# Bedford Borough Health and Wellbeing Self Review and Guidance for Education Settings: 2025-26

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| --- | --- |
| ***School/College/Setting Name:*** | *Please complete* |
| ***Contact Lead Name:*** | *Please complete* |
| ***Contact Email Address:*** | *Please complete* |
| ***Contact Telephone Number:*** | *Please complete* |
| ***Date of Submission:*** | *Please complete* |

**The new format of this Health and Wellbeing self review is to be used in the following ways:**

* You will find all relevant Health and Wellbeing key guidance
* You will find key curriculum and policy information
* You will find links to main services and support both local and national
* You will find information on resources and training
* You will be able to self review your settings against all the above areas and when submitting to your local Public Health team you can provide and receive feedback on your self review.

**Guidance for completion and use of this self review**:

* Please use this review to support all the staff, pupils, parents and carers in your setting.
* It may be worthwhile splitting this resource into sections and giving to the lead member of staff in your setting to use and complete.
* The guidance, resources, services and training within this self review are not exhaustive because we have tried to ensure that you have access to the main key sources of information quickly, without becoming over whelmed by confusing support.
* It is asked that settings complete this review every two years by answering the questions in **red** as fully as possible.
* Please only answer those aspects relevant to the age of the children/young people at your setting, where not applicable please mark as “NA”.
* Please complete a **new** review each time as guidance, resources etc are regularly updated.

**This Health and Wellbeing Self Review will support your establishment to:**

1. review the health and wellbeing provision, provide feedback on any gaps and have in one place access a wealth of information and reference materials.
2. evidence the health and well-being work across your whole school/college/setting community for inspections/reviews/parent/carer information

[**https://www.gov.uk/government/collections/education-inspection-framework**](https://www.gov.uk/government/collections/education-inspection-framework)

* Please **submit your review** via email to: amy.white@bedford.gov.uk

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**1. Health Protection & Medicines Management**

**1.1 - Recommended Guidance**

* Please find the latest guidance for health protection in children and young people in settings, including education. This suite of documents gives you practical guides for staff on **Managing Infectious Diseases** in children and young people in settings, including when to notify.

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

* Please find details of the East of England local health protection team:

**UKHSA East of England Health Protection Team**

Suite 1 First Floor Nexus, Harlow Innovation Park, London Road,

Harlow,

CM17 9LX

EastofEnglandHPT@ukhsa.gov.uk

Telephone: 0300 303 8537

* Please find the Medicines in Schools BLMK guidance: This document has been developed to provide guidance on the use of medicines in schools, including salbutamol, over the counter (OTC) medicines and adrenaline auto-injectors (AAIs). While the document refers to schools, the guidance is equally relevant for all early year’s settings, colleges and childminders. The guidance has been developed in conjunction with Bedford Borough Council, Central Bedfordshire Council, Luton Borough Council, Milton Keynes City Council, Cambridgeshire Community Services NHS Trust, Central and North West London Community health services NHS Trust and the Bedfordshire, Luton and Milton Keynes Integrated Care Board.

BLMK Medicines management website. [Medicines in Schools – BLMKICB Medicines Optimisation](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fmedicines.bedfordshirelutonandmiltonkeynes.icb.nhs.uk%2fguideline%2fmedicines-in-schools%2f&c=E,1,E4mabMkUoZ2WuoEJL1N16F9VuuhSA4MnfXAp9xFbV9qexi9l_nTUcP4N5YqsRTMsul5omZl9dlG4zuAWcS0jaxuO8lljj9FjaYilH0xg-NPAnkTIjVVg&typo=1)

**Government Guidance:**

<https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>

**FAQs:**

[https://www.cambscommunityservices.nhs.uk/docs/default-source/Beds---School-Nursing/a-questions-and-answers-guide-to-the-administration-of-medicines-in-schools-and-colleges.pdf?sfvrsn=4](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.cambscommunityservices.nhs.uk%2fdocs%2fdefault-source%2fBeds---School-Nursing%2fa-questions-and-answers-guide-to-the-administration-of-medicines-in-schools-and-colleges.pdf%3fsfvrsn%3d4&c=E,1,N6P93UdLSw-X7rsCPhYTMzTyZSj9qQ_lHFK7aRcHqfpK9IoQ3DlYkhhmfRquOw_sYRpKvaeaw9wgPnE66TDklNGSPJQp9cFBQ6G6T-_kWQ,,&typo=1)

* Please find the link to the latest overview of childhood immunisations:

<https://www.gov.uk/government/collections/vaccine-uptake> -

**Question 1.1a –**

Who is the lead in your setting for ensuring the above guidance documents are, disseminated and reviewed?

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| *Type here* |

**Question 1.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above x2 guidance and where to seek support if required?

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**Question 1.1c –**

Where are outbreaks recorded, and where are medicines and medical records stored?

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**1.2-Curriculum & Policies**

**Question 1.2a –**

Please detail the policies where the above guidance on medicines management, managing infectious diseases and childhood immunisations feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
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**Question 1.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to managing medicines, infectious diseases and childhood immunisations.

