PSHE Course Programme 2016 - 2017
Primary and Special Schools
Contents

Addressing Challenging Relationships Between Girls

Body Image

Developing & Teaching SRE in Primary Schools

Developing SRE in Primary Schools

Teaching SRE in Primary Schools

Drug & Alcohol Education

Effective Responses to Bullying

Mindfulness Taster Day

Practical Approaches to Teaching PSHE

Promoting Health in Early Years Settings

PSHE Network Meetings

Two Day Course for PSHE Coordinators

Whole School Approach to Conflict Resolution and Peer Mediation

Whole School Approach to Food Policy and Practice
Dear Colleague

We are pleased to present our PSHE course programme for 2016-17. We have listened carefully to the needs of schools and have built a programme that we are sure will address the priorities of your school, children and community.

Any of the content of individual courses can be reconstructed for a programme of in-school support or training, either in one school or a small group of schools. Please contact us if you wish to discuss such an arrangement.

You will note the reduced prices available to all our subscribing schools. If you are not yet a subscribing school but would like to take advantage of these prices and all the other benefits of a subscription, please contact us for more details.

Please note that reduced prices for courses are also applicable to schools outside Cambridgeshire that hold a current licence for the Cambridgeshire Primary Personal Development Programme.

To book a place on a course, please go to http://www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe. Subscribing schools will receive a letter with details of the voucher code to enter to receive the discount. Please contact us if you have any queries.

We look forward to welcoming you to our courses.

Annabel Talbot
Manager PSHE Service
01480 376256
Annabel.talbot@cambridgeshire.gov.uk
Learn Together Cambridgeshire – Event Booking Terms and Conditions

Learn Together Cambridgeshire as part of Cambridgeshire County Council is committed to providing services that are of the highest standard and meet the needs of our customers.

The following terms are standard across all bookable events.

Transferring / Changing a Booking:

A booked place on an event can be transferred to another suitable staff member up to five working days prior to the event date. Customers to affect the change either by direct update to the online booking system or via email to the service delivering the event.

Any transfers within five working days will be accepted only in the case of exceptional circumstance.

Cancellations and Refunds:

Full refunds will be given in the following instances –
- Customers cancelling booking up to 15 working days prior to the event date
- Learn Together Cambridgeshire services cancelling the courses due to unforeseen circumstance, at any time

No refunds will be given for -
- Failure to attend a booked event
- Cancellation of booking within 15 working days of event date

Additional charges may be levied for -
- Failure to attend a subsidised/no charge event. Charges will be based on full (non-subsidised) cost of a standard place for the event or, in the case of SLA funded free of charge places, the place will be counted as used.

141124 Learn Together Cambridgeshire Generic T&C’s final
Changes to Events:

Services will endeavour to provide events as advertised however, reserve the right to change the date, location and provider of the events. All service led changes will not automatically result in refunds; payments will be transferred and will become subject to the terms and conditions above based upon the new date.

Payments:

It is expected all places booked will be paid in full prior to attendance. Services reserve the right to refuse entry to any attendees who have not paid. Any payments not received prior to the event will be expected to be settled immediately otherwise debt management procedures will be implemented. For those customers in receipt of an invoice, the payment will be due within the invoice payment term.

All event bookings are subject to these terms and conditions, you will be asked for confirmation of agreement to the conditions upon booking. Payment of event acts as automatic agreement to the terms and conditions.
Addressing Challenging Relationships Between Girls

This course is based upon an intervention programme designed to support the development of positive relationships between girls. It explores why girls fall out and sometimes engage in destructive behaviours such as relational aggression and bullying.

Aims:

• To develop an awareness and understanding of the social nature of girls and how this impacts on their friendships and relationships.

• To explore the causes and nature of relational aggression and bullying between girls and the impact this behaviour has on their physical and emotional wellbeing.

• To develop strategies for equipping girls to manage challenges between friends in more appropriate and healthy ways.

• To share the contents of the Celebrating Girls’ Friendships Programme and examine models for delivering this intervention programme in school.

