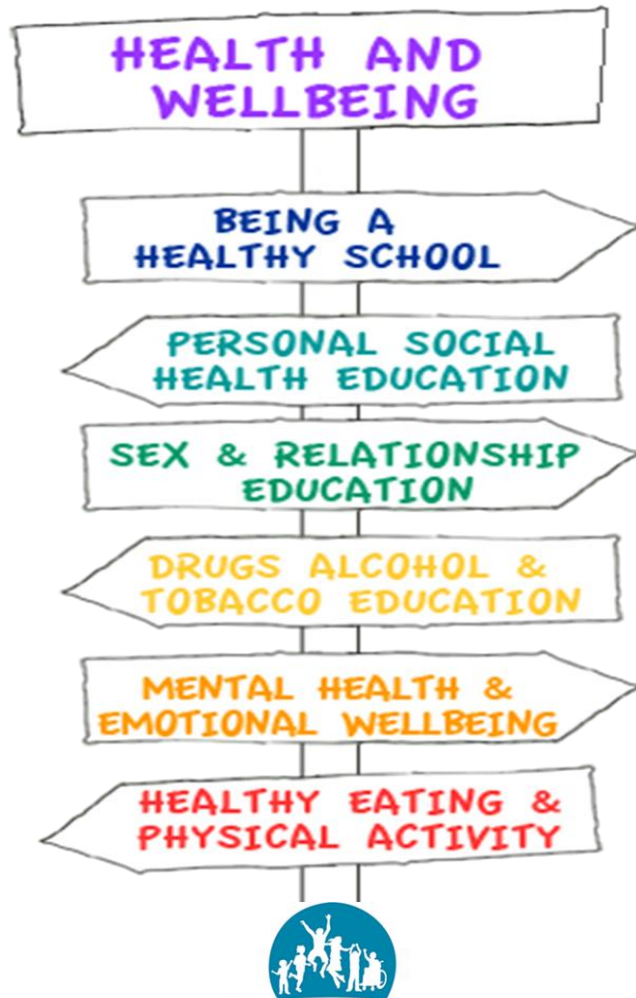


Gloucestershire Healthy Living and Learning (GHLL)

Ella Curtis and Hayley Hancock- GHLL Primary Lead Teachers





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/

PWS 2026



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 and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

Health and wellbeing education:

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

Checklist for R(S)HE

Steps to prepare primary schools for September 2026

1. Curriculum

- Audit current R(S)HE curriculum content against the **2025 DfE statutory guidance**
- Identify gaps against the new content, and adapt (or create) lessons to deliver new topics, e.g., content around personal safety; specific language for developing bodies; etc

2. Policy and Planning

- Review and update policies (incl. behaviour and safeguarding), after consultation with all stakeholders, to ensure policy reflects the statutory guidance
- Ensure planning is progressive, spiral, inclusive and age/stage appropriate across the year groups

3. Whole School Approach

- Create a clear timeline of changes to school policy and curriculum, for implementation by September 2026
- Ensure a WSA by embedding R(S)HE across other curriculum areas, and throughout the ethos of the school

4. Teacher Confidence

- Identify, and offer support to, colleagues who lack confidence in delivering sensitive topics and answering tricky questions
- Access training opportunities as required, from govt funded sessions (details TBC) and school's GHLL lead teacher

5. Assessment and Impact

- Review the processes for monitoring, assessing and measuring impact in school
- Facilitate systems and opportunities for pupil, staff, governor and parent/carer voice to be listened to

6. External Support

- Review freely available resources to enrich the R(S)HE curriculum, and support staff workload
- Check external support and resources are not oversimplifying topics or promoting a specific view



GHLL are here to assist you in the process

For further support, please contact your school's GHLL Lead Teacher, or email the team ghll@gloucestershire.gov.uk

Changes to the Primary RHE Statutory Guidance, July 2025

Relationships education content to be covered by the end of primary stage

Families and people who care for me

Curriculum content:

1. That families are important for children growing up safe and happy because they can provide love, security and stability.
2. The characteristics of **safe and happy** family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
4. That stable, caring relationships are at the heart of **safe and** happy families and are important for children's security as they grow up.
5. That marriage **and civil partnerships** represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Key: Information in bold is additional content to that which was in the 2019 Statutory Guidance

Nicky Witcomb, GHLL Lead Teacher October 2025.

