PSHE
Course Programme
2018 - 2019
Primary & Special Schools
2018-2019 (July 2018)

PSHE Service

Produced by

PSHE Service
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Please note that unless stated otherwise, full day courses will include lunch.
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Developing & Teaching RSE in Primary & Special Schools

Developing RSE in Primary & Special Schools

Teaching RSE in Primary & Special Schools
Dear Colleague

We are pleased to present our PSHE course programme for 2018-19. All our courses this year will take account of the content of the statutory Relationships/PSHE curriculum as it emerges.

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 https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/. 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.
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 families in the learning including an interactive workshop for parents/carers and daughters.

‘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

28th November 2018
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

13th February 2019
Fourfields Primary School, Bentley Avenue, Yaxley, Peterborough PE7 3ZT

22nd May 2019
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

9.15am - 4pm
£130 for non-subscribing schools
£115 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 invoice separately and distributed at the course. VAT will be charged if applicable.

Sasha Barker

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators to plan for these changes.

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

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/
Drug and Alcohol Education in Primary & Special Schools

This course supports staff in reviewing drug policy and drug education in primary and special schools. We will consider drug education in the wider context of safeguarding and PSHE and look at robust procedures for responding to situations and incidents.

Aims:

• To develop awareness of the nature and effects of medical, recreational; legal and illegal drugs.
• To develop awareness of patterns of drug use amongst young people in
• To build confidence in developing school drug policy
• To develop understanding of the drug-related awareness levels of children in primary school
• To develop confidence in working with primary children in drug education and drug related-situations.

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

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/

19th November 2018
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

1.30pm - 4.30pm

£75 for non-subscribing schools
£65 for subscribing schools

Cathy Murphy

Relationships Education and Health Education will become statutory in all schools for implementation in 2020. This course will help coordinators to plan for these changes.
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.

15th November 2018
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

13th March 2019
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

6th June 2019
Fourfields Primary School, Bentley Avenue, Yaxley, Peterborough PE7 3ZT

9.15am - 4pm
£130 for non-subscribing schools
£115 for subscribing schools
Sasha Barker

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators to plan for these changes.

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

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/ @PSHECambs
Introduction to Mindfulness

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. It is also open to staff working in other services as the school context only forms a small part of the session.

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 pathways for training to teach mindfulness in schools

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/

31st October 2018
Oliver Cromwell Hotel, High Street, March PE15 9LH

21st March 2019
Claret Centre
Buckden Towers, High Street
Buckden, PE19 5TA

1.30pm - 4.30pm

£75 for secondary & non-subscribing schools
£65 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

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www.cambridgeshire.gov.uk/learntogether
Practical Approaches to Teaching PSHE

This course includes practical approaches, methods, resources, activities and ideas for engaging children in their learning in PSHE and Citizenship. These can also be used to enhance teaching and learning in other subject areas.

Aims:

• To develop confidence in delivering interactive approaches to learning
• To provide strategies for building positive climates and relationships
• To enable teachers to understand the context of an entitlement programme for PSHE and citizenship
• To learn more about programmes and approaches such as Circle Time, Raccoon Circles, use of drama and puppets and discussion techniques

This course is particularly suitable for teachers who are newly or recently qualified, and for those who are less experienced in teaching PSHCE.

Venue & Date
to be confirmed
February 2019
1.30pm - 4pm

£75 for non-subscribing schools
£65 for subscribing schools

Steph Hoskin

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators to plan for these changes.

For more information: 01480 376256 or pshe@cambridgeshire.gov.uk or see the PSHE Service’s Practical Approaches to Teaching PSHE page

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/
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 (2017) 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.

20th November 2018
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN
9.15am - 12.30pm

6th March 2019
Bar Hill Primary School, Gladeside, Bar Hill, Cambs CB23 8DY
6pm - 8pm

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
https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/
PSHE Network Meeting

Network meetings, part of the Wellbeing Subscription, include national and local updates on PSHE and opportunities to share practice. Relationships Education and, subject to consultation, PSHE are due to become statutory in all schools for implementation in 2019. This year’s network meetings will include discussion about these changes and up to date information.