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| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 1.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to managing medicines, infectious diseases and childhood immunisations.

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| *Type here* |

**1.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* **Cambridgeshire Community Health Services ( CCS)** who deliver health visiting, school nursing, community health services in Bedfordshire:

<https://www.cambscommunityservices.nhs.uk/>

* **Bedfordshire, Luton and Milton Keynes Integrated Care Board** who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* **Hertfordshire Community NHS Trust (HCT)** who are responsible for delivering school aged immunisations (including flu vaccinations): [www.hct.nhs.uk](http://www.hct.nhs.uk).
* **Vaccination UK** who are responsible for delivering flu vaccination each year for schools in Bedford Borough, Central Bedfordshire and Milton Keynes on behalf of HCT : <https://www.schoolvaccination.uk/>

**Question 1.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local health services that are available to them?

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| *Type here* |

**Question 1.3b –**

Which health services do you use regularly?

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| *Type here* |

**Question 1.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

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**1.4 – Resources and Training**

Please find some key resources and training in relation to this topic area:

Medical Needs Training for education settings:

* CCS send medical needs training dates to the setting office email address every year and then the setting is responsible for booking their date. Any issues with this please contact your school nurse directly.

Asthma and Lung UK:

* <https://www.asthmaandlung.org.uk/>

Epilepsy guidance:

* <https://www.youngepilepsy.org.uk/sites/default/files/dmdocuments/Childhood-epilepsy-A-Guide-for-Parents.pdf>
* <https://www.epilepsy.org.uk/info/seizures>

Anaphylaxis:

* <https://www.anaphylaxis.org.uk/about-anaphylaxis/>

**Question 1.4a –**

How are these resources/training shared with relevant users?

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| *Type here* |

**Question 1.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

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**Question 1.4c –**

Have you faced any challenges in relation to medicines management, managing infectious diseases or immunisations and vaccinations?

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| *Type here* |

## 2: Healthy Relationships, including Sex & Relationships Education

**2.1 - Recommended Guidance**

* Please find the latest government guidance for delivering Relationships and Sex education:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

* Please find the link to the PSHE Association which have a wealth of support in regard to healthy relationships:

<https://pshe-association.org.uk/>

* Please find the link to the Sex Education Forum:

<https://www.sexeducationforum.org.uk/>

* Please find guidance in regard to puberty education:

[https://campaignresources.dhsc.gov.uk/campaigns/school-zone/mental-wellbeing/puberty/puberty-lesson-plan-pack/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcampaignresources.dhsc.gov.uk%2fcampaigns%2fschool-zone%2fmental-wellbeing%2fpuberty%2fpuberty-lesson-plan-pack%2f&c=E,1,FYz9J8Wl8xYzsQv7XwGjcqROLzP4fOKVtJ7R8t7ZDcIm8V8X_YKq309OJHH03cDWTcMmJbQNwD7-1O0hpJojigjqkRS8YHXg2JImiHTY&typo=1&ancr_add=1)

**Question 2.1a –**

Who is the lead in your setting for ensuring the above government guidance is implemented, disseminated and reviewed?

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**Question 2.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above government guidance and where also where to seek further support if required?

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| *Type here* |

**Question 2.1c –**

Please detail how governor support is secured for this topic area?

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| *Type here* |

**2.2-Curriculum & Policies**

**Question 2.2a –**

Please detail which policies feature Healthy Relationships including Sex and Relationships Education and any related information.

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| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
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**Question 2.2b –**

Please detail where there are curriculum opportunities are for pupils to learn, explore and discuss aspects in relation to Healthy Relationships including Sex & Relationships Education.

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| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 2.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to Healthy Relationships including Sex & Relationships Education healthy and sexual health where appropriate.

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| *Type here* |

**2.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* Please find the link to iCaSH, our locally commissioned sexual health service:

<https://www.icash.nhs.uk/where-to-go/icash-bedfordshire/kings-brook-bedford>

* Please find the link to Cambridgeshire Community Health Services who deliver health visiting, school nursing & community health services:

<https://www.cambscommunityservices.nhs.uk/>

* Please find the link to Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

**Question 2.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local health services that are available to them?

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| *Type here* |

**Question 2.3b –**

Which health services in relation to healthy relationships do you use regularly?

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| --- |
| *Type here* |

**Question 2.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

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| *Type here* |

**2.4 – Resources and Training**

Please find some key resources and training in relation to this topic area:

Please refer to resources from **PSHE Association** and **Sex Education Forum** as detailed in section 2.1 and below. Talk Relationships supports all UK secondary schools to confidently deliver inclusive sex and relationships education.

