Children and Young People Health newsletter

Autumn Term 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 first term went well for everyone and that the busy term ahead is a positive one for everyone. This newsletter will be distributed three times a year with one newsletter for each school term. There will now be one combined newsletter for Primary and Secondary settings rather than two separate newsletters. You can use the Contents table below to go to articles you are particularly interested on.

We are currently developing a new approach to our support for schools and CYP settings in relation to both mental and physical wellbeing. When this transformation journey is complete, there will greater guidance and more resources for settings as well as more networking and professional development opportunities. We plan to introduce new awards programmes next year with more specific awards linked to Mental Health, PSHE and Healthy Settings. We will keep you posted as these developments move forward.

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

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Healthy Early Years webpages

A wide range of health-related information for children and young people can be found on the Better Health website.

There is a very helpful webpage offering guidance and support for Early Years teams. Please follow this link to the Healthy Early Years page for training and guidance on Food and Nutrition, Oral Health, Injury and Illness Prevention, Mental Wellbeing, Physical Activity, Toilet Training and General Safety. Healthy Early Years | Better Health North Somerset

Mental Health

CYP Mental Wellbeing Network

The last CYPMWN meeting was held on Thursday 15 October. The agenda included updates on Reducing Parental Conflict, Soluna by Kooth, the MHST forum and the CAMHS Urgent Care and Assessment team. 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

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 should have received digital and paper copies of these posters. Please contact me if you have not received these at your setting.

Anti-bullying Week 16 to 20 November

The theme for this year's Anti-Bullying Week is 'Break the Silence'. Activities and resources from the Anti-Bullying Alliance to support this important focus week can be found here: Anti-Bullying Week . You can also find further information about Odd Socks Day on Monday 16 November: this day marks the start of the Anti-Bullying Week: Odd Socks Day

Mental Health Support for Schools/CYP settings event

The Mental Health Support Teams, School Nursing Team and CYP Public Health team have worked together to organise a special Mental Health Support for Schools event bringing together different mental health service providers in one place. This event is being held on Thursday 19 November at Nailsea Methodist Church from 1pm to 3pm. This is a free event to which all schools and CYP settings are invited. At the time of writing there are 60 attendees from across our CYP community with around ten service providers showcasing their work at individual stalls. We would love to have someone from every school and CYP setting in North Somerset attending. Further details and a link to book a place can be found here: Mental Health Support for Schools Event Tickets, Thursday, November 19 • 1 PM - 3 PM | Eventbrite

Mental Health and Autism webinars

The next Mental Health and Autism in Young People CPD webinar has been organised for Wednesday 16 December at 1pm. The free webinar lasts two hours, is delivered by Neurodiverse Training and has been very positively received. The link to book is here: Autism & Mental Health in Young People Tickets, Wednesday 16 December • 1 PM - 3 PM GMT | Eventbrite

Other mental health training sessions including Safe Talk Suicide Awareness can be found here: Public Mental Health Training Autumn 2026

Soluna by Kooth is officially live!



The Kooth Mental Health team has evolved to Soluna - please help spread the word so young people know about this great mental health support offer.

1. Update your website, emails, and graphics

Swap out old links: please use our new scannable QR code and Soluna logos to replace old Kooth graphics on your website, student portals, and staff intranets.

Use ready-made text: copy and paste our short-written summaries straight into your newsletters, emails, or website updates.

Check the logo guide: use our quick Logo Guide to see how to use our logo or place it alongside yours.

2. Refresh your physical spaces

Order free print supplies: request updated posters, flyers, and wallet cards – delivered free straight to your site.

Print your own materials: download and print instant posters and flyers for noticeboards or classrooms.

Update waiting room displays: download pre-formatted display screens for reception or support areas.

3. Inform your staff and students

Brief your staff: share our brief Guide to Soluna with teams who handle youth support or manage service listings, so everyone is up-to-date.

Share with young people: download our short overview video to show young people what Soluna looks like and how it works or email lfinn@kooth.com for a Soluna assembly.

Post on social media: download ready-to-share graphics designed for your social media channels to share the change.

Access the Soluna digital signposting toolkit here: Soluna's Digital Asset Library

Order print supplies and subscribe for updates here: Form for updates and promotional materials

Mental Health Support Team parent/carer webinars

During November the MHST team will be delivering hour long workshops to parents and carers on two themes: Introduction to Low Mood and Five Ways to Wellbeing. Further details can be found on the attached poster which can be shared with parents/carers.

You can also find attached the latest MHST newsletter with details on the next Mental Health Lead forum and service updates.

