



# PSE News

*Personal & Social Education newsletter for schools and agencies in Swansea*

## Teenage Pregnancy Rates Tumble

The latest figures available show that Swansea's teenage pregnancy rates have been fallen for the **FIFTH** consecutive year! (See graph below)

This is extremely good news, particularly as the rate has remained fairly static in Wales as a whole and has actually been rising considerably in neighbouring Neath Port Talbot and Carmarthenshire.

**The role of schools is not to be underestimated.** Over the last five years, the number of primary schools providing Sex and Relationships Education has been steadily rising, with hundreds of teachers and governors receiving training during this period.

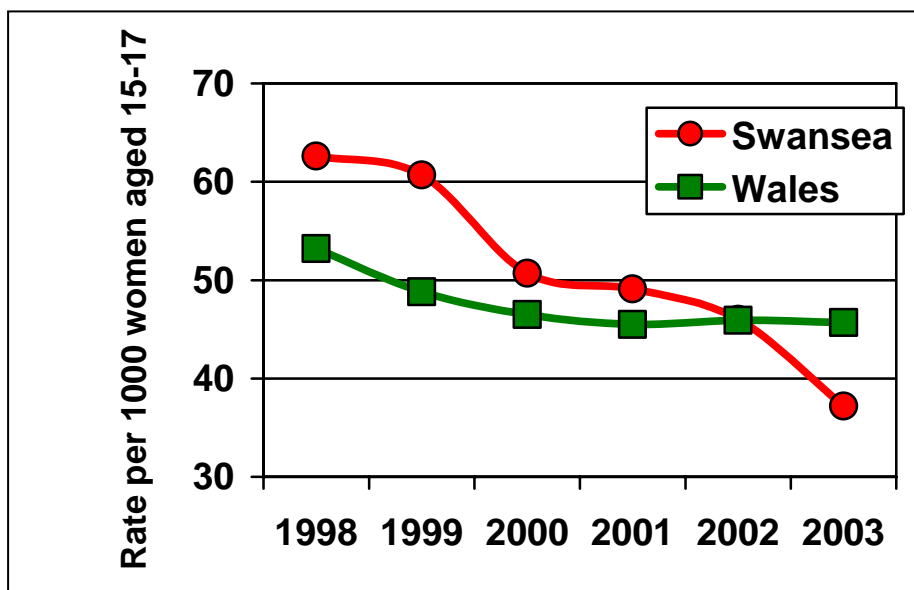
Secondary schools are continually seeking to improve their provision too, particularly through the further development of partnership work

with Swansea NHS Trust, Swansea's Public Health Service and the Youth Service.

The introduction of more services such as the condom distribution scheme at Info-Nation has also helped to improve Swansea's record. Info-Nation is a dedicated young person's information shop based on the Kingsway that also provides sexual health drop-in clinics.

Swansea's work in Sex and Relationships Education, and the high profile *Sex in the City* conference held on 23 March, were both featured in the front page headline article of the TES Cymru (Times Educational Supplement) on 1 April.

Congratulations to everyone who's 'doing their bit' in this area!



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*1 in 3 young  
people aged  
13 - 15 watch  
Eastenders*

*(Office for National  
Statistics)*



## Children Matter

Swansea Children Matter is a Barnardo's service that operates in the North-east of Swansea. The service comprises of work with individual children and families, and whole school work. One of the service aims' is to promote inclusion for young people within their school and within the local community.

The service carries out many whole school projects, all of which are facilitated by the services' teacher advisor, Claire Griffiths, and her colleagues.

During the past two years, there have been many exciting projects carried out in schools.

This term, one school asked the teacher advisor to assist in their whole school action towards education for race equality. As a result, a five week programme has been carried out with pupils across the junior school. The sessions have included drama, role play and group

work to explore issues in detail and develop empathy. Teachers feel that the sessions helped to ease the induction of asylum seeking pupils, and pupils report that they have "changed, because I am more patient" and "include people in my games more".

Whole school work this term includes; developing a PSE scheme of work using drama and circle time, devising pupils' policies and developing social skills with the very young.



For further information in the work of Children Matter, contact Claire Griffiths on 797289.



