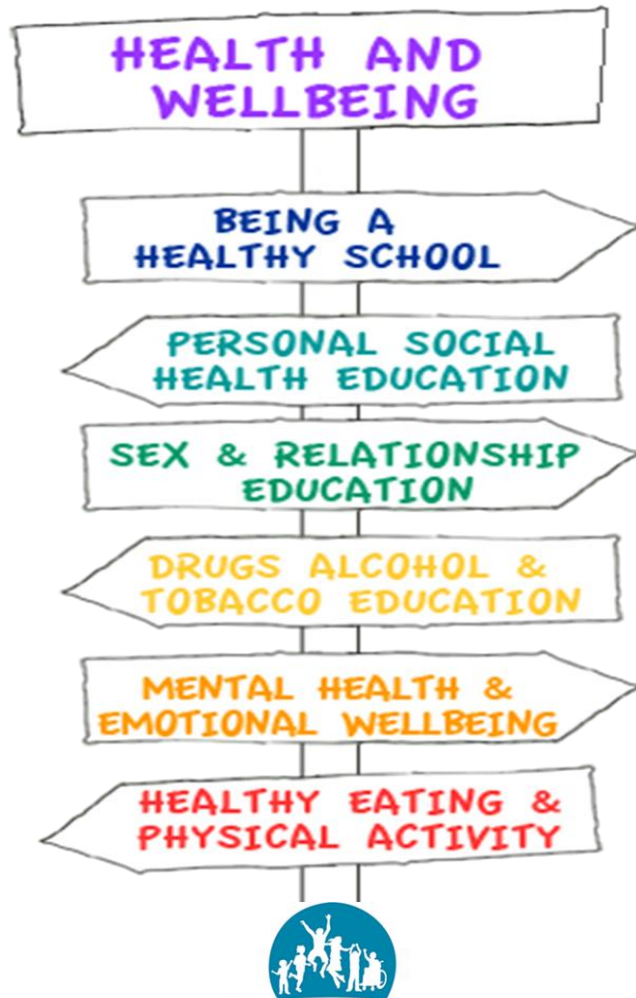


Gloucestershire Healthy Living and Learning (GHLL)

Mel Turner GHLL Primary Lead Teacher





Gloucestershire
Healthy
Living and Learning

“Schools are key places for shaping general wellbeing”.

The aim of Gloucestershire Healthy Living and Learning (GHLL) is to help children and young people achieve their full potential and lead long, healthy, happy lives.

Working with GHLL will enable schools and colleges to support children and young people to make positive choices to improve their physical, emotional and mental wellbeing.

Email: ghll@gloucestershire.gov.uk

Website: www.ghll.org.uk

How can GHLL support you?

A focus on supporting your school's mental health provision

Surveys

GHLL uses children and young people's responses from a variety of surveys including:

- 2020 University of Oxford Lockdown (OXWELL) Survey
- Transitions Moves Survey for Year 6 2020
- Online Pupil Survey (2008 -2018)
- Pupil Wellbeing Survey 2022, 2024 and 2026

All schools have now received their 2026 PWS report

Getting the most out of your PWS report- Webinars

"Getting the most out of your PWS" Webinar
Three twilight sessions- you only need to attend one of the following:

 Tuesday 9th June 3:30-4:15pm
Monday 15th June 3:45-4:30pm
Thursday 25th June 3:30-4:15pm



If your school or college has completed the 2026 Pupil Wellbeing Survey, you will receive your results report in the summer term. To help you understand your report, we will be running a series of webinars- only need to attend one.
[Click here to book.](#)

This is aimed at any school or college staff (SLT, Personal Development/PSHE leads, Pastoral & Mental Health leads) involved in delivering the PWS or setting school/college wellbeing agendas. It is an opportunity to familiarise yourself with your PWS report, understand how to interpret your results and how they can be used in your setting.

If your school or college has completed the 2026 Pupil Wellbeing Survey with your pupils you will be getting your results report in the summer term.

To help you understand your report we will be running a webinar **'Getting the most out of your PWS report.'**

This is aimed at any school or college staff (Senior Leadership, Personal Development/PSHE leads, Pastoral and Mental Health leads) involved in delivering the PWS or setting school/college wellbeing agendas. It is an opportunity to familiarise yourself with your PWS report, understand how to interpret your results and how they can be used in your setting.