* **NSPCC: Talk Relationships** : [Talk Relationships: resources to deliver sex and relationships education | NSPCC Learning](https://learning.nspcc.org.uk/services/talk-relationships) We want all young people across the UK to understand healthy behaviours in relationships and recognise their right to be safe, heard and respected. And we want them to know how to get help from a trusted adult if they need it. (developed in conjunction with the PSHE Association)
* The new [Safeguarding Bedfordshire website](https://safeguardingbedfordshire.org.uk/) for Bedford Borough, Central Bedfordshire and Luton Safeguarding Partnerships has been launched so please bookmark and delete any links to the old websites. You will also find information on the Safeguarding Adult Boards on this website.
* All practitioners are encouraged to access the [Pan Bedfordshire Child Protection Procedures](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fbedfordscb.proceduresonline.com%2findex.html&c=E,1,b9R9V3PTghdHbF25GqYtm--0CMEdBHuKg7xLQJzFjHFZ3VfdRSmZMuMmTGGUVwbkEv90KlV0tN9KxyquDJ6ADMUtFrB224LE9W4riXT6&typo=1) and register for updates.
* Please find the link to a wide range of training opportunities: within the local safeguarding boards:

[Safeguarding Bedfordshire](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.safeguardingbedfordshiretraining.co.uk%2f&c=E,1,klARe8UH4zkrHA9r8OdDjBd2Ffp9ktuHAqyxHgJ_9q-3SJ5aJv-Rvifjki2yE3mbh5M2B9RRcY-Hs8GSYwQeg0cANj99Nyaz4krxSUtjRw,,&typo=1) is the multi-agency training provider for the Safeguarding Children Partnerships in Bedford Borough, Central Bedfordshire and Luton.

Training is aimed at those working or volunteering with children and young people across Bedfordshire. Our multi-agency approach ensures a shared understanding of the Partnership priorities and promotes partnership working in order to safeguard children and young people with the ambition that they will lead safe, happy and healthy lives, with opportunities to learn, develop and fulfil their potential. [Click here for the current training programme](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcentralbedfordshirecouncil.sharepoint.com%2f%3ab%3a%2fs%2fExternalCommunications%2fEedDA0YFkLVHq54hHu7k4ikBga8jHrk0C7SII5uBy4wG3A%3fe%3d0WftcA&c=E,1,Nt-qVpP3hHwBSiRIfTzBtCnvkeWya-aADvWE4IYdUZSNmtC7d0_sfvs0mM6M0us7_8rVmpSDrEOWCGLmvGS-9L0djh7xX496yeeNULF_wZqFzQ,,&typo=1).

* Please find the link to the PSHE Association which have a wealth of support in regard to healthy relationships:

<https://pshe-association.org.uk/>

* Please find the link to the Sex Education Forum:

<https://www.sexeducationforum.org.uk/>

**Question 2.4a –**

How are these resources shared with relevant users?

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| --- |
| *Type here* |

**Question 2.4b –**

Do you have any other resources that you use regularly in relation to this topic area which are not listed?

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| *Type here* |

**Question 2.4c –**

Have you faced any challenges in relation to Healthy Relationships, including Sex & Relationships Education?

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| *Type here* |

**3: Teenage Parent Support**

***(usually only applicable to secondary settings although may be of use within Primary settings where elements maybe applicable if this relates to a sibling or young parent)***

**3.1 - Recommended Guidance**

Please find the latest guidance:

* Please find a collection of government documents in relation to teenage pregnancy:

[https://www.gov.uk/government/collections/teenageage-pregnancy](https://www.gov.uk/government/collections/teenage-pregnancy)

* Click here for the [Bedford Borough Under 20’s Parent Support Pathway](https://www.bedford.gov.uk/files/teen-parent-u20-support-pathway-bbc-final-updated-july-2023.docx.pdf/download?inline)
* Please find the Bedford Borough Policy for managing the support and reintegration of pregnant young people and school-age parents in education settings [here](https://www.bedford.gov.uk/files/bbc-pregnant-pupils-policy-july-20250.pdf).

**Question 3.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

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| *Type here* |

**Question 3.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

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**Question 3.1c –**

Where are teenage parents recorded and any referrals made to support services?

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| *Type here* |

**3.2-Curriculum & Policies**

**Question 3.2a –**

Please detail which policies the above guidance in regard to teenage parents feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
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**Question 3.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to becoming a teenage parent and understanding contraception/consent.

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| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 3.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to aspects relating to teenage pregnancy and teenage parenthood.

|  |
| --- |
| *Type here* |

**3.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* Cambridgeshire Community Health Services who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* Please find the link iCaSH, our locally commissioned sexual health service:

<https://www.icash.nhs.uk/where-to-go/icash-bedfordshire/kings-brook-bedford>

* Please find the link to Best Start Bedford which explains a range of 0-5 services:

[Home - Bedford Borough Family Hubs](https://familyhubs.bedford.gov.uk/)

**Question 3.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local health services that are available to them?

|  |
| --- |
| *Type here* |

**Question 3.3b –**

Which health services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 3.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**3.4 – Resources and Training**

Please ensure you follow your normal safeguarding procedures and complete any LA agreed referrals for teenage parents alongside reporting any safeguarding concerns if present.