*Over a million  
children aged 5 - 9  
in the UK have a  
mobile phone.*

*The average age  
that a child gets his  
or her first mobile  
is now 8 years.*

*(MobileYouth survey)*



## GOT A MOB?

E-bullying is the term given to bullying through the use of new technologies such as SMS messaging (text), email or chat rooms.

A bullying survey completed by around half of the year 4 and year 8 pupils in Swansea's schools in July 2004 showed that many pupils are now experiencing this form of bullying.

Text bullying is particularly invasive - a child can receive an abusive or threatening text when in the supposed safety of their own bedroom.

What can schools do to help pupils be aware of e-bullying and know

how to deal with it?

Schools are encouraged to make use of the *Internet Proficiency Scheme* for Year 5 & 6 pupils from the DfES. This programme covers a range of personal safety issues connected with new technologies, including text bullying.

For further information, visit [www.gridclub.com/cybercafe/teachers](http://www.gridclub.com/cybercafe/teachers) or telephone 0845 60 222 60.

**All Year 5, 6 and 7 pupils in Swansea will be sent a free leaflet about personal safety and mobile phones this term. These will be distributed via schools.**

## News Snippets

### Homophobic Bullying

Stonewall launched their *Education for All* campaign in Wales in April, particularly focusing on homophobic bullying. A brief guide on tackling homophobia in schools has been published, which lists "ten things schools can do to create an inclusive culture". Use the web link below to access the materials:

[www.stonewall.org.uk/docs/Cornerstone.pdf](http://www.stonewall.org.uk/docs/Cornerstone.pdf)

### Free Maths Resource!

All primary schools will shortly be receiving a complimentary copy of the ACCAC commissioned edition of Mathdonic. The cross-curricular resource provides activities for Key Stage 1 and 2 Mathematics on the theme of Sustainable Development and Global Citizenship, covering issues such as Fair Trade, Energy and Recycling. Please make use of this resource. Schools will either receive an English or Welsh version.

### Tackling Domestic Abuse: New All Wales Strategy

In March the Welsh Assembly published a national strategy for tackling domestic abuse. Schools have an important role in preventative work through education as well as in supporting children and young people affected by domestic abuse.

Web link for the strategy document:

[www.wales.gov.uk/subicsu/content/domestic/dv-strategy-final-e.pdf](http://www.wales.gov.uk/subicsu/content/domestic/dv-strategy-final-e.pdf). Swansea's own strategy will be launched in 2006.

### Biannual PSE Survey

Secondary schools will complete the biannual PSE survey this term, giving a picture of the progress made across Swansea since 2003. Results will be summarised in *PSE News* in the autumn.

### School Councils in Swansea

A recent survey showed that 91% of schools in Swansea have a school council.



### GTCW Grants

*Please make the most of the GTCW grants!*

*An individual grant could help you develop or research an aspect of PSE.*

*A Professional Network grant enables you to work with colleagues from other schools over a series of sessions. Mark Campion can provide support for network grant applications.*



## General Election 5 May 2005

The general election on 5 May 2005 presents schools with an ideal opportunity to educate children and young people about our democratic system.

The Hansard Society's Y Vote Mock Elections 2005 website contains all the resources required to enable secondary schools to recreate the high drama, intense decision-making and mass participation of a real election.

Find the Mock Elections website at: [www.mockelections.co.uk](http://www.mockelections.co.uk)

Schools that register through the website will receive a free mock elections wall chart and additional resources.

Some further links that you may find useful on the election theme:

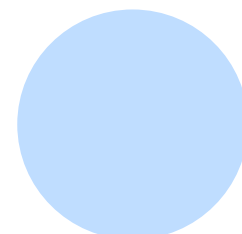
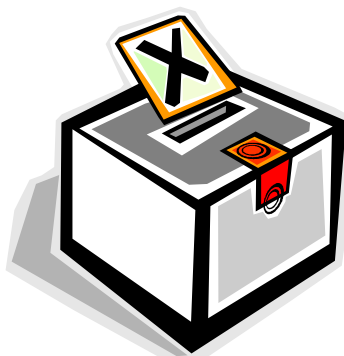
The UK Parliament's site: [www.parliament.uk](http://www.parliament.uk)