There are three twilight sessions available - **you only need to attend one.**

The sessions will be held online via Teams on:

- 9th June 3:30-4:15pm,
- 15th June 3:45-4:30pm,
- 25th June 3:30-4:15pm

To book your space [click here](#)

A recording of this training is now available here - [Pupil Wellbeing Survey Guidance Documents | Inform Gloucestershire](#)

If you have any questions about this or the results more generally - please contact **pws@gloucestershire.gov.uk**

Key points from 2026

Themed deep dive reports will be available on:
gloucestershire.gov.uk/inform/children-and-young-people/



Mental health has seen an improvement across all measures for most students. The groups that haven't seen this improvement are those with special educational needs, young carers and LGBTQ+ pupils.

There has been a continued reduction in smoking cigarettes, stabilisation of vaping prevalence

The proportion of students saying they missed more than 5 days of school has reduced from 1 in 3 to 1 in 5.

Proportion reporting eating 5 a day has improved

$\frac{2}{3}$ of students feel respected by peers and adults in their education setting

Recommended exercise participation has reduced following a boost during covid

Self-harm initiation continues to get younger

Vulnerable groups continue to have a different lived experience than their less vulnerable peers



Deep dives and factsheets

Themed deep dive reports will be available on:
gloucestershire.gov.uk/inform/children-and-young-people/

PWS 2026



This year we will be creating reports around 16 deep dive topics:

- Experiences of children and young people with SEND
- Mental Health of children & young people
- Absenteeism, Isolation, Suspension and Exclusion
- Experiences of children and young people eligible for FSM
- Anti-social behaviour
- Adverse Childhood experiences
- Diet and Healthy Eating
- Digital life and social media
- Exercise
- Experiences of children and young people known to social care
- Experiences of LGBTQ+ young people
- Experiences of Young carers
- Health harming behaviours
- Preparing for adulthood
- Relationships and healthy sexual behaviour
- Representation, diversity and inequalities

In addition

- 8 themed fact sheets around key topics
- County Overview report
- Ad-hoc analysis



Whole School Approach

To achieve the greatest impact for our young people, we encourage schools to adopt a Whole School Approach with genuine engagement across their **entire community**: staff, pupils, governors, parents/carers and external services.



Welcome to the Review website

This Review, alongside our Planning and Reporting Tool process, is the way educational settings in Gloucestershire can choose to gain and maintain either Healthy Schools/College status or Mental Health Champions Award. GHLL have created a new way of working for and with schools that reduces bureaucracy whilst extending and strengthening Healthy Schools work and maintaining a rigorous and meaningful standard.

When registering, it is important that it is the school/college email address that is registered initially. Once this has been approved, the settings can add additional user accounts.

Existing users login here

Email address

Password

[Login](#)

Is your school already registered?

Below is a list of schools which have already registered. Contact a GHLL Administrator to request an account. ghll@Gloucestershire.gov.uk

Registered schools

Request a user account at a registered school.

[New user](#)

Forgot your password?

If you have forgotten your password, please click the link below to send a new password to your registered email address. If you have also forgotten your email address please call us on 01242 427327.

[Password reset](#)

<https://review.ghll.org.uk/>



Gloucestershire
Healthy
Living and Learning

LT demo school

[Dashboard](#)

Getting Started

Your School Details

- School Ethos and Management
- Teaching and Learning
- ✓ Healthy Eating
- ✓ Physical Health and Wellbeing
- ✓ Emotional Health and Wellbeing
- ✓ SMSC Development



Gloucestershire
Healthy
Living and Learning



Department
for Education

Keeping children safe in education 2025

Statutory guidance for schools
and colleges

September 2025

Closed consultation

Keeping children safe in education: proposed revisions 2026

Guidance

Promoting and supporting mental health and wellbeing in schools and colleges

Find resources to help you develop a whole school or college
approach to mental health and wellbeing.

From: [Department for Education](#)

Published 2 June 2021

Last updated 28 April 2026 — [See all updates](#)



Gloucestershire
Healthy
Living and Learning

The Department for Education published updated statutory guidance for Relationships, RSE and Health Education in July 2025 and this needs to be implemented by September 2026.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, and teachers