• To examine methods for involving parents/carers in the learning including a Mums’ and Daughters’ interactive workshop.

‘The impact of this work has been significant, for both the girls and the adults in school. It has given us a common language and consistent approach to being able to support each other and to addressing issues arising from the emotional relationships between girls’. Headteacher

26th January 2017
Deafblind Conference Centre, John and Lucille van Geest Place, Cygnet Rd, Peterborough PE7 8FD

24th March 2017
Stanton Training and Conference Centre, Huntingdon PE29 6XL

5th June 2017
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

9.15am - 4pm
£125 for non-subscribing schools
£110 for subscribing schools

Please note: Course attendees must purchase a copy of the linked Celebrating Girls’ Friendships Resource package in order to attend the course and deliver the programme. The cost of this package is £195 (£175 for subscribing schools) and will be invoiced separately and distributed at the course. VAT will be charged if applicable.

Sasha Barker

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Celebrating Girls Friendships page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe

@PSHECambs
Developing and Teaching SRE in Primary and Special School

This full day course supports staff in developing SRE across the school. The course will address policy development, awareness raising, building confidence in teaching SRE and communicating with members of the wider school community about SRE.

Aims:

- To reflect on the local and national impetus to develop SRE in primary and special schools.
- To develop awareness of SRE Policy and how to customise it in school.
- To develop awareness of supportive materials for developing SRE across the school community.
- To reflect on current practice and plan priorities for action in developing SRE.
- To develop strategies for and confidence in responding to children’s questions relating to SRE.
- To develop confidence in using scientific vocabulary.
- To consider the role of SRE in understanding about consent, personal safety and assertiveness.
- To develop awareness of Cambridgeshire materials for delivering SRE.

8th March 2017
9.30am - 4.30pm
Stanton Training and Conference Centre, Huntingdon PE29 6XL

£125 for non-subscribing schools
£110 for subscribing schools

Cathy Murphy

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Sex & Relationship Education page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe

@PSHECambs
Developing Sex & Relationship Education in Primary School

This course supports staff in reviewing policy and practice in Sex and Relationships Education, including a review of the national picture, consideration of the aims for SRE and methods for developing policy across the whole school.

Aims:

- To reflect on the local and national impetus to develop SRE in primary and special schools.
- To develop awareness of SRE Policy and how to customise it in school.
- To develop awareness of supportive materials for developing SRE across the school community.
- To reflect on current practice and plan priorities for action in developing SRE.
- Please note that this is the first part of a full day course on SRE. If you are reviewing or developing SRE in your school, you might prefer to do both parts, rather than just one.

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe
Teaching Sex & Relationship Education in Primary School

This course supports staff, especially those new to teaching SRE, in developing awareness of the progression of SRE learning objectives and building confidence in delivering high quality provision which meets the needs of children.

Aims:
- To develop strategies for responding to children’s questions relating to SRE.
- To develop confidence in using scientific vocabulary.
- To develop confidence in responding to children’s questions relating to SRE.
- To consider the role of SRE in understanding about consent, personal safety and assertiveness.
- To develop awareness of Cambridgeshire materials for delivering SRE.
- Please note that this is the second part of a full day course on SRE. If you are reviewing or developing SRE in your school, you might prefer to do both parts, rather than just one.

8th March 2017
or
3rd May 2017
1.30pm - 4.30pm
Stanton Training and Conference Centre,
Huntingdon PE29 6XL
£75 for non-subscribing schools
£65 for subscribing schools
Cathy Murphy

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Sex & Relationship Education page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe

@PSHECambs

www.cambridgeshire.gov.uk/learntogether
Effective Responses to Bullying

This course explores the power of empathy as an effective intervention when bullying occurs. It focuses on a number of non-punitive approaches which work directly with all involved guiding them to take responsibility and ultimately change their behaviour.