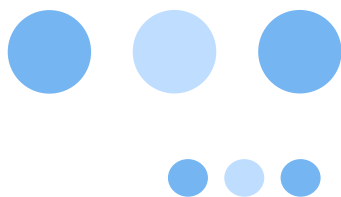
The eXplore Parliament site: [www.explore.parliament.uk](http://www.explore.parliament.uk)

Find your local MP: [www.locata.co.uk/commons](http://www.locata.co.uk/commons)

The Electoral Commission provide election information on their site: [www.dopolitics.org.uk](http://www.dopolitics.org.uk)

Information on all elections: [www.aboutmyvote.co.uk](http://www.aboutmyvote.co.uk)





*81% of schools are now part of Swansea's recycling scheme.*

*Want to join?*

*Ring Jane Richmond on 469817*



*On 24 May, Swansea will attempt to break the world record for the longest 'walking bus' to schools!*



*Between 1995 and 2003, the prevalence of obesity among children aged 8 - 10 rose from 11.2% to 16.5% - the biggest rise in any age group.*  
(Dept of Health, England)

## Primary Democracy Project

Pentrehafod and its partner primary schools are involved in a UK pilot of a Primary Democracy Project. The project aims to get pupils to have a say about issues that affect them and encourages them to work together on actions agreed.

Since January the schools have been working on environmental projects. An example of work in progress is the sensory garden for Hafod primary school, designed and planted by pupils from Hafod

primary and Pentrehafod secondary schools.

During the Easter break staff and pupils from Plasmarl, Brynhyfryd and Hafod primaries spent a day at the Bishopswood Nature Reserve, rock pooling on the beach at Caswell followed by woodland storytelling, primitive fire making, finishing off with Nature's Bingo.

Pentrehafod's Community Education Officer, Jill Ahern, leads the work.

## Sustainable Swansea Awards

Sustainability is a vision for the future of Swansea, our homes, our city, our world. Thousands of people in Swansea are already acting in a more sustainable way - doing things to reduce the impact of their day to day activities.

The new Sustainable Swansea Awards Scheme aims to reward what

organisations are doing to create a Sustainable Swansea.

There are five categories for the awards, including an award just for schools.

***Please nominate your school!***  
The closing date for applications is 20<sup>th</sup> May 2005.

Visit the following site for further details about the awards:  
<http://www.betterswansea.net/index.cfm?articleid=6849>

## Crucial Crew

Crucial Crew is a Multi-agency project, co-ordinated and funded by the Health Promotion section of the Environment Department.

This year's Crucial Crew will run from 16<sup>th</sup> June to 1<sup>st</sup> July 2005, with fourteen agencies running workshops for the Year 6 pupils attending.

The event aims to raise awareness in a full and interactive effective way on issues of personal safety, social responsibility, an understanding of the role of the emergency services, avoiding becoming victims of crime

and leading a healthy lifestyle.

Pupils cannot learn about these issues by attending a series of short workshops on a single day. It is therefore vitally important that schools consider preparatory and follow-up work to consolidate and develop pupils' learning - and not see the event as a one-off.

For further information about the event please contact Doreen Vanstone, Crucial Crew Coordinator, on 635000.

## PSE Coordinators Meetings

### Primary PSE Coordinators

16 June 2005

Clydach Education Centre

The essential termly meeting for Primary PSE Coordinators. An opportunity to:

- receive updates on national and local developments in PSE
- consider specific issues in depth - summer meeting will focus on Sex and Relationships Education
- network and share good practice

### Secondary PSE Coordinators

23 June 2005

Clydach Education Centre

The future of meetings for secondary PSE Coordinators is currently under review due to the recent difficulty coordinators have had in being released once a term. The summer term meeting is therefore 'to be confirmed' following discussions with senior managers in secondary schools.