July 2025

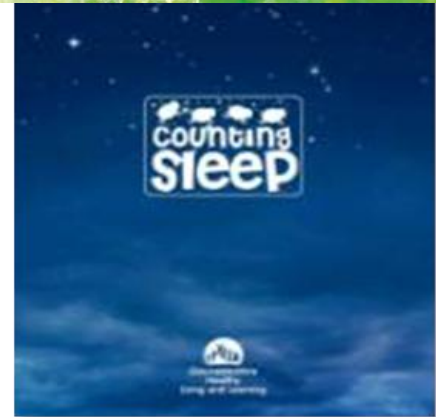
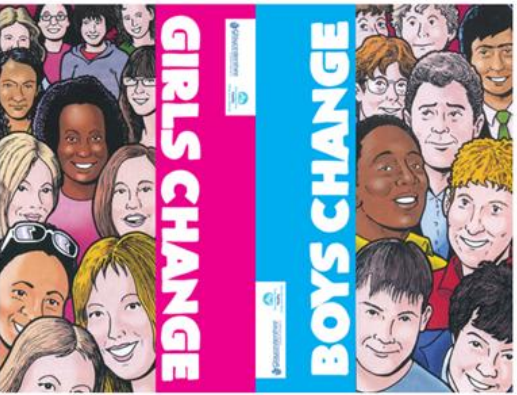
Relationships education:

- Families
- Respectful relationships
- Online safety and awareness
- Being safe
- Intimate and sexual relationships, including sexual health

Health and wellbeing education:

- Mental wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention, and understanding the healthcare system
- ***Personal safety***
- Basic first
- Developing bodies

A Breath of Fresh Air Toxic Tobacco Truths





[About Us](#)

[PSHE & RSHE](#)

[GHLL Awards](#)

[Training](#)

[Mental
Health](#)

[Whole School
& Family](#)

[Surveys](#)

[Staff](#)

About Us

[Meet the Team](#)

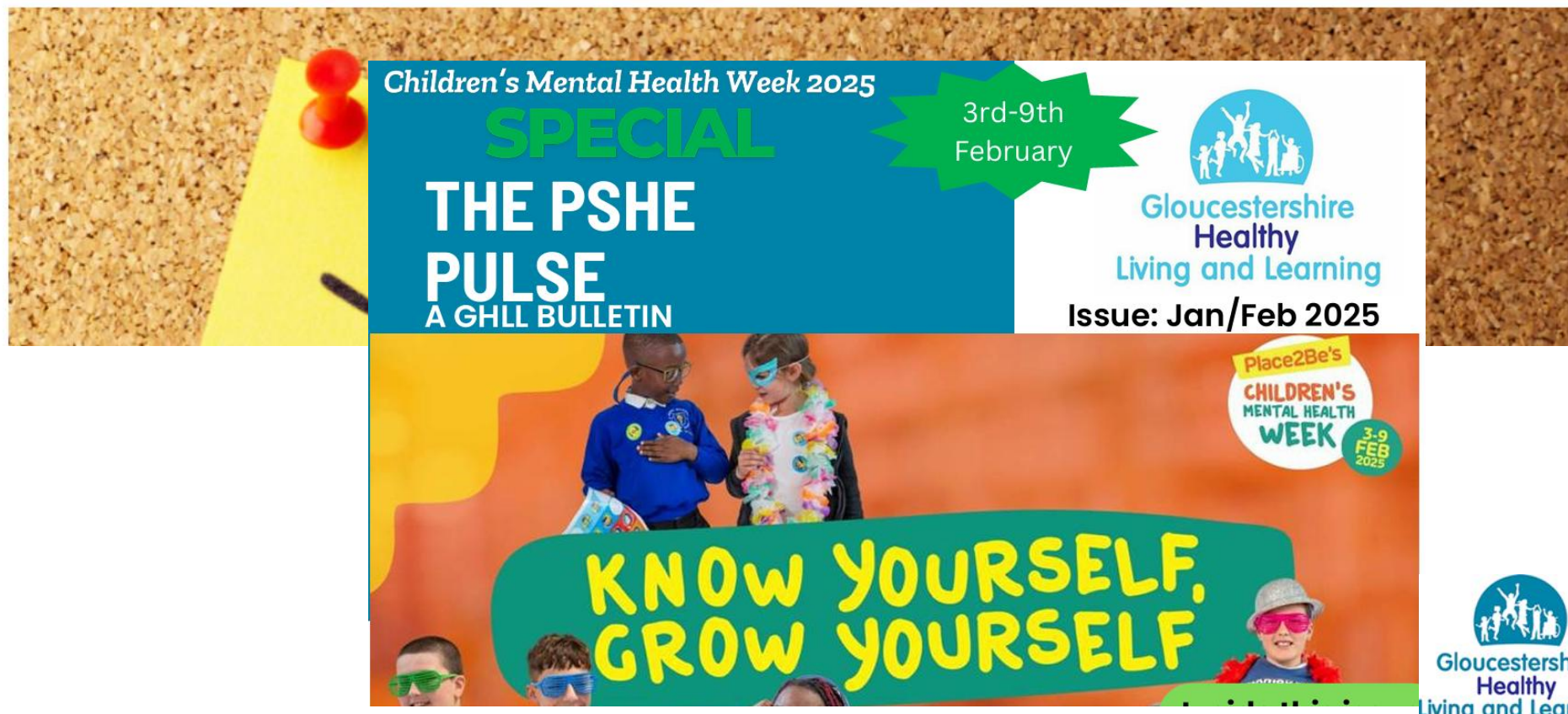
[Who are we?](#)