Please find some key resources in relation to this topic area:

* The Faculty of Sexual and Reproductive Healthcare (FSRH) website **Contraception Choice**. Developed by a team of doctors, nurses and researchers from University College London, in collaboration with young women, Contraception Choices aims to help people decide which method of contraception might suit them best. This is through information based on research evidence and theory, professional guidelines and user views and experiences of contraception. Young people can access the [resource](https://ddec1-0-en-ctp.trendmicro.com/wis/clicktime/v1/query?url=https%3a%2f%2fwww.contraceptionchoices.org&umid=577eb562-3da4-4613-85f3-b51ef1b36602&auth=e396a988746d8fa2d480248c1a4aff93d8dcb881-eae23cb0f403ea06ebe748e16cf5a1ff19549c50) via the 'for the public' section of the new FSRH website.
* Brook web resource called [*Best contraception for me*](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.brook.org.uk%2fbest-contraception-for-me%2f&c=E,1,yaKHCBqaoRnkL6lQVIs3-CbTiMXevL22BH0cC8l5MuN7hJeoP8q5rkz42gQhLVdl_PeTEVlvClBGe83EMbhiHgBQcAcs0_pIhK3w7OGj-2KiR-VIhVk8miInoA,,&typo=1) which is an interactive tool to help young people find their method of choice and is endorsed by the FSRH.

**Question 3.4a –**

How are these resources shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 3.4b –**

Do you have any other resources that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 3.4c –**

Have you faced any challenges in relation to teenage parent support?

|  |
| --- |
| *Type here* |

**4. Drugs and Alcohol**

**4.1 - Recommended Guidance**

Please find the latest guidance:

* Please find the link to the government guidance in relation to Drug and Alcohol education:

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

* Please find the link to the PSHE Association which have a wealth of support in regard to Drugs and Alcohol education:

<https://pshe-association.org.uk/>

* Please find the link to the [Bedford Borough Drug and Alcohol Policy](https://www.bedford.gov.uk/files/final-2025-update-bbc-drugs-alcohol-vaping-and-tobacco-policy.docx/download?inline) for education settings.

**Question 4.1a –**

Who is the lead in your setting for ensuring the above guidance in relation to Drug and Alcohol education and management is implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 4.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

|  |
| --- |
| *Type here* |

**Question 4.1c –**

Where are incidents recorded and reported?

|  |
| --- |
| *Type here* |

**4.2-Curriculum & Policies**

**Question 4.2a –**

Please detail which policies Drug and Alcohol education and managing incidents feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 4.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects of Drug and Alcohol education.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 4.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to anything related to Drugs and Alcohol?

|  |
| --- |
| *Type here* |

**4.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* Please find the link to the local young person’s Drug and Alcohol service:

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

* Please find the link to the local adult Drug and Alcohol service:

[www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Bedford-Borough](http://www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Bedford-Borough)

* Please find the link to Cambridgeshire Community Health Services who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

**Question 4.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

**Question 4.3b –**

Which services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 4.3c –**

Do you have any gaps in provision that you would like to highlight in relation to this topic area?

|  |
| --- |
| *Type here* |

**4.4 – Resources and Training**

* Please find some key resources in relation to this topic area:

Please refer to resources that are contained within the policy referred to in section 4.1

**Question 4.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 4.4b –**

Do you have any other resources that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 4.4c –**

Have you faced any challenges in relation to Drugs and Alcohol education or managing incidents?

|  |
| --- |
| *Type here* |

**5. Smoking & Vaping**

**5.1 - Recommended Guidance**

Please find the latest guidance:

* Please find the link to the government guidance in relation to Smoking & Vaping education:

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

* Please find the link to the PSHE Association which have a wealth of support in regard to smoking and vaping education:

<https://pshe-association.org.uk/>

**Question 5.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 5.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

|  |
| --- |
| *Type here* |

**Question 5.1c –**

Where are incidents recorded and how are they managed?

|  |
| --- |
| *Type here* |

**5.2-Curriculum & Policies**

**Question 5.2a –**

Please detail which policies smoking and vaping feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 5.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects of smoking and vaping.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 5.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to smoking and vaping.

|  |
| --- |
| *Type here* |

**5.3-Services Local & National**

Please find links to key local services in relation to this topic area:

**Smoking**

Please find the link to the local stop smoking service, now part of the new service called **Choose You,** which is a free service to help support you to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight:

<https://chooseyou.co.uk> **Tel 0800 013 0553**

**Vaping**

If a young person is vaping and wants to quit, there is advice and tips on the website: [Guide to quit vaping for under 18’s - Choose You](https://chooseyou.co.uk/quit-smoking/vaping/guide-to-quit-vaping-for-under-18s/) and tips for parents or carers supporting a young persons to quit vaping [Quit vaping guide for parents and carers - Choose You](https://chooseyou.co.uk/quit-smoking/vaping/quit-vaping-guide-for-parents-and-carers/).

If you are concerned about a young person using vapes that contain substances other than nicotine please refer to Section 4: Drugs and Alcohol.

Advice and support for over 18s who want to quit vapes is also available: [Your guide to quit vaping - Choose You](https://chooseyou.co.uk/quit-smoking/vaping/your-guide-to-quit-vaping/)

**Staff Training**

The **Choose You** team also provides free training which is based on the NCSCT training modules. It may be useful for staff who will be delivering these sessions to book onto one of our level 1 VBA training sessions to equip them with skills and confidence to have conversations with students about smoking (some of the behavioural support will also apply to vaping).