For any questions and/or support please email nicky.witcomb@ghll.org.uk / ghll@gloucestershire.gov.uk

Changes to the Primary RHE Statutory Guidance, July 2025

Health and wellbeing content to be covered by the end of primary stage

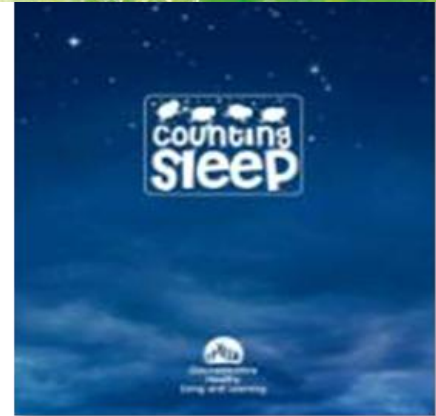
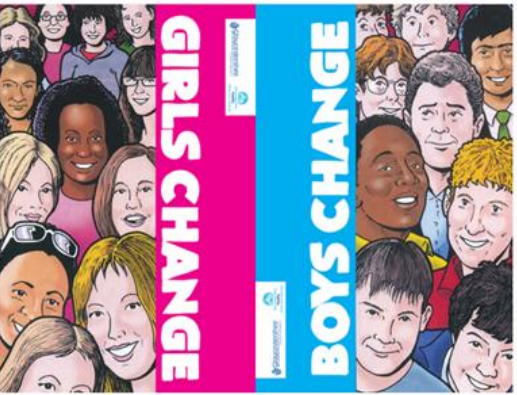
Being online (previously Internet safety and harms)

Curriculum content:

Most everyone the internet is an integral part of life. Pupils should be encouraged to think about positive and negative aspects of the internet. **Pupils should be supported to discuss how online relationships can support meaningful in-person relationships, but also how they can be in tension, and the reasons why online relationships are unlikely to substitute for high quality in-person relationships, looking at the different ways of using online connection.** Limits of limiting time spent online, the risks of excessive time spent on devices and the impact of positive and negative content online on their pupils' mental and physical wellbeing. Consider the impact of their online behaviour on others, and how to display respectful behaviour online. Social media, some apps, computer games and online gaming, including games, are age restricted. **Content relating to online gaming, video game monetisation, scams, fraud, financial harms, and that gaming can become addictive.** Take a critical approach to what they see and read online **and make decisions about which content, including content on social media, is appropriate for them.** Bullying, harassment and abuse can take place online and that this can be prevented. **How to seek support from trusted adults.** Understand the information they find online, including from search engines and know how information is selected and targeted. **Pupils have rights in relation to sharing personal data, privacy and how to report concerns and get support with issues online.**

End of Primary Statement	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
1. The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.		GHLL Y1 Lesson: Introduction to the Five Ways to Wellbeing	GHLL LKS2 Lessons: How Can I Keep My Brain Healthy?	GHLL UKS2 Signposting: Amazing Me
		GHLL Y2 Lesson: What Makes Me Feel Good?	GHLL LKS2 Lesson: Understanding Menstruation and the Menstrual Cycle	GHLL UKS2 Lesson: Five Ways to Wellbeing My Brain and Me
		GHLL Y2 Lesson: Ruby's Worry	PSHE Association LKS2 Friendship and Bullying Lessons:	PSHE Association UKS2 Friendship and Bullying Lessons:
		DHSC KS1: Self-care		
		SEAL Good to be Me Y2 Lesson 2	L1 Valuing Friendships	L1 Including Others
		SEAL Good to be Me	L2 Friendship	L2 Positive and Respectful Friendships

A Breath of Fresh Air Toxic Tobacco Truths



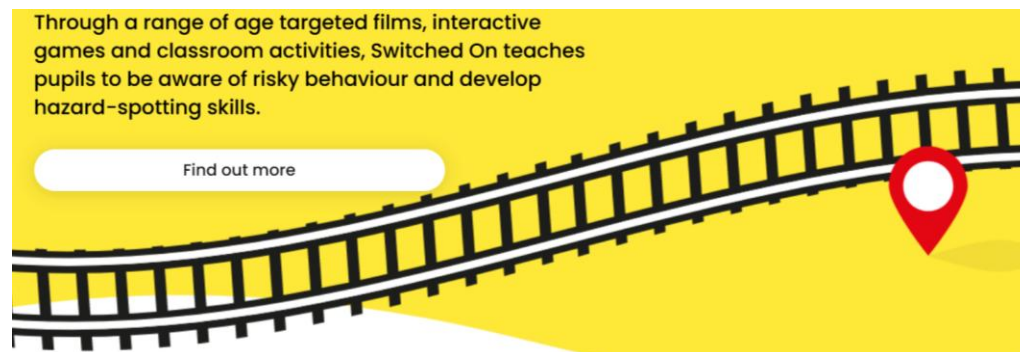
Resources for New Content



Water safety sessions

Personal Safety Curriculum content:

