

Well, Spring seems to have arrived properly at last, with many of our pupils 'heads down' and facing exams, so there's not much time to enjoy the better weather!

With the excitement of the elections behind us, we now know what is ahead of us, and we look forward to PSHE continuing to move ahead as more of a priority for The Department of Education, Ofsted, Public Health England and NICE.

Here at the AET, we are pleased to welcome a new part time member of staff, Julie Bennett. Julie joins us with a background in education publishing, including BBC education, and will help share our Director, Helena Conibear's responsibilities over time as the charity grows. The Trust now supports over 1,400 schools across the UK and a further 700 charities, local authorities, police and fire services, school nurses and healthy school leads who provide alcohol education in schools or in informal settings such as youth and football clubs.



We are extremely proud that currently we are able to supply our teacher work book and key resources free of charge across the country. We hope this will continue, but it would not be possible without the wonderful charities and foundations who support our work. The St James's Place Foundation are the most recent Trust to support us – Thank you!



If you would like to be involved with the Trust as a volunteer, to join our advisory group or to help us in your locality with community fundraising, please email kate@alcoholeducationtrust.org. This year we're working hard to raise funds to completely overhaul our pupil facing website www.talkaboutalcohol.com It's a big project and we need to raise £30,000! If you have any ideas, please do get in touch.

We also hope that increasingly, our Talk About Alcohol programme will be commissioned by Health and Wellbeing Boards and local authorities. The programme has been shown to be the most effective of all programmes on alcohol in a UK setting in delaying the onset of teenage drinking – the pupils' knowledge and engagement with PSHE improves too.

You can learn more here: www.alcoholeducationtrust.org/teacher-area/evaluation-case-studies/

SEND and ESL resources now commissioned!

We're very pleased to say that thanks to the support of The Childhood Trust and The Funding network, we have now commissioned four new activities suitable for children with special educational needs and for children who do not have English as their first language. These will be trialled during the second half of the summer term and should be ready for schools in London, for the Autumn term.

Please email kate@alcoholeducationtrust.org if you would like to know more.

Post GCSE and A level parties, proms, festivals and Summer holidays

We know you won't have much face to face time with GCSE and sixth form students now, but if you do have a chance - why not send a link home to parents to highlight some important tips around end of term celebrations, and how to ensure their teenagers stay safe.

www.alcoholeducationtrust.org/parent-area/teenage-parties/



An example of good practice – integrating PSHE and parental engagement



During the spring term, Sandra was invited to St Bede's Catholic School & Sixth Form College in Lanchester, Durham to deliver CPD (Continuing professional development) sessions to the Year 9 tutors, prior to them using our 'Talk About Alcohol' resources as part of their PSHE curriculum.

The training was really well received: *"Fantastic sessions which highlighted the dangers and risky behaviours associated with underage drinking. Excellent advice for the skills needed to stay safe when dealing with alcohol."* Paul Diston: Associate Assistant Head teacher.

That in itself is really great, however, Paul wanted to develop things further to make the input during lesson time as effective as possible. As we know, parents/carers can have a positive influence on the alcohol related behaviour of teenagers. Therefore, in the summer term, at the same time as the students' alcohol education lessons, Sandra gave a presentation at the Year 9 parents' evening.

Our information stand was located in a prime spot; at the main entrance. The engagement of parents/carers was excellent. They were really pleased to be supported in this way and



equipped with the information to talk to their youngsters about alcohol and to provide support at home during this important period of development, known as the 'tipping point'.

This holistic approach not only strengthens and effectively utilises the important relationship between school and home, it is also a great example of good practice and effective use of the 'Talk about Alcohol' programme. As a result of the sessions, more parent/carers will receive our regular newsletter and the students will receive consistent messages in relation to alcohol and making safer, healthier choices. Thank you. *"It is an absolute pleasure to work with the staff and parents/carers at St Bede's"* Sandra Saint: AET North East Schools & Parent Coordinator.

To book a teacher training session or to book us for a parent event, contact us via info@alcoholeducationtrust.org

New Guidance and information

Guidance has been issued by Public Health England on 'Promoting children and young people's emotional health and wellbeing'. The introduction states 'The 8 principles in this document are informed by evidence and practitioner feedback about what works, and if applied consistently and comprehensively will contribute towards helping protect and promote student emotional health and wellbeing.

The document signposts to Ofsted inspection criteria, practice examples and resources to support implementation.

You can download the guidance from: www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing

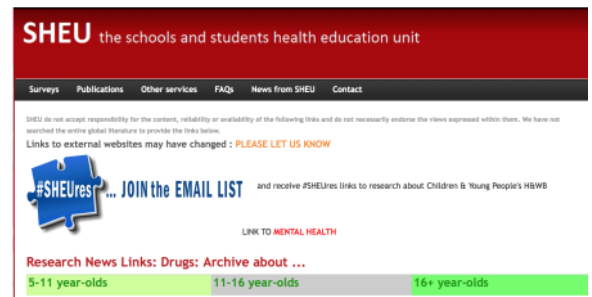


Guidance has also been issued by The Department for Education about setting up and improving counselling services for pupils in schools.

The document 'Counselling in schools: a blueprint for the future' is available at www.gov.uk/government/publications/counselling-in-schools

Finally, the School Health and Education Unit at Exeter have redesigned their website and now include some great research papers on the health behaviours of primary, secondary and 16+ age groups.

You can view the research by age group here: sheu.org.uk/research-news-archive-drugs



Good youtube chat 'conversation starter' on resisting temptation by Joe Sugg and Thatcher Joe



Here's a good conversation starter on why it's cool not to just join in with the crowd by Joe Sugg and Thatcher Joe.

riseabove.org.uk/article/thatcher-joe-on-smoking-drinking-drugs/

AET resources comprise of www.alcoholeducationtrust.org and www.talkaboutalcohol.com, a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

For further information on any of the above please contact
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