**Underage Sales**

One of the other ways we can all help to reduce access to vapes for young people is by being vigilant and reporting underage sales. It is illegal and a criminal offence for any aged 18 or older to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18, this includes parents, family, carers or friends. If you are aware of under 18s being sold cigarettes or e-cigarettes, you can report this using one of the methods below:

* [Citizens Advice Online Portal](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.citizensadvice.org.uk%2fconsumer%2fget-more-help%2freport-to-trading-standards%2f%23%3a~%3atext%3dTo%2520report%2520to%2520Trading%2520Standards%2cto%2520you%2520within%25205%2520days&c=E,1,lSML2fj1Ehfl_145neT3Mt6Ao7fAjTSAuB7-Yj-x4mWPPf44I5LGe5EpreT8_O7tfUlCGy3cDeJE7E6CKKiPgJY6FeDXtb9UaXYGlLoHEm150FYJTkQi&typo=1)
* [Keep it out - anonymous reporting form](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fkeep-it-out.co.uk%2fanonymous-reporting%2f&c=E,1,hSo0XnoWccTeTwIZAtrX3gvTukr3DgZ1EWvCTK2IbNDLctg6Q63nR7hlcRgsVD75hDKPfFkFTuHhN9squEmcgBtMb78MrXvZxXTp3gAxHDdTAIjGN4A,&typo=1)

Alternatively, you can report directly to your local trading standards using the link below:

* Bedford Borough -ehadmin@bedford.gov.uk

**Question 5.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

**Question 5.3b –**

Which services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 5.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**5.4 – Resources and Training**

Please find some key resources and training in relation to this topic area:

* OHID Vaping teaching resources

<https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#vaping>

* ASH (Action on smoking and health)

<https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping>

* [Catch your breath – the smoking and vaping programme for schools](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fhealthyschoolscp.org.uk%2fpshe%2fsmoking-and-vaping-local-offer%2f&c=E,1,L79pdnnf_InZmjZ5CJk2Ia9Efuz6YBUMhNekFIFihbujsMFFI24Itp-LarvIEt0SkdhIFsOg1cABkYhPn4no1xTdPQrTj3HAuDVGtE1z9-LF9bGH&typo=1)
* [Talk to Frank](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.talktofrank.com%2fdrug%2fvapes%23the-risks&c=E,1,Q-gIwcY1J6iA7a4owA3IcobHLGfoX2jWP1cyELmyPr0VhssyROaMEhNkWt-Uij4DutagkeF0vDmCcgcTUyrR3eqb7jWS_5pEbi-DcIOxlLVf9l9D&typo=1)
* [Childline - is it ok to vape underage?](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.childline.org.uk%2fget-support%2fask-sam%2fschool-college-and-work-asksam%2fis-it-ok-to-vape-under-age-%2f%23%3a~%3atext%3dThis%2520law%2520says%2520that%2520it%27s%2cit%2520might%2520have%2520on%2520you&c=E,1,sp3IrnwqhvpSUzaKYYHwsIEJFPqAX9kdFLco2l_JOOdtvA5xMohNHmvV6FTNeYzFDLRTiHaTbyVLrwNcXb8Mxh0hFPAbkdeOkKq7sNA6sk9PuibKwxA,&typo=1)

**Question 5.4a –**

How are these resources shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 5.4b –**

Do you have any other resources that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 5.4c –**

Have you faced any challenges in relation to smoking and vaping?

|  |
| --- |
| *Type here* |

**6. Physical Activity**

**6.1 - Recommended Guidance**

Please find the latest guidance:

* Please find the link to the government guidance in relation to physical education:

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

* National guidance on physical activity for children and young people: [Physical activity guidelines for children and young people - NHS](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/)
* Information to help schools increase access to PE, physical activity and extra-curricular school sport, including examples of good practice

<https://www.gov.uk/government/publications/pe-and-sports-in-schools>

* Information on creating a School Travel Plan

<https://www.sustrans.org.uk/media/2767/2767.pdf>

* Local advice BBC:

<https://www.bedford.gov.uk/schools-education-and-childcare/schools-and-colleges/school-transport/sustainable-travel-schools>

**Question 6.1a –**

Who is the lead in your setting for ensuring the above all aspects of Physical Education and Physical Activity is implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 6.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance/recommendations and where to seek support if required?

|  |
| --- |
| *Type here* |

**Question 6.1c –**

Where are any Physical Activity incidents/injuries recorded?

|  |
| --- |
| *Type here* |

**6.2-Curriculum & Policies**

**Question 6.2a –**

Please detail which policies Physical Education and Physical Activity feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 6.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to Physical Education and Physical Activity.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 6.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to Physical Education and Physical Activity.

|  |
| --- |
| *Type here* |

**6.3-Services Local & National**

Please find links to key local services in relation to this topic area:

Children might be referred to our local weight management services after the school nurses measure their height and weight in year R and Year 6. **Choose You** is a free service to help support residents across Bedford Borough, Central Bedfordshire and Milton Keynes to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight.