[Our Partners](#)

[How to Get Support](#)

[GHLL Bulletins](#)

GHLL PSHE Bulletins



Children's Mental Health Week 2025

SPECIAL

THE PSHE PULSE

A GHLL BULLETIN

3rd-9th February


Gloucestershire
Healthy
Living and Learning

Issue: Jan/Feb 2025

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
3-9 FEB 2025

**KNOW YOURSELF,
GROW YOURSELF**


Gloucestershire
Healthy
Living and Learning

Young Minds Matter

GHLL FUNDED TRAINING FOR YOUNG MINDS MATTER SCHOOLS 2025/2026

To find out more about the courses and to book, please click the dates below or contact us at ghll@gloucestershire.gov.uk

SELF-HARM AWARENESS SESSION:

November 4th (Tues) 9.30am - 4pm: Newent Pavilion

April 27th (Mon) 9.30am - 4pm: Cheltenham Pavilion

June 5th (Fri) 9.30am - 4pm: Colwell Arts Centre

NB This is the same session, delivered three times, so please choose one date.

EDUCATIONAL PSYCHOLOGIST SESSIONS:

Bereavement and Loss Training

November 26th (Wed) 09:30am - 12:30pm: Colwell Arts Centre

January 21st (Wed) 09:30am - 12:30pm: Cheltenham Pavilion

Emotion Coaching

May 18th (Mon) 09:30am - 3:30pm: Painswick RFC

Trauma and Attachment Training

June 10th (Wed) 09:30am - 3:30pm: Rowdy Sports & Social Club

STAFF TRAINING SESSION ON ESTABLISHING REFLECTION IN SCHOOLS:

'Leading a more reflective culture - theory, strategies and impact'

June 2nd (Tues) 09:30-11:30: Colwell Arts Centre

HALF-DAY MENTAL HEALTH SESSIONS:

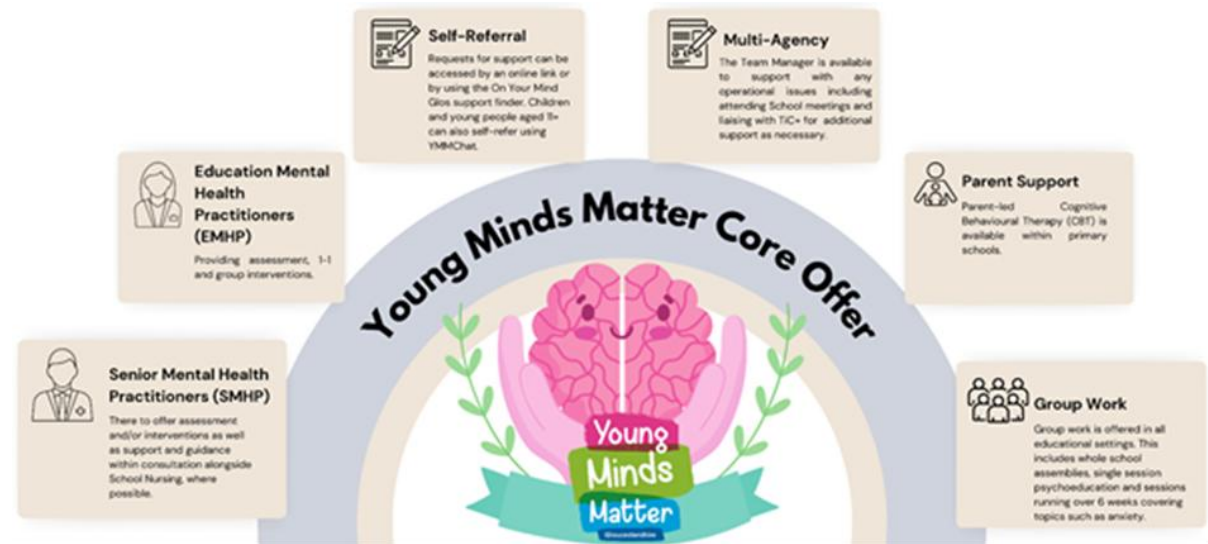
INSET half day Mental Health First Aid (MHFA) England accredited training