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

Chat Health 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

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 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 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.

Resources to support PSHE teaching

We have been developing our support for PSHE teachers by adding useful lesson links to a designated area of North Somerset's Better Health website. There is a section for Primary Schools: Relationships, Sex and Health Education Support for Primary Settings | Better Health North Somerset and a section for Secondary Schools Relationships, Sex and Health Education Support for Secondary Settings | Better Health North Somerset

Each section is broken down into the different learning themes within the new RSE curriculum: Relationships and Sex Education as well as Health and Wellbeing. These sections are further broken down into the specific areas of learning such as Respectful Relationships, Online Safety and Awareness, Mental Wellbeing and Physical Health and Fitness.

These webpages will be further added to as new resources become available and should be a very useful resource for teachers when planning learning themes to cover with pupils.

PSHE Association Programme of Study for KS1 to KS5

The PSHE Association have published a free PSHE Programme of Study covering all of the statutory content from the RSHE curriculum along with other PSHE content. The Programme of Study for PSHE education supports schools by providing suggested learning opportunities for each key stage covering all the statutory RSHE content (which schools must cover) as well as content for Economic Wellbeing and Careers Education (which all schools are expected to cover as part of a broader PSHE education offer). The Programme of Study can be downloaded here: Programme of Study for PSHE education (KS1-5)

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.

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.

Sex Education Forum

The Sex Education Forum offers a wide range of online training courses covering a wide range of themes such as: Inclusive RSE for Primary, Secondary and Specialist settings, FGM Education and Developing Critical Thinking. Further details can be found here: Open Courses | sexeducationforum.org.uk

Physical Activity



Let's Move – campaign and resources

Over half of children aged 7 to 11 in England aren't meeting the NHS recommendation of 60 minutes of daily physical activity.

The government's **Let's Move! campaign** encourages families to join the New Moves Club and enjoy trying new activities together. It's not about being the best, but having a go!

Schools can help spread the message with a Teacher Toolkit, containing ready-to-use newsletter content, social media posts and WhatsApp messages.

There is also four fun, curriculum-linked activities that your staff can use to build excitement their classrooms, and are perfect for pupils to continue the fun at home with their loved ones:

- 🤝 The swap move
- 🎾 The movement memory game

- 🎵 Soundtrack statues
- 🟩🟦 Story movers

After trying the activities in class, pupils can take home a printable take-home activity sheet – a fun, badge-based sheet with six activities families can work through together, and pupils earn and colour in badges for every activity they try!

Download the Teacher Toolkit to help families discover the fun of getting active together!

Girls in Sport

New research highlights the rise of sporting gender stereotypes



New research from the Youth Sport Trust's 2026 Girls Active survey reveals that gender stereotypes around sport are taking hold from an early age, highlighting the important role schools can play in ensuring all children feel confident and included in physical activity.

The survey found that **41% of boys and 25% of girls** believe some sports are for boys and others are for girls, an increase since 2023/24. These attitudes are particularly concerning among younger pupils, with almost half of boys aged 7 to 9 agreeing that some sports are only for boys.

The findings also highlight inequalities in school sport. Fewer than half of girls feel they have the **same opportunities** as boys to participate in the same range of sports during PE, while negative comments about gender and appearance can affect girls' confidence and participation.

Schools can help challenge these stereotypes by offering a wide range of inclusive sporting opportunities, promoting positive role models and ensuring girls and boys have equal access to facilities, equipment and activities. Creating supportive environments where every child feels they belong can help build confidence and encourage lifelong physical activity.

For more visit, visit the Youth Sport Trust website, and read the full Youth Sport Trust research and explore Women in Sport's Creating Mini Allies teacher resource, which provides guidance for challenging gender stereotypes in schools.

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

New video lessons for girls in PE

Studio You, a digital platform developed with our This Girl Can and We. Social Impact, has launched three new PE lessons in partnership with Nike for the 2026-27 academic year designed to help girls enjoy being active. Available now on the Nike Hub on the Studio Platform , the new dance, fitness and yoga lessons have been developed to help more girls aged 11 to 16 feel confident taking part in PE, while providing teachers with ready-to-use resources that can be delivered as complete PE lessons.

New support to deliver inclusive PE

New Paralympics GB research finds teachers understand inclusion but lack practical support: 89% grasp the principle, only 44% can easily apply it in a real PE lesson. A new programme 'Equal Play' from Paralympics GB aims to help: Equal Play

Local sporting opportunities

Please find attached posters advertising sporting opportunities for netball and cricket in North Somerset.