Please find the link to the local offer which is now part of the new service called **Choose You**.

* [https://chooseyou.co.uk](https://chooseyou.co.uk/) **Tel 0800 013 0553**
* Please find the link to our local leisure facilities, parks and other physical activity services:

Bedford Borough- <https://www.bedford.gov.uk/leisure-parks-and-sport>

* Local active partnerships focus on increasing activity levels working closely with those people in the local community who face the biggest barriers to being active.

Bedford Borough and Central Bedfordshire Active Partnership ‘BeActive’ <https://www.beactivebeds.co.uk/children-and-young-people>

**Question 6.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

**Question 6.3b –**

Which services/organisations do you use regularly?

|  |
| --- |
| *Type here* |

**Question 6.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**6.4 – Resources and Training**

Please find some key resources in relation to this topic area:

* Easy ways to eat well and move more (the new name for Change 4 Life)

<https://www.nhs.uk/healthier-families/>

* The Youth Sport Trust have a series of PE resources designed to support children and young people at a primary school level. They include physical activity, sport and wellbeing based activities:

[Primary PE Activities - Youth Sport Trust](https://www.youthsporttrust.org/school-support/free-resources/primary-pe-activities)

**Question 6.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 6.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 6.4c –**

Have you faced any challenges in relation to Physical Education/Activity?

|  |
| --- |
| *Type here* |

**7.Food (including Oral Health).**

**7.1 - Recommended Guidance**

Please find the latest guidance for:

* Please find the links to both Primary and Secondary Food teaching in settings:

<https://www.gov.uk/government/publications/food-teaching-in-primary-schools-knowledge-and-skills-framework>

<https://www.gov.uk/government/publications/food-teaching-in-secondary-schools-knowledge-and-skills-framework>

* Please find the link for the school food standards:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

* Please find the link to breakfast clubs:

<https://www.gov.uk/guidance/national-school-breakfast-club-programme>

**Question 7.1a –**

Who is the lead in your setting for ensuring all the above guidance in relation to all aspects of food is implemented, disseminated and reviewed? Please ensure this includes consideration of food in the curriculum, food within meals including packed lunches, food allowed for breaks etc, any tuck/break time food provision and other food provided in your setting.

|  |
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| *Type here* |

**Question 7.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above work in relation to food?

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| *Type here* |

**Question 7.1c –**

What food does your setting provide in relation to meals and snacks?

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| *Type here* |

**7.2-Curriculum & Policies**

**Question 7.2a –**

Please detail which policies feature all aspects of food within the curriculum, throughout the school day and meals feature? Please include all food provision etc as described in question 7.1a

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
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**Question 7.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to food.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 7.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to food.

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| --- |
| *Type here* |

**7.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* Cambridgeshire Community Health Services who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* Children might be referred to our local weight management services after the school nurses measure their height and weight in year R and Year 6. **Choose You** is a free service to help support residents across Bedford Borough, Central Bedfordshire and Milton Keynes to build healthy habits particularly in relation to quitting smoking and maintaining healthy weight.

<https://chooseyou.co.uk> Tel 0800 013 0553

* Caraline are a long term established charity that provides evidence-based therapeutic support for individuals living with eating disorders. The service has been around since 1994, supporting individuals with eating disorders, their carers/loved ones, and organisations (such as schools, universities and places of work).

<https://caraline.com/>

* **BEAT:** National eating disorder charity with lots of resources and support

<https://www.beateatingdisorders.org.uk/>

**Question 7.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local health services that are available to them?

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| *Type here* |

**Question 7.3b –**

Which health services do you use regularly?

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| --- |
| *Type here* |

**Question 7.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

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| *Type here* |

**7.4 – Resources and Training**

Please find some key resources in relation to this topic area:

* Healthwatch video to support positive oral health for young people and their families

<https://www.healthwatchbedfordborough.co.uk/oral-health>

* Cambridgeshire Community Health services Oral Health Promotion Team. Our aim is to make mouths healthy! We do this by encouraging and supporting our local communities to develop tooth friendly practices. Our teams deliver training and awareness sessions, run the My Smile Award and also support national oral health related campaigns.
* <https://www.dentalhealthcareeoe.nhs.uk/services/oral-health-improvement/>
* The National Child Measurement Programme (NCMP), also known as the school height and weight checks, is a mandated annual programme delivered by local authorities. Information for schools can be found here- [National Child Measurement Programme: information for schools 2024 - GOV.UK](https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance/national-child-measurement-programme-information-for-schools-2024)

The NHS Better Health ‘healthier families’ website provides information for parents regarding their child’s weight – as well as recipes, food facts and family activities- <https://www.nhs.uk/healthier-families/childrens-weight/>

**Question 7.4a –**

How are these resources/training shared with relevant users?

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| --- |
| *Type here* |

**Question 7.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 7.4c –**

Have you faced any challenges in relation to food within your setting?