Aims:

To develop an awareness and understanding of how the role of empathy can change behaviour within anti bullying interventions including:

- The Support Group Method - a simple seven-step procedure involving a support group of children and young people in a problem-solving approach, which without apportioning blame, gives the group the responsibility of stopping the bullying.
- Restorative Approaches including Restorative Chat, Circles and Conferencing – processes which enable children and young people who have been bullying to face up to the harm they have caused, modify their behaviour and find ways to make amends.
- Peer Mediation – a whole school peer support system used before a conflict escalates or bullying behaviour becomes entrenched.
- Circle of Friends – an effective intervention to support the inclusion of vulnerable children and young people who may have perpetrated or experienced bullying.

To explore successful and sustainable ways of implementing and managing these techniques in school.

1st February 2017
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

10th March 2017
Stanton Training and Conference Centre, Huntingdon PE29 6XL

27th March 2017
The Boat House Business Centre, 1 Harbour Square, Wisbech PE13 3BH

27th June 2017
Stanton Training and Conference Centre, Huntingdon PE29 6XL

9.15am - 4pm

£125 for non-subscribing schools
£110 for subscribing schools

Sasha Barker

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Anti-Bullying Home Page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe @PSHECambs
Mindfulness Taster Day

This is an introduction to Mindfulness, a form of meditation recognised for its contribution to mental and physical wellbeing. It includes information about what is involved in developing it for ourselves and in schools, and some short mindfulness practices. The course is suitable for staff from primary, secondary and special schools.

Aims:

- To develop awareness and understanding of mindfulness, including the research, the benefits and what it involves
- To enable participants to experience and explore some simple mindfulness practices
- To provide information about approaches to learning about and experiencing personal mindfulness
- To explain the training process teachers would need to undertake to qualify to teach mindfulness in schools

8th March 2017
Claret Centre, The Towers, Buckden, St Neots PE19 5TA

14th March 2017
East Anglia Children’s Hospice, Education Centre, Church Lane, Milton, Cambridge, CB24 6AB

9.30am - 3.30pm
£125 for non-subscribing schools
£110 for subscribing schools
Annabel Talbot

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Mental & Emotional Wellbeing page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe
Promoting Health in Early Years Settings

This course is based upon a unique resource to support settings in developing the emotional and physical health and wellbeing of the whole setting community. Participants will explore ways of effectively implementing the resource in their setting.

Aims:

• To explore the 6 health related themes in the PHEYS Programme: Healthy Eating, Physical Activity, Mental and Emotional Wellbeing, Loss and Change, Safeguarding and Staff Health and Wellbeing.

• To examine how the self-review and planning tool can be used to undertake a needs assessment and identify areas for development.

• To understand how the programme supports the implementation of the EYFS (2014) and is a useful tool for evidencing good practice for the Common Inspection Framework (2015) and national good practice standards.

• To examine how the programme promotes partnership working with parents/carers and other organisations regarding their participation in the healthy development of children at the setting.

The programme includes a disk with all the resources and links to other national sources of support and websites.

27 February 2017
9.15am - 12.30pm
Stanton Training and Conference Centre, Huntingdon PE29 6XL

26th April 2017
6pm - 8pm
Bar Hill Primary School, Gladeside, Bar Hill, Cambs CB23 8DY

8th June 2017
9.15am - 12.30pm
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

Cost of course £70

Course attendees must purchase a copy of the Promoting Health in Early Years Settings (PHEYS) Programme in order to attend the training. The cost of this resource is £70.

Sasha Barker

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Promoting Health in Early Years Settings page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe

@PSHECambs
PSHE Network Meeting

Network meetings, part of the Wellbeing Subscription, include national and local updates on PSHE and opportunities to share practice. We will also share information about changes to healthy eating guidance and discuss implications for schools.