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

20th November 2018
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

26th November 2018
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

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
https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/

@PSHECambs
Two day course for Primary 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.

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/ @PSHECambs

30th January 2019 and 5th February 2019

Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

9.15am - 4pm

£255 for non-subscribing schools
£225 for subscribing schools

Annabel Talbot

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators to plan for these changes.
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 https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/

28th March 2019
Fourfields Primary School, Bentley Avenue, Yaxley, Peterborough PE7 3ZT

27th June 2019
Cambridge Professional Development Centre, Foster Road, Trumpington, Cambridge CB22 4HN

9.15am - 4pm

£130 for non-subscribing schools
£115 for subscribing schools

Please note: Course attendees must purchase a copy of the linked Conflict Resolution & Peer Mediation 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 invoice separately and distributed at the course. VAT will be charged if applicable.

Sasha Barker

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators to plan for these changes.

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

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Developing and Teaching RSE in Primary & Special Schools

This full day course supports staff in developing Relationships & Sex Education (RSE) across the primary and special school. The course will address policy development, awareness raising, building confidence in teaching RSE and communicating with members of the wider school community about RSE.

Aims:

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

14th November 2018
Claret Centre, Buckden Towers, High Street Buckden, PE19 5TA

11th March 2019
Ambury House, Ermine Business Park, Sovereign Court, Lancaster Way, Huntingdon PE29 6XU

9.30am - 4.30pm
£130 for non-subscribing schools
£115 for subscribing schools

Cathy Murphy

Relationships and Health Education becomes statutory in all schools by September 2020. This course will help coordinators and school leaders plan for these changes.

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

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/
Developing RSE In Primary & Special Schools

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

Aims:

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

14th November 2018
Claret Centre, Buckden Towers
High Street Buckden, PE19 5TA

11th March 2019
Ambury House, Ermine Business Park,
Sovereign Court, Lancaster Way,
Huntingdon PE29 6XU

9.30am - 12.30pm
£75 for non-subscribing schools
£65 for subscribing schools
Cathy Murphy

Relationships Education and Health Education will become statutory in all schools from September 2020. This course will help coordinators and school leaders plan for these changes.

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

To book, visit https://www.cambslearntogether.co.uk/services-to-schools/pshe/our-courses-and-conferences/

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Teaching RSE in Primary & Special Schools

This course supports staff in primary and special schools, especially those new to teaching Relationships & Sex Education (RSE), in developing awareness of the progression of RSE 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 RSE.
• To develop confidence in using scientific vocabulary.
• To develop confidence in responding to children’s questions relating to RSE.
• To consider the role of RSE in understanding about consent, personal safety and assertiveness.
• To develop awareness of Cambridgeshire materials for delivering RSE.
• Please note that this is the second part of a full day course on RSE. If you are reviewing or developing RSE in your school, you might prefer to do both parts, rather than just one.

14th November 2018
Claret Centre, Buckden Towers
High Street Buckden, PE19 5TA

11th March 2019
Ambury House, Ermine Business Park,
Sovereign Court, Lancaster Way,
Huntingdon PE29 6XU

1.30pm - 4.30pm
£75 for non-subscribing schools
£65 for subscribing schools

Cathy Murphy

Relationships Education and Health Education will become statutory in all schools in September 2020. This course will help coordinators and school leaders plan for these changes.

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

To book, visit
https://www.cambslearntogether.co.uk/services-to-schools-pshe/our-courses-and-conferences/

@PSHECambs
PSHE Conference

Preparing for statutory status

Autumn 2019

Grafham Water Centre

To register your interest, please contact the PSHE Service
pshe@cambridgeshire.gov.uk