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| --- |
| *Type here* |

**8. Mental Health and Wellbeing (including self harm)**

**8.1 - Recommended Guidance**

Please find the government guidance:

* Promoting and supporting mental health and wellbeing in schools and colleges. This includes a suite of documents regarding all aspects of mental wellbeing:

<https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#statutory-guidance>

1. [The importance of good mental health in schools and colleges](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#the-importance-of-good-mental-health-in-schools-and-colleges)
2. [Principles of a whole school or college approach](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#principles-of-a-whole-school-or-college-approach)
3. [Senior mental health lead training](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#senior-mental-health-lead-training)
4. [Mental health support teams](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#mental-health-support-teams-)
5. [Resources for planning and implementing a whole school or college approach](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#resources-for-planning-and-implementing-a-whole-school-or-college-approach)
6. [Mental health and wellbeing resources for pupils, parents and teachers](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#mental-health-and-wellbeing-resources-for-pupils-parents-and-teachers)
7. [Mental health, behaviour and attendance](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#mental-health-behaviour-and-attendance)
8. [Statutory guidance](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#statutory-guidance)
9. [Local support](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges#local-support)
* Self harm: A guide for school staff :

[Supporting young people who self-harm | Charlie Waller Trust](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.charliewaller.org%2fresources%2fyoung-people-who-self-harm&c=E,1,Hn6DNaNxajdkZypgwMrIMLIDEHE5UHwEFzgOqu3tiQ_fUJyTmCBLraO0hbpsyaOhR47XCsgs9pYaQ-ZrZdwA1HJAGlh_vONiOVu8U4OnKzDfv4Aop4q_&typo=1)

* Please find the link to the PSHE Association which have a wealth of support in regard to mental health & wellbeing education:

<https://pshe-association.org.uk/>

**Question 8.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

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| *Type here* |

**Question 8.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

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| *Type here* |

**Question 8.1c –**

Where are incidents/concerns in relation to mental health and wellbeing of pupils/staff recorded/reported/referred?

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| *Type here* |

**8.2-Curriculum & Policies**

**Question 8.2a –**

Please detail in which policies the above guidance in regard to mental health and wellbeing feature.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
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**Question 8.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to mental health and wellbeing.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 8.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to mental health and wellbeing.

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| --- |
| *Type here* |

How do you ensure that you have consistent and robust arrangements to ensure transitions **from** and **onto** next stages for pupils, be that education, work or training.

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| *Type here* |

**8.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* **CAMHS - Emotional & Behavioural Team** Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

**NORTH BEDFORDSHIRE CAMHS** TEL: 01234 893301

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

**SOUTH BEDFORDSHIRE / LUTON CAMHS TEL: 01525 638613**

* <https://www.elft.nhs.uk/camhs/where-we-work/southbedfordshireluton-camhs>
* **Urgent Support Call 111 Option 2 (24/7)** A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support. **In an emergency please dial 999**
* **Your local Mental Health In Schools Team**

[CAMHS: Mental Health Support Teams (Schools) | Bedford Local Offer](https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=TrKiykx_LiE)

* **YoungMinds** Mental health charity with a wide range of resources andinformation

<https://www.youngminds.org.uk/>

* **CHAT HEALTH** Service for young people to confidentially ask for help on a rangeof issues. Talk to a school nurse **TEXT: 07507 331450**

<https://chathealth.nhs.uk/>

* **EARLY HELP (BEDFORD BOROUGH)** The Local Offer holds a wide range of information regardingservices and support available, including early help support. **TEL: 01234 718 700**

<https://localoffer.bedford.gov.uk/mentalhealthhub>

* **SHOUT TEXT: SHOUT to 85258** Free, confidential, 24/7 text messaging support service foranyone who is struggling to cope.

<https://giveusashout.org> /

* **BEDFORD OPEN DOOR** Free, confidential counselling for young people aged 13 to 25. **TEL: 01234 360388**

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

* **SORTED** Free, confidential counselling for children and young peopleaged 5 to 25. **TEL: 01582 891435**

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

* **RELATE** Free, confidential counselling for children, young people,couples and families**. TEL: 01234 356350**

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

* **Cambridgeshire Community Health Services** who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* **Bedfordshire, Luton and Milton Keynes Integrated Care Board** who deliver a wide range health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* **Healthier Together** improving the health and wellbeing of babies, children and young people in BLMK

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* [Mental health :: Bedfordshire, Luton and Milton Keynes](https://www.blmkhealthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing)

**Question 8.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local health services that are available to them?

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| --- |
| *Type here* |

**Question 8.3b –**

Which services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 8.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**8.4 – Resources and Training**

Please find some key resources and training in relation to this topic area:

* Please refer to resources from **PSHE Association** as detailed in section 8.1 and below.
* Mind ed  offers quick access learning for professionals working across health and education settings.