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

ParkPlay gives families the opportunity 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 9.30am 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 park runs happen in Clevedon, Portishead, Weston-super-Mare, Yatton, Ashton Court, Burnham-on-Sea and Cheddar.

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/

Food and Nutrition

School Food Project

The School Food Project believes high-quality school food should be as fundamental as reading and writing. The School Food Project will support schools to transform school meals so that children are excited about the food they are served and are fuelled by proper nutrition needed to thrive. Help is available, change is possible.

There are lots of ways that schools can get involved with resources and training available. There is specific guidance for governors, senior leadership teams, chefs, teachers and school community which can be found on their website: Schools - School Food Project

The attached poster provides further details about how to get involved.

Oral Health

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



Physical Health

Health Protection in Schools

There have been a few cases of norovirus locally over the past few weeks and this time of year is often the time of year when sickness and illness can become far more prevalent as everyone spends more time indoors. The following Government A to Z of infectious diseases in children and young people is very useful in checking the different approaches which need to be taken with a wide range of diseases, including norovirus: A to Z of infectious diseases in children and young people's settings - GOV.UK

Substance Use

Substance Advice Service Training 2027

The Substance Advice Service (SAS) work with children using drugs or affected by familial substance use. They are providing new free training for any professional, including foster carers working in North Somerset.

Choose from four sessions — two online and two in person — including a new “lunch and learn” on illicit vapes.

Book your place now on ilearn or contact: sas@n-somerset.gov.uk for further information.

• Intermediate Drugs Training (In person at The Campus) – Wednesday 20 January, 9.30am to 12.30pm. An introductory session covering drugs children use, effects, harm reduction, legal issues, and local trends. Ideal for understanding your role in supporting children and families.

• Advanced Drugs Training (In person at The Campus) – Wednesday 3 February, 9.30am to 12.30pm. Explores substance misuse in more depth, including treatment tiers, harm minimisation, trauma, naloxone, and emergency response. Suitable for those wanting to build on the intermediate course or attend as a standalone.

• Understanding Children’s Substance Use (Online Twilight Session) – Wednesday 10 February, 4pm to 6pm. For professionals in education and anyone supporting children aged 10+, this session covers substances used by children, local data, exploitation, and how to support and refer to SAS.

• Lunch and Learn: Illicit Vapes (Online Lunch Hour Session) – Wednesday 10 March, 12.30pm to 1.30pm. A focused session on illicit vapes, including risks, legal issues, harm reduction, and support available.

For more details or to book, visit ilearn or contact: sas@n-somerset.gov.uk
Lucy Frampton, Targeted Support Manager

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.

North Somerset Violence Reduction Partnership

North Somerset Violence Reduction Partnership works to ensure communities are safe, and young people feel heard. They are seeking anonymous feedback from Parents/Carers/Professionals and Young People on what could help prevent violence in the future. There are separate surveys for adults and for young people which include questions on themes such as the reasons why some young people get involved in violence and different types of violence. Please share the survey links with your young people (11+), parents/carers and wider communities.
This consultation will close 31 January 2027.

Violence Reduction Partnership - Parent/Carer and Professional Consultation (2026/27)

Have your say - Young Person Consultation

Safer Me, Safer You, Safer Us

3 December | 10am to 3pm | Weston College South West Skills Campus

A pop-up event bringing together local agencies including **Cranstoun, YUNO, With You, Avon Fire & Rescue and Neighbourhood Policing**. Meet local support services Learn about help available in your area. Get information to make safer, informed choices. This event gives students the opportunity to speak directly with professionals and explore the support available to them.

Road Safety Week

Road Safety Week is taking place between 15 and 21 November. This national campaign takes place every year to raise awareness of the devastating impact of road death and injury and call for key measures to make roads safer. Schools can access support materials here: Resources for educators | Brake

Back to School Road Safety Guide

Please find attached with my email a guide to road safety from Abbie Edbrooke, the Sustainable Travel and Road Safety Officer for Schools and Communities at North Somerset Council.

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.



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

~~**When?** Second Tuesday of each month
Where? Best Start Family Hub Oldmixon, Monkton Avenue, Weston-super-Mare, BS24 9DA
What time? 09:30am – 11:00am~~

TEMPORARILY SUSPENDED

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

BEST START IN LIFE

Best Start Family Hubs North Somerset

North Somerset Council

Advanced Parenting groups

Advanced Parenting Groups

North Somerset Council

Family Hubs North Somerset

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