1. About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.
2. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.



Switched On Rail
Safety



Digital
deception:
Understanding
deepfakes and
manipulated
images



Whole School

RHE Link:

Personal safety

1. About hazards (including fire risks) that may cause harm, injury or risks and ways to reduce risks
2. How to recognise risk and keep safe around roads, railways, including level crossings and water, including the water safety code

Personal Safety

Below is a list of possible resources which can support with the delivery of the personal safety strand of the curriculum

Water Safety (including the Water Safety Code)

Puddle Ducks - free water safety talks for primary children in Gloucestershire:

<https://www.puddleducks.com>

RLSS - water safety curriculum linked to water safety code:

<https://www.rlss.org.uk/listing/Category/water-safety-education>

Railway Safety

Network Rail - Switched On is a rail safety programme for 3-16s that encourages young people to stay Switched On around the railway: <https://switchedonrailsafety.co.uk/>

Cross Country - an activity pack to introduce primary children to the importance of train travel while helping them learn how to stay safe near the tracks: <https://www.crosscountrytrains.co.uk>

Rail Safety Week - resources to support understanding of rail safety during rail safety week:

<https://www.railsafetyweek.org/>

Road Safety

Think! Road Safety resources including lesson plans: <https://www.think.gov.uk/education-resources/>

Child Accident Prevention Trust: <https://capt.org.uk/csw-road-safety/>

Brake - resources to help schools get involved in Road Safety Week:

<https://www.brake.org.uk/road-safety-week/resources-for-educators>

NHS road safety information, including e-bike and e-scooter safety learning:

<https://cambspborochildrenshealth.nhs.uk/staying-safe-and-accident-prevention/road-safety/>

NHS Healthier Together website with key learning objectives and road safety video:

<https://www.healthiertogether.nhs.uk/child-under-12-years/road-and-cycle-safety>

Medway road safety:

[YR to Y6 road safety lessons](#)

Bike Safety

[Bikeability](#) programme to enable young people to gain the confidence to enjoy the life skill, independence and fun of cycling: <https://www.bikeability.org.uk/>

NHS Healthier Together website with key learning objectives and road safety video:

<https://www.healthiertogether.nhs.uk/child-under-12-years/road-and-cycle-safety>

Think! Cycle safety resources including highway code rules for cyclists:

<https://www.think.gov.uk/cycle-safety/>

[Cycling UK](#) - top tips for cyclists to stay safe on the road: <https://www.cyclinguk.org/cycle-safety-advice>

Child Accident Prevention Trust - keeping children safe on bikes: <https://capt.org.uk/cycle-safety/>

Fire Safety/Firework Safety

London Fire Brigade - learning resources to teach primary children about fire safety:

<https://www.london-fire.gov.uk/schools/learning-at-home/fire-safety-education-at-home/>

Personal Safety : Gloucestershire
Healthy Living and Learning

[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



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:

