint palette, a target, and a food truck, and a decorative sun and bunting graphic.

Parents and carers will be able to view the activities available and book using our booking platform: [www.eequ.org/northsomersethaf](http://www.eequ.org/northsomersethaf)

Should you have any queries then please email:  
[HAF@n-somerset.gov.uk](mailto:HAF@n-somerset.gov.uk)  
Phone 07385 978806 or 07385 017565

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)

# Healthy Eating

## Bite-back project

Schools receive:

- £500 grant
- Bite Back Ambassador assembly
- Resources, student workbooks & badges
- Full delivery support (only 15 flexible hours required)
- Part of a growing national movement



Apply or learn more: <https://www.biteback2030.com/join-bite-back-in-schools/>



Questions? Contact: [schoolfoodchampions@biteback2030.com](mailto:schoolfoodchampions@biteback2030.com)

It's completely free to schools and applications are open until **July 18th**.

# 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!



## Snack-tember 2025

### Who's it for?

Children and young people aged 5 – 16 years old and their schools, or the clubs they attend.

We'll also be having a special focus on young people in the first two years of secondary school. We specifically want to help support young people, at a time when they are developing more independence, to make choices and form healthier habits that will have positive long-term benefits. (We'll be calling on our secondary school teachers to help us!)

### What's the ambition?

We want:

- to help children and young people make and choose healthy, sustainable snacks
- 6,000 schools to register for Snack-tember
- Over 1 million young people to take part

### We will be providing:

- classroom materials for teachers
- hints and tips for school caterers
- information for parents/carers

As always, for further information on any subject mentioned in this newsletter you can get in contact using the contact details below:

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