INSET/Twilight/Staff Meeting session on Staff Wellbeing

Please enquire for further details



Extra training offer for YMM schools - [Young Minds Matter Login : Gloucestershire Healthy Living and Learning](#)



GHLL Training

GHLL offer a range of free training to schools. We also work with other organisations and highlight their free training. Training that directly links to mental health includes:

- MHFA England – 2 day and Lite courses available
- EBSA, Bereavement and Emotional Literacy courses ran by Gloucestershire Educational Psychologists
- Self-Harm
- Staff wellbeing sessions
- Digital Resilience ran by Gloucestershire Police
- Virtual Schools training
- GHLL PSHE Network Meetings



Beyond Boundaries: Respect, Safety, and Digital Wellbeing 1 day Course (Secondary/FE)

We're offering a **FREE, one-day training course** designed to upskill your team and boost confidence in tackling some of the most pressing issues facing young people today.

The course is built around three powerful modules:

It's More Than Just Banter! Sexual Harassment - 09:15-10:45

Back by popular demand after last year's success. This session explores sexual harassment, misogyny, Incel movement and navigating the toxic digital subculture, with practical strategies for addressing these issues in educational settings.

Beyond the Scroll: Protecting Against Digital Harm - 11:15-12:45

Delivered in collaboration with Gloucestershire Police and GHLL, this module covers safeguarding risks in gaming and apps, spotting AI deepfakes and financial exploitation — with clear ways to bring these topics into your curriculum.

Shaping Respect: Responding to Violence and Harmful Influences - 13:30-15:00

Explore gender-based violence, toxic online influencers, domestic abuse, coercive control, and the impact of pornography, with guidance on how to respond effectively in your setting.

- ✓ **Free to attend**
- ✓ **Practical strategies you can use straight away**
- ✓ **Teaching resources provided**

Implementing Effective Personal Development: Secondary (PSHE & RSE)

Effective Personal Development (PSHE & RSE)

This course provides leaders and practitioners with a clear understanding of what effective Personal Development curriculum entails. We will explore what personal development means in today's context, how to establish clear intent, and how to ensure provision is meaningful, progressive, and impactful for all learners.

The training will cover:

- An overview of personal development and its significance across the whole curriculum
- Aligning provision with your school's context and ethos
- Exploration of how to integrate the recent statutory RSE guidance into a coherent curriculum
- Ensuring personal development has equal status alongside other curriculum areas
- Practical strategies for assessing of impact
- Understanding what Ofsted will be looking for in the new “report card” on personal development
- By the end of the session, you will leave with an understanding of how to strengthen your provision, evidence its impact, and embed personal development as a cornerstone of whole-school success.



Recommended by

NICE

Co-developed with young people, families,
educators, clinicians & academics

Lumi Nova

About

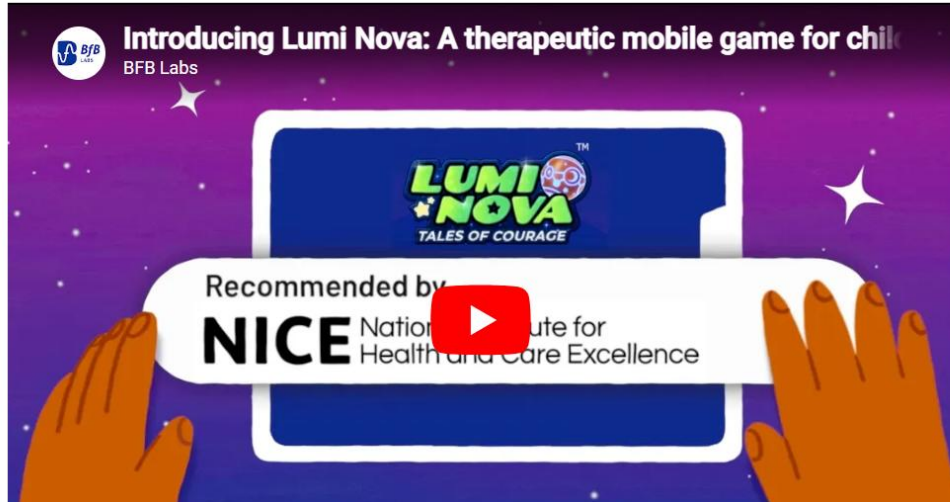
- **Lumi Nova:** Tales of Courage is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets.
- It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower 7-12 year olds with mild to moderate needs to learn to self-manage fears, worries and anxiety.
- It is practical, age appropriate, non-stigmatising, encourages self management and provides user progress and health outcomes data in real time to authorised professionals.