Aims:

- To provide information about developments in PSHE locally and nationally
- To enable coordinators to network and share practice
- To explore changes in guidance on healthy eating and their implications for schools, including food policies and the healthy lifestyles curriculum
- To share updates in the Primary Personal Development Programme and whole school approaches to promoting wellbeing

8th February 2017
Stanton Training and Conference Centre, Huntingdon PE29 6XL

21st February 2017
Cambridge Football Association, Bridge Road, Impington, Cambridge CB24 9PH

2.30pm - 4.30pm
Free to schools who subscribe to the PSHE Service Wellbeing Subscription

Annabel Talbot

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s PSHE Home Page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe

@PSHECambs
Two day course for PSHE Coordinators

The two day course includes exploring and developing the role of coordinator, whole school approaches to promoting health and wellbeing, and practical approaches and tools for planning, delivering and assessing PSHE.

Aims:
• To reflect on the role of coordinator and to consider strengths and areas for development
• To begin to review and plan the school’s curriculum for PSHE and Citizenship
• To learn about the Primary Personal Development Programme and how to implement it in school
• To develop practical approaches to teaching and learning in PSHE
• To understand how to develop a whole school approach to promoting health and wellbeing
• To learn about the current national and local context for PSHE in schools.

Although many of the resources used are from the Primary Personal Development Programme (part of the PSHE Service wellbeing subscription), coordinators from non-subscribing schools are welcome to attend, and will receive samples of the resources.

‘I loved the course and came away with confidence!’
Participant in 2016.

31st January 2017
and
6th February 2017
Stanton Training and Conference Centre,
Huntingdon PE29 6XL
9.15am - 4pm
£250 for non-subscribing schools
£220 for subscribing schools
Annabel Talbot

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Two Day Course for PSHE Coordinators Home Page

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe @PSHECambs

www.cambridgeshire.gov.uk/learntogether
Whole School Approach to Conflict Resolution and Peer Mediation

This course is based upon a popular resource designed to empower children to resolve interpersonal conflicts and enable them to become peer mediators. ‘Our peer mediation service has really blossomed with many children choosing to use the service to resolve minor playground disputes’. Headteacher.

Aims:
• To develop an awareness and understanding of how all children can be taught to use simple conflict resolution processes so that they can resolve minor conflicts peacefully and independently.
• To explore the contents and consider the implementation of a whole school conflict resolution programme.
• To examine how peer mediators can assist other children to resolve their conflicts by facilitating a structured process where both disputants express their feelings and points of view and work together to find mutually agreed solutions.
• To understand the role of a Peer Mediation Link Teacher and equip participants with the necessary skills and tools to facilitate the delivery of a whole school conflict resolution programme and train children to become peer mediators.
• To explore the contents of a Peer Mediation Training Programme and examine different models for establishing a peer mediation service in school.

To book, visit www.cambridgeshire.gov.uk/learntogether/homepage/88/pshe @PSHECambs
<table>
<thead>
<tr>
<th>Activity/Service/Product</th>
<th>Cost to Subscribing Schools</th>
<th>Cost to Non-Subscribing Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>School Consultancy</strong></td>
<td>First three hours (four for first year subscribers) without charge and thereafter £120 per hour.</td>
<td>£140 per hour</td>
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<tr>
<td><strong>School Based In-service Training</strong></td>
<td>£120 per hour with a maximum charge of £550 per whole day.</td>
<td>£140 per hour with a maximum charge of £600 per whole day.</td>
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<tr>
<td><strong>Parent/Community Events</strong></td>
<td>One event at a charge of £175 during period of subscription.</td>
<td>£200 for all events</td>
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<tr>
<td><strong>Life Education Visits</strong></td>
<td>Daily rate to be confirmed</td>
<td>Daily rate to be confirmed</td>
</tr>
<tr>
<td><strong>PSHE Courses and Conferences</strong></td>
<td><strong>Example:</strong> One day course exemplar cost: £110</td>
<td><strong>Example:</strong> One day course exemplar cost: £125</td>
</tr>
<tr>
<td><strong>PSHE Publications</strong></td>
<td><strong>Example:</strong> Yes We Can! Raccoon Circles in the Primary School: £14.85</td>
<td><strong>Example:</strong> Yes We Can! Raccoon Circles in the Primary School: £16.50</td>
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