**Gaynor Brooks administers all courses - telephone 637400.**



*The Education Effectiveness Service will be introducing a new-look CPD programme from September 2005.*

*It will offer far more than traditional 'short courses'. PSE News in the Autumn term will carry full details.*

## Selected Dates of Interest

### World Asthma Day

3 May

[www.asthma.org.uk](http://www.asthma.org.uk)

### Cancer Prevention Week (including Fruity Friday)

9 - 15 May

[www.fruityfriday.org](http://www.fruityfriday.org)

### UN International Day of Families

15 May

[www.un.org](http://www.un.org)

### National Smile Week

15 - 21 May

[www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)

### Samaritans Week

21 - 28 May

[www.samaritans.org](http://www.samaritans.org)

### Walk to School Week

23 - 27 May

[www.walktoschool.org.uk](http://www.walktoschool.org.uk)

### Heart Week

4 - 12 June

[www.bhf.org.uk](http://www.bhf.org.uk)

### UN World Environment Day

5 June

[www.un.org](http://www.un.org)

### Tampon Alert Week

6 - 12 June

[www.tamponalert.org.uk](http://www.tamponalert.org.uk)

### Bike Week

11 - 19 June

[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

### National Men's Health Week

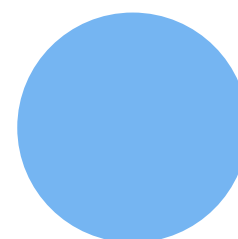
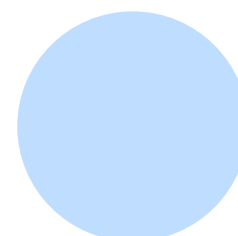
13 - 19 June

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

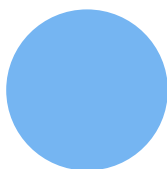
### UN World Population Day

11 July

[www.un.org](http://www.un.org)



*Mark Champion has all the resources listed - schools may borrow them to appraise their suitability prior to purchase*



### *Helping Children with Feelings*

Each book in this series covers the psychotherapeutic and neurobiological theories for the relevant feeling. The individual books focus on children with low self-esteem, children who are anxious or obsessional, children who bottle up their feelings, children locked in rage or hate, children who yearn for someone they love and children who become bullies.

© Speechmark Publishing Ltd, 2004 ♦ ISBN: 0863884660 ♦ [www.speechmark.net](http://www.speechmark.net)

### *Stepping Stones to Success*

This resource provides a two-year circle time programme for 3 - 5s, including 72 individual session plans. A sequel to the *Here We Go Round* resource.

© Positive Press, 2004 ♦ ISBN: 095405850X ♦ [www.circle-time.co.uk](http://www.circle-time.co.uk)

### *PSHE in the School Grounds*

This book provides a range of exciting ideas and activities for practical work outside, using the school grounds as an inspiration and a resource.

© Learning Through Landscapes, 2001 ♦ ISBN: 1857410548 ♦ [www.ltl.org.uk](http://www.ltl.org.uk)

### *If the World Were a Village*

This beautifully illustrated book portrays the whole world as a village of just 100 people. In this village, 10 are children aged under 5 years, 17 people cannot read or write, 22 speak a Chinese dialect, and only 30 always have enough to eat. This book helps children to consider some of the key global issues.

© A&C Black, 2004 ♦ ISBN: 0713668806 ♦ [www.acblack.co.uk](http://www.acblack.co.uk)

### *Pictures of Health*

This resource approaches PSE issues through art, design and display. Issues covered include friendship, personal safety, healthy lifestyles, citizenship and emotions.

© Belair, 2003 ♦ ISBN: 0947882952 ♦ [www.folens.com](http://www.folens.com)

### *GRUB!*

GRUB! is a multi-level food board game based on the balance of good health. In order to win the game, children need to demonstrate a good understanding of a well balanced and varied diet.

© Playbreak, 2004 ♦ [www.playbreak.co.uk](http://www.playbreak.co.uk)

### *Active Playtimes*

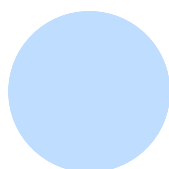
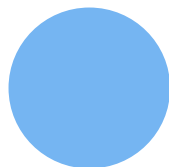
This resource has proved very popular when used within the peer support training Karen Jones provides to primary schools in Swansea. It reminds children of old games and introduces new ones, with all games discussed within a book as well as individually produced game cards for children to use.