Gloucestershire Access Data:

3352 families have accessed Lumi Nova from launch -
April 23rd 2026.

Introducing Lumi Nova

To watch the "Lumi Nova Introduction Video" [Click here](#) or see below



New Club Package Resources and Interactive Assembly



New **Lumi Nova Club package resources** contains all you need to set up and run a Lumi Nova Club including:

- Parent / Carer Permission Form
- Lumi Nova Club Guide
- Lumi Nova Activity Sheets

SOUNDS

Menu ▾



[Lumi Nova on BBC Radio Gloucestershire featuring Dr Mala Ubhi, NHS Gloucestershire](#)

NHS prescribes phone game to reduce anxiety in children



The game helped one school pupil conquer her fear of dogs

[Phone game found to reduce anxiety in Gloucestershire children - BBC News](#)

THE PSHE PULSE

A GHLL BULLETIN



June's bulletin focuses on transition.

Transitions Special

Year 6 to Year 7 – transition books

Transition Booklets

The move to secondary school can be an exciting time of change and development but it can also be time of worry and uncertainty for some. With this in mind, Young Minds Matter NHS have produced a 'Transition support pack' for you and your child to work through.

[Parent Email](#)

[Transition Booklet 1](#)

[Transition Booklet 2](#)

There are 2 PowerPoint video sessions on Youtube (see below), one for parents/ carers and one for students. The purpose is to support you in learning how to build confidence for opportunities and challenges in year 7.



Staff Wellbeing

Looking after our own wellbeing is of vital importance when we are looking after the wellbeing of others. Schools and colleges can support the wellbeing of everyone in their community by:

- Recognising threats to wellbeing
- Developing positive relationships and wellbeing
- Allowing time for reflection
- Promoting strategies of regulation
- Rebuilding resilience



Staff

Staff Wellbeing Hub

- Education Support
- Physical health
- Mental wellbeing
- Healthy lifestyles
- Support for colleagues
- Support for Senior Leaders
- The Wellbeing Charter
- Directory (A-Z) of Services
- The Mental Health Hour
- Awards and Recognition
- Early Years Staff

Staff Health and Wellbeing Hub



Welcome to the Health and Wellbeing Hub. The content has kindly been shared by Gloucestershire County Council.

Our commitment
to educational
settings

Education
Support

Physical
health

Mental
wellbeing

Healthy
lifestyles

Support for
colleagues

Support for
Senior Leaders

The Wellbeing
Charter

Directory (A-Z) of
Services

The Mental
Health Hour

Staff

Staff Wellbeing hub

- Education Support
- Physical health
- Mental wellbeing
- Healthy lifestyles
- Support for colleagues

Support for Senior Leaders

- Supporting colleagues with cancer
- Supporting someone at work with diabetes
- Managing menopause at work
- Reflective Supervision
- Managing Work-Related Stress

The Wellbeing Charter

Directory (A-Z) of Services

The Mental health hour

Awards and Recognition

Early Years Staff

Support available for Senior Leaders



There are a range of tools to support Senior Leaders to look after their own wellbeing and that of their team. Take a look at the options below. If you have any queries, please contact ohl@gloucestershire.gov.uk

Supporting
colleagues with
cancer

Supporting
someone at work
with diabetes

Managing
menopause at
work

Reflective
Supervision

Managing Work-
Related Stress

Report error on web page

GHLL Website



Contact us and sign up for bulletins

Curriculum resources and support

View all of our free training and sign up for training alerts

Staff Wellbeing Hub

Home News Search 

About Us

PSHE & RSHE

GHLL Awards

Training

Mental Health

Whole School & Family

Surveys

Staff



Any questions?



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Healthy
Living and Learning

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Website: www.ghll.org.uk



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