<https://minded.org.uk>

* Anna Freud offer a range of mental health training to schools and colleges

<https://www.annafreud.org>

* Psychological First Aid: Supporting Children and Young People training to support children and young people’s mental health during emergencies and crisis situations

<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

* The new [Safeguarding Bedfordshire website](https://safeguardingbedfordshire.org.uk/) for Bedford Borough, Central Bedfordshire and Luton Safeguarding Partnerships has been launched so please bookmark and delete any links to the old websites. You will also find information on the Safeguarding Adult Boards on this website.
* Please find the link to the PSHE Association which have a wealth of support in regard to mental wellbeing including self harm education:

<https://pshe-association.org.uk/>

* Please find the link to the local [**How You Feel Matters**](https://www.bedford.gov.uk/files/how-you-feel-matters-pdf-april-25-pdf.pdf/download?inline) poster which lists and links to key Health and Wellbeing services for young people.
* All practitioners are encouraged to access the [Pan Bedfordshire Child Protection Procedures](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fbedfordscb.proceduresonline.com%2findex.html&c=E,1,b9R9V3PTghdHbF25GqYtm--0CMEdBHuKg7xLQJzFjHFZ3VfdRSmZMuMmTGGUVwbkEv90KlV0tN9KxyquDJ6ADMUtFrB224LE9W4riXT6&typo=1) and register for updates.
* Please find the link to a wide range of training opportunities: within the local safeguarding boards:

[Safeguarding Bedfordshire](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.safeguardingbedfordshiretraining.co.uk%2f&c=E,1,klARe8UH4zkrHA9r8OdDjBd2Ffp9ktuHAqyxHgJ_9q-3SJ5aJv-Rvifjki2yE3mbh5M2B9RRcY-Hs8GSYwQeg0cANj99Nyaz4krxSUtjRw,,&typo=1) is the multi-agency training provider for the Safeguarding Children Partnerships in Bedford Borough, Central Bedfordshire and Luton.

Training is aimed at those working or volunteering with children and young people across Bedfordshire. Our multi-agency approach ensures a shared understanding of the Partnership priorities and promotes partnership working in order to safeguard children and young people with the ambition that they will lead safe, happy and healthy lives, with opportunities to learn, develop and fulfil their potential. [Click here for the current training programme](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcentralbedfordshirecouncil.sharepoint.com%2f%3ab%3a%2fs%2fExternalCommunications%2fEedDA0YFkLVHq54hHu7k4ikBga8jHrk0C7SII5uBy4wG3A%3fe%3d0WftcA&c=E,1,Nt-qVpP3hHwBSiRIfTzBtCnvkeWya-aADvWE4IYdUZSNmtC7d0_sfvs0mM6M0us7_8rVmpSDrEOWCGLmvGS-9L0djh7xX496yeeNULF_wZqFzQ,,&typo=1).

**Question 8.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 8.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed? Eg, DFE Senior mental health leads training, MHST support.

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| *Type here* |

**Question 8.4c –**

Have you faced any challenges in relation to mental health and wellbeing in your setting?

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| *Type here* |

**9. Suspected Pupil Suicide, Sudden/Unexpected Death**

**9.1 - Recommended Guidance**

* Please find the latest guidance for settings in regard to what to do in the event of a suspected pupil suicide, unexpected death - **including links to key guidance, support and resources**.
	+ [Managing Bereavement – A guide for schools](https://www.childbereavementuk.org/managing-bereavement-a-guide-for-primary-schools)
	+ [Bedford Borough Response to Suspected Suicide Policy for Education Settings](https://www.bedford.gov.uk/files/bedford-borough-response-suicide-policy-nov-2023.docx/download?inline)
	+ [Bedford Borough Suspected Pupil Suicide/Unexpected Death Notification Process](https://www.bedford.gov.uk/files/suspected-pupil-suicide-flow-chart-nov-2023.pdf/download?inline)
* Please find a guide that aims to provide you with support and information when a death occurs in the school community or if the school is facing an expected death.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=4b13d694-2038-4918-90b3-13c06100aafb>

**Question 9.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

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| *Type here* |

**Question 9.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

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| *Type here* |

**Question 9.1c –**

Where are incidents recorded/reported/referred?

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| --- |
| *Type here* |

**9.2-Curriculum & Policies**

**Question 9.2a –**

Please detail which policies refer to suspected pupil suicide, sudden/unexpected death.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 9.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to suspected pupil suicide, sudden/unexpected death.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

Question 9.2c-

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to suspected pupil suicide, sudden/unexpected death.

|  |
| --- |
| *Type here* |

**9.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* **BLMK Suicide Prevention Hub:**

<https://suicidepreventionhubblmk.co.uk>

* **CAMHS - Emotional & Behavioural Team** Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

**NORTH BEDFORDSHIRE CAMHS** TEL: 01234 893301

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

**SOUTH BEDFORDSHIRE / LUTON CAMHS TEL: 01525 638613**

* <https://www.elft.nhs.uk/camhs/where-we-work/southbedfordshireluton-camhs>
* **Urgent Support Call 111 Option 2 (24/7)** A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support**. In an emergency dial 999**
* **Cambridgeshire Community Health Services** who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* **Bedfordshire, Luton and Milton Keynes Integrated Care