

# **PSHE Course Programme 2024-2025**

**Primary, Special & Secondary Schools**



**2024-2025**  
**Produced by**

**PSHE Service**  
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**[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)**

Dear Colleague,

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 school based programme, 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.

Cambridgeshire subscribing schools have the option of one free course place instead of consultancy time. If you are using your "free course credit", please select that option when booking.

To book a place on a course, please go to the Learn Together website [here](#).

Please contact us if you have any queries.

We look forward to welcoming you to our courses.

Steph Hoskin and Cathy Murphy  
Lead Advisers, PSHE Service  
01480 376256  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

"Thank you - I found this course excellent due to the clarity of presentation and information...it has not only increased my confidence and understanding, but it has also supported / will support professional development planning for all adults working in school."

"(The leaders) were amazing. Very warm and inviting, and absolute experts in their field. The session was factual, pacy and dynamic. I felt very comfortable to share my ideas and enjoyed listening to others' in a safe and inclusive environment. Thank you!"

"Thank you so much for a great course, really informative, relevant, helpful and friendly. So pleased I booked onto this course!"

"The two course leaders were engaging, approachable and gave lots of opportunity for sharing of practice across the team. It was a delight to attend and provided lots of helpful information to support"

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# PSHE for the world we live in

Keynote speaker: Jonathan Baggaley, PSHE Association



## Wednesday 9<sup>th</sup> October 2024

## Delta Marriott Hotel Huntingdon

### Workshops include:

- Where are we now? – Leading PSHE
- How do we equip children for the digital world?
- How do we know it's working?
- How can we create an anti-racist classroom?
- How do we know what our pupils need?
- How can we build empathy skills?

### Supported by:

- Empathy Lab
- The ARISE Project
- PSHE Association
- The ICT Service
- Life Education Centre
- School Improvement Service

[To book, click here](#)

For more information:

[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

**£195** (Secondaries and Primary non-subscribers)

**£175** (Subscribers to PSHE PDP)

## **Anti-bullying Support for Primary and Special Schools funded by Cambs Public Health**

### **Responding to Bullying in Primary Schools**

One of the priorities for Cambridgeshire Public Health is to reduce bullying and its negative impacts and, through funding, we are able to offer the following provisions to support schools to reduce bullying in their school at no cost.'

Audience: Teaching staff, senior leaders, pastoral /wellbeing supporters

Venue	Date	Time	Leader
Armstrong House, Huntingdon	22nd October 2024	2.00pm- 4.00pm	Laura Barnes
Online by zoom*	26th February 2025	3.45pm- 5.15pm	Cathy Murphy

### **Resolving Conflicts at Playtimes**

This course will support Mid-day Supervisors with effective approaches to encourage valued behaviours on the playground and support the resolution of conflicts between children. The approaches offered are consistent with those taught in the Cambs Personal Development Programme (specifically the 'Family and Friends' units of work) and the Conflict Resolution Units (available through the Mental Health and Relationships Programme).

Audience: Mid-day Supervisors

Venue	Date	Time	Leader
Online by zoom*	4th December 2024	1.45pm- 2.45pm	Ian Roberts
Online by zoom*	11th February 2025	11am-12pm	Ian Roberts

\*This event will be recorded and made available following the event. Please sign up using the form to request recordings.

### **Booking Information:**

Please sign up for these events and to access resources and recordings using this [form](#)

All the events above are funded for schools in Cambridgeshire. Schools from Peterborough and further afield are welcome to attend, but there will be a small charge (£40 subscribers, £50 non subscribers).  
pshe@cambridgeshire.gov.uk



## **Anti-bullying Support for Secondary Schools funded by Cambs Public Health**

### **Responding to Bullying in Secondary Schools**

Audience: Secondary staff, senior leaders, pastoral leaders/support

Venue	Date	Time	Leader
Online by Zoom*	26th November 2024	3.45pm- 5.00pm	Cathy Murphy

\*This event will be recorded and made available following the event. Please sign up using the form to request recordings.

#### Booking Information:

Please sign up for this event and to access resources and recordings using this [form](#)

The event above is funded for schools in Cambridgeshire. Schools from Peterborough and further afield are welcome to attend, but there will be a small charge (£40 subscribers, £50 non subscribers). [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)



# Body Image

This course is for PSHE Leaders and Key Stage 2 teachers in primary schools. It will address challenges, issues and influences children face, and how schools can enable them to feel more confident about themselves and their bodies.



## Aims:

- To address ways of enabling children to engage with the challenges they currently face, and may face in the future, with regard to body image.
- To enable participants to develop their confidence in addressing current influences and issues affecting children's body image.
- To explore ways of enabling children to develop strategies for addressing their own body image positively.
- To explore teaching methodologies which can support children to develop their skills in media literacy.

**Wednesday 20th November 2024**

**9.30am - 11.30am**

**OR**

**Tuesday 11th February 2025**

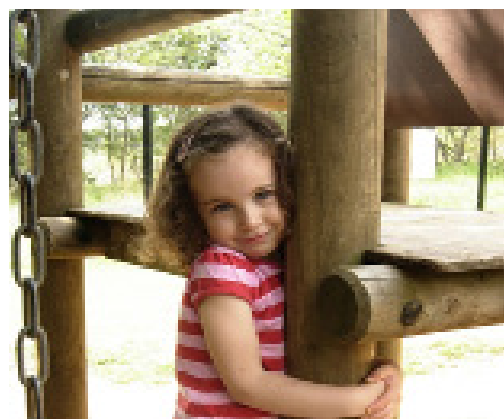
**1.30pm - 3.30pm**

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Steph Hoskin**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# Delivering Statutory Safeguarding Requirements in the PSHE Curriculum

This course will enable participants to become familiar with the Personal Safety units of work from the Cambridgeshire Personal Development Programme, develop confidence in teaching children how to recognise and report abuse and consider how effective delivery of this aspect of the PSHE Curriculum can enhance the school's wider safeguarding culture. This course is particularly useful for PSHE Leads and Designated Safeguarding Leads in Primary & Special Schools.



## Aims:

- To build awareness of curriculum requirements in Relationships Education and Health Education, particularly the 'Being Safe' strand of Relationships Education.
- To develop understanding of effective methodologies for this part of the PSHE Curriculum.
- To explore a range of teaching activities, recommended books and resources that can support children to recognise when they are feeling unsafe, develop the vocabulary and confidence to report abuse and know how they can access help and support.
- To reflect on specific considerations for teaching children these topics when abuse is known or suspected, or where teaching leads to a disclosure.

**Wednesday 2nd October 2024**

**1.30pm - 3pm**

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy & Faye Missin**

Relationships and Health Education is statutory in Primary Schools. This course will address ways of fulfilling the requirements of the 'Being Safe' aspect of Relationships Education and how this can contribute positively to a school's safeguarding culture and meeting duties in Keeping Children Safe in Education.

**For more information:** 01480 376256 or [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>





# Digital Lifestyles for Primary Schools

This course will enable participants to develop a positive approach to teaching about Digital Lifestyles across PSHE and Computing. It will take a holistic approach, balancing the positive benefits of the use of technologies, the skills they will need to maintain positive relationships online, and the risks they will need to manage along the way.



## Aims:

- To build awareness of curriculum requirements in Computing, Relationships Education and Health Education.
- To explore the current national and local trends, and own school context, that might help to inform the curriculum offer and further enhancements.
- To explore ways of enabling children to develop strategies for making the use of technology a positive aspect of their lives.
- To address ways of enabling children to engage with digital lifestyle challenges.

**Tuesday 6th May 2025**

**9.30am-11.30am**

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Steph Hoskin & Laura Barnes**



Relationships and Health Education is statutory in primary schools. This course will address ways of fulfilling the requirements for Online Relationships and Internet Safety and Harms.

**For more information:** 01480 376256 or  
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To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>





# 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 Health Education, safeguarding and PSHE and look at robust procedures for responding to situations and incidents.



**Wednesday 12th February 2025**

**3.30pm - 5.30pm**

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy**

## 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.
- To build confidence in developing a whole 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.



Relationships and Health Education is statutory in Primary Schools. This course will address ways of fulfilling the requirements for Drugs and Alcohol, Health Education.

**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# Equality, Diversity & Inclusion For Primary, Special & Secondary Schools

This course supports primary, secondary and special schools in developing understanding of diversity and equality, relating in particular to race and ethnicity, but including reference to the protected characteristics (Equalities Act 2010). It includes approaches to reviewing policy and practice, a review of the national picture, consideration of the school environment and developing awareness of inclusivity across the whole school.



## Aims:

- To develop understanding of the benefits for individuals of inclusive, respectful approaches to diversity, challenging stereotypes and building inclusive environments.
- To consider the statutory requirements to consider stereotypes, respect and diversity, through statutory Relationships Education (Primary) and RSE (Secondary).
- To develop confidence in creating and developing inclusive school environments .
- To reflect on current practice and resources.

**Thursday 28th November 2024**

**1.30pm - 3.30pm**

**OR**

**Wednesday 11th June 2025**

**3.30pm - 5.30pm**

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy**

Relationships Education and Health Education are statutory in all maintained schools. This course will help coordinators to ensure their provision is in line with statutory requirements.



**For more information:** 01480 376256 or [pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# Exploring Gender

This course supports staff to consider challenging stereotypes, understanding gender and preventing sexism in primary, special and secondary schools. It includes approaches to reviewing policy and practice, a review of the national picture, consideration of the school environment and developing awareness of inclusivity across the whole school. Participants will consider implications for mental health.



## Aims:

- To develop understanding of the benefits for individuals of inclusive, respectful approaches to gender.
- To reflect on whole school awareness of and approaches to reducing sexism and sexist language.
- To develop awareness of supportive materials for developing awareness of gender across the school community.
- To reflect on current practice and plan priorities for action.

**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>

**Tuesday 25th February 2025**

**3.30pm - 5pm**

**OR**

**Wednesday 4th June 2025**

**2pm - 3.30pm**

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy**



Relationships Education and Health Education are statutory in all maintained schools. This course will help leaders to ensure their provision is in line with statutory requirements.





## **Mental Health and Relationships Programme**

### **Support for Primary & Special Schools funded by Cambs Public Health**

This programme, now in its fifth year, is funded by Cambridgeshire Public Health. All Cambridgeshire and Peterborough primary schools already have access to all the resources (through funding from previous years). Cambs schools may attend this year's activities (below) free of charge. Schools from Peterborough and further afield are welcome to attend, but there will be a small charge (£40 subscribers, £50 non subscribers). The aims for the programme are:

- High quality resources to teach children (YR-Y6) about healthy friendships and anti-bullying – the Healthy Friendships Themeset
- Materials focusing on conflict resolution skills – the Conflict Resolution and Peer Mediation Pack
- Materials to support the training of peer mediators and implementation of a peer mediation service
- Resources for use with groups experiencing difficulties with friendships, including coercive and manipulative bullying behaviour - the Promoting Healthy Friendships Pack
- Training to build staff confidence to use the resources and build whole school approaches

#### **Training for staff to implement Mental Health and Relationships Resources.**

**Up to 2 staff members for a primary school who plan to implement the resource (see above)**

Venue	Date	Time	Leader
In Person Papworth Village Hall, Ermine St S, Papworth Everard, Cambridge CB23 3RD	5th November 2024	1.30pm- 4.30pm	Steph Hoskin & Laura Barnes



**Practitioners' Briefings - Training for staff leading or delivering 'Conflict Resolution and Peer Mediation' and/or 'Promoting Healthy Friendships' programmes with children**

Venue	Date	Time	Leader
Online by Zoom* - Promoting Healthy Friendships	14th January 2025	3.45pm-4.45pm	Cathy Murphy
Online by Zoom* - Conflict Resolution & Peer Mediation	15th January 2025	3.45pm-4.45pm	Laura Barnes

\*This event will be recorded and made available following the event. Please sign up using the form to request recordings.

***Booking Information***

Please sign up for these events and to access resources and recordings using this [form](#)

All the events above are funded for schools in Cambridgeshire. Schools from Peterborough and further afield are welcome to attend, but there will be a small charge (£40 subscribers, £50 non subscribers).

pshe@cambridgeshire.gov.uk



# New to Leading PSHE in Primary & Special Schools

This course includes exploring and developing the role of the PSHE Leader, whole school approaches to promoting health and wellbeing, and practical approaches and tools for planning, delivering and assessing PSHE. The course is particularly relevant for those new to leading PSHE.



## Aims:

- To reflect on the role of the PSHE Leader 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), PSHE Leaders from non-subscribing schools are welcome to attend, and will receive samples of the resources.

**Wednesday 6th November 2024**

**9.30am - 4.30pm**

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

**OR**

**Tuesday 17th June 2025**

**1.30pm - 3.30pm**

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

## Face to Face Courses

£135 for non-subscribing schools  
£115 for subscribing schools

## On Line Courses

£50 for non-subscribing schools  
£40 for subscribing schools

**Steph Hoskin & Laura Barnes**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>





# 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.



**Wednesday 12th March 2025**

**9.30am - 12.30pm**

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

£80 for non-subscribing schools

£70 for subscribing schools

**Steph Hoskin**

## 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 PSHE & Citizenship.



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# PSHE & Personal Development: Preparing for Ofsted

This course aims to support PSHE Subject leaders and/or senior leaders at primary, secondary and special schools to prepare for the Personal Development aspect of an Ofsted inspection. We are mindful of the fact that every inspection is different, and we can't necessarily pre-empt everything that might be asked. However, many subject leaders have felt some guidance and examples of what and how to evidence were helpful in preparing for a visit and showcasing strengths.



## Aims:

- To develop an understanding of what participants might expect from an inspection, including meeting with the inspector/s, lesson observations, pupil voice, and discussions with staff members.
- To provide the opportunity to reflect on curriculum intent, implementation and impact.
- To support participants in highlighting elements of personal development as part of a whole school narrative.