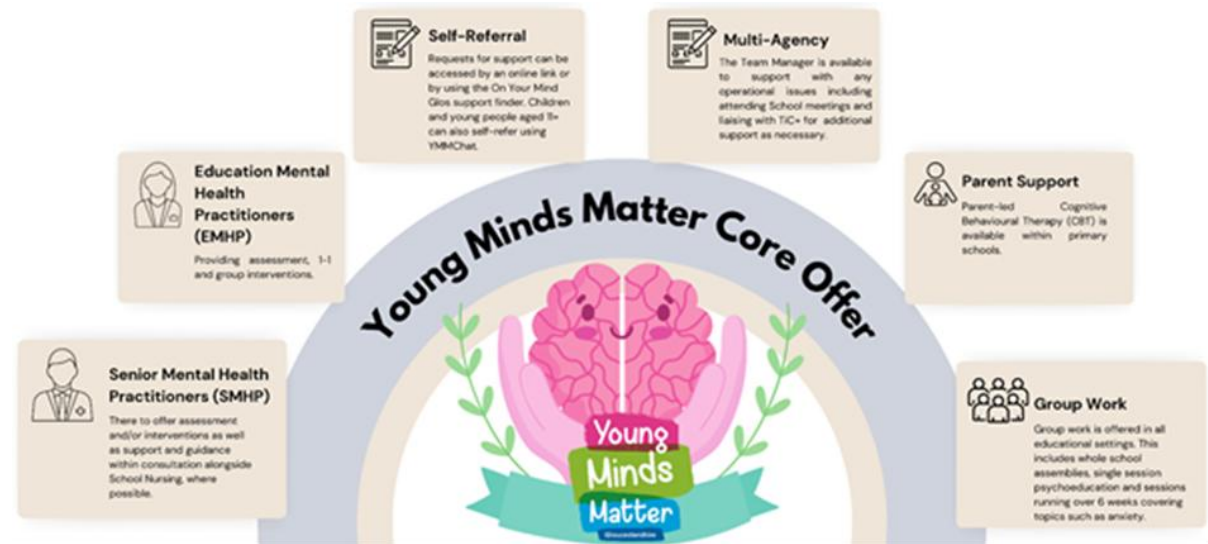
INSET half day Mental Health First Aid (MHFA) England accredited training

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:

- Trusted Emotionally Available Adult (TEAA)
- 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



This was an amazing course, and I feel thoroughly prepared to make sure that SCSM and FBV are imbedded within our school!

Excellent course - highly informative and relevant for all schools! Particularly valued the time given to implement learning by completing audits and action plans - very much valued having the whole day to allow for this, as I would not have had the time to do this back at school!

Very informative and interesting! Everything was relevant and lots of Ofsted advice which was great. Good to have time set aside for activities too.

Constant references back to curriculum, government policy, and OFSTED- so very current and future proofing



Gloucestershire
Healthy
Living and Learning

BOOK YOUR PLACE TODAY
BRING A LAPTOP



**EMBEDDING BRITISH
VALUES
AND PROTECTED
CHARACTERISTICS
IN YOUR SCHOOL**

Are you ready for the
new Ofsted
expectations?

**One day training for
senior leaders**

Really valuable and helped signpost lots of good links and resources. Also was nice to be given time to write audits.

Trainers were knowledgeable and interesting

Next session: 8th October 2026



Recommended by

NICE

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

Lumi Nova

About

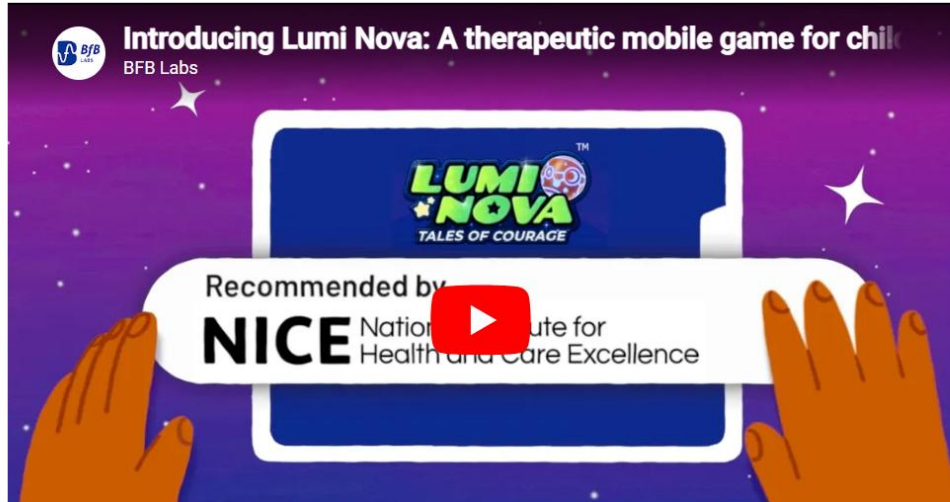
- **Lumi Nova:** Tales of Courage is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets.
- It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower 7-12 year olds with 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.



We help schools,
nurseries and
families create a
culture of positive
mental wellbeing



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 

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PSHE & RSHE

GHLL Awards

Training

Mental Health

Whole School & Family

Surveys

Staff



Any questions?



Gloucestershire
Healthy
Living and Learning

Email: ghll@gloucestershire.gov.uk

Website: www.ghll.org.uk



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