© Devon Curriculum Services, 1997 ♦ ISBN: 1855225948 ♦ [www.devon.gov.uk/dcs](http://www.devon.gov.uk/dcs)

### *The Water Game / H<sub>2</sub>KNOW*

Both these resources are bilingual and FREE. The Water Game is suitable for children aged 7 and over. The *H<sub>2</sub>KNOW* water activity pack targets Key Stage 3 pupils and is suitable for use in PSE, Geography or RE lessons. Visit the website for extras, including interactive whiteboard resources.

© Playbreak, 2004 ♦ ISBN: ♦ [www.christianaid.org.uk/learn/water](http://www.christianaid.org.uk/learn/water)



#### CONTACT DETAILS

**PSE News** is edited by Mark Campion, Teacher Adviser for PSE.  
Published by Education Effectiveness Service, City & County of Swansea  
Address: Ysgol Bryn Tawe, Heol Gwyrsoydd, Penlan, Swansea, SA5 7BU.  
Telephone: 01792 562660 ♦ Mobile telephone: 07796 275020  
Fax: 01792 562661  
E-Mail: [mark.campion@swansea.gov.uk](mailto:mark.campion@swansea.gov.uk)

### *The A - Z of Love and Sex*

This DVD contains six programmes (25 minutes each) aimed at 14 - 19s. The programmes are fast-moving and unashamedly direct, dealing with burning and embarrassing questions. Using young people and experts to present information, the emphasis is on empowering young people to make informed responsible decisions in their personal lives. A supporting website can be found at:

[www.channel4.com/lifestuff](http://www.channel4.com/lifestuff).

© 4Learning, 2004 ♦ ISBN: 1851445447 ♦ [www.channel4.com/learning](http://www.channel4.com/learning)

### *New in our Nation*

*New in our Nation* is an interesting resource offering activities to promote self-esteem and resilience in young asylum seekers. The activities are arranged within eight sessions designed for small group work with targeted young people and provide a balance between affective and skills based activities. The book comes with a CD-ROM containing materials to adapt and print out.

© Lucky Duck, 2004 ♦ ISBN: 1904315216 ♦ [www.luckyduck.co.uk](http://www.luckyduck.co.uk)

### *Money Makes Sense!*

This book, a new addition to the *PSE in Focus* series, aids the teaching of personal finance at Key Stage 3. The Financial Services Authority assisted in the development of the book, which includes fun and thought-provoking activities and a useful glossary of financial terms.

© Nelson Thornes, 2002 ♦ ISBN: 0748762213 ♦ [www.nelsonthornes.com](http://www.nelsonthornes.com)

### *Introducing Circle Time to Secondary Students (11-12s)*

### *Concluding Circle Time with Secondary Students (13-14s)*

### *Circle Time for Adolescents (14-16s)*

These three books provide a comprehensive programme of circle time sessions for use in secondary schools. Most primary schools in Swansea now use Circle Time extensively as a methodology for developing awareness of self and others and personal and social skills, with many children saying that it is one aspect of primary schooling that they really miss once they reach secondary school. The sessions cover a variety of issues, including: listening, friendships, bullying, anger, conflict resolution, stress, peer pressure, relationships and individuality.

© Lucky Duck, 2003/2004 ♦ ISBN: various ♦ [www.luckyduck.co.uk](http://www.luckyduck.co.uk)

### *Confidentiality in Schools*

This is a helpful training manual for staff on confidentiality in schools. It considers a variety of issues around confidentiality, including legal and professional responsibilities, school policy, work with parents, work with health professionals and how the issue of confidentiality is discussed within the curriculum.

© Brook, 2001 ♦ ISBN: 0946168067 ♦ [www.brook.org.uk](http://www.brook.org.uk)

### *Protect Yourself!*

Highly topical, this resource provides eight excellent ready-made teaching sessions on sexually transmitted infections for use with 11 - 16s. One session considers emergency contraception in depth, whilst another involves the very popular 'mixing fluids' activity to help young people understand the consequences of 'sleeping around' and not protecting themselves.

© Brook, 2004 ♦ ISBN: N/A ♦ [www.brook.org.uk](http://www.brook.org.uk)