**Thursday 24th October 2024**

**1.30pm - 3.30pm**

This course will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**OR**

**Tuesday 18th March 2025**

**1.30pm - 4.30pm**

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

£80 for non-subscribing schools

£70 for subscribing schools

**Laura Barnes**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# PSHE Network Meeting Primary & Special Schools

Network meetings provide an opportunity to meet and engage with fellow PSHE leaders and to share good practice with colleagues from other schools. We will provide updates on the Primary Personal Development Programme, and also national and local developments in PSHE, and any relevant supporting areas.



## Aims:

- To enable PSHE Leaders to network and share practice.
- To provide information about developments in PSHE locally and nationally.
- To share updates to the Primary Personal Development Programme and other PSHE Service news.

Network meetings, part of the Wellbeing Subscription, include national and local updates on PSHE and opportunities to share practice. Non-subscribing schools or those from schools beyond Cambridgeshire are welcome to attend for a charge of £45, but please note the content will be focussed around the Cambridgeshire materials and local support.

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>

**Wednesday 13th November 2024**

**OR**

**Thursday 21st November 2024**

These courses will be hosted on Zoom.

**AND**

**Wednesday 7th May 2025**

Cambridgeshire FA Ltd, Bridge Road,  
Impington, Cambridge CB24 9PH

**OR**

**Tuesday 20th May 2025**

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

You only need to attend one event in the Autumn term and one in the Summer term

**All dates:**

**2.30pm - 4.30pm**

**Steph Hoskin & Laura Barnes**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)





# RSE - 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. It is particularly suited to PSHE Leaders, senior leaders and governors.



## Aims:

- To reflect on local and national developments in RSE for primary and special schools.
- To develop awareness of Relationships Education 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.

**Tuesday 12th November 2024**

**1.30pm - 3.30pm**

**OR**

**Wednesday 14th May 2025**

**3.30pm - 5pm**

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



# RSE - Teaching RSE in Primary & Special Schools

This course supports staff in primary and special schools, especially those new to teaching Relationships & Sex Education (RSE) and those leading PSHE, 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 consider the role of RSE in understanding about consent, personal safety and assertiveness.
- To develop awareness of Cambridgeshire materials for delivering RSE.

If you are reviewing or developing RSE in your school, you might also like to attend our course Developing RSE.

**Tuesday 19th November 2024**

**1.30pm - 3.30pm**

**OR**

**Wednesday 30th April 2025**

**3.30pm - 5.30pm**

These courses will be hosted on Zoom. You will receive a booking confirmation and, nearer the time, the zoom login.

£50 for non-subscribing schools

£40 for subscribing schools

**Cathy Murphy**



**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

To book, visit <https://cambridge.council.bookingbug.com/home/w2499204>



## RSE - Funded RSE Short Webinar Series

These 3 short briefings are funded by Cambridgeshire Public Health. They are designed to address areas of potential concern, to raise awareness and build confidence for teaching staff and school leaders, including governors. Colleagues booking places will be asked to contribute to the evaluation of the programme through online forms. Colleagues may sign up for one or more of the courses. Multiple attendees from each school are welcome. Recordings of the briefings will be available.

Relationships Education (primary), RSE (secondary) and Health Education are statutory in all maintained schools. These briefings will help all members of the school community build confidence in addressing different aspects of Relationships Education and RSE provision.

### Briefing 1 - The DfE Review of the Statutory Guidance for RSHE

Venue	Sessions	Date	Time
Online by Zoom	Primary	15.10.24	3.45pm-4.45pm
Online by Zoom	Secondary/Special	17.10.24	3.45pm-4.45pm

### Briefing 2 – Teaching About Puberty

Venue	Sessions	Date	Time
Online by Zoom	Primary	27.11.24	3.45pm-4.45pm
Online by Zoom	Secondary/Special	03.12.24	3.45pm-4.45pm

### Briefing 3 – Developing Skills to Prevent Sexism, Sexual Harassment and Sexual Assault

Venue	Sessions	Date	Time
Online by Zoom	Primary	30.01.25	3.45pm-4.45pm
Online by Zoom	Secondary/Special	05.02.25	3.45pm-4.45pm

Cambridgeshire Schools (maintained, academy and independent) can attend for free.

Schools from Peterborough and other counties may also attend. Cost: £30 for licence holders of the Primary Personal Development Programme, £40 for non-licence holders

Book online to either attend by zoom  
or receive the recording using [this](#)  
[google form](#)

**For more information:** 01480 376256 or  
[pshe@cambridgeshire.gov.uk](mailto:pshe@cambridgeshire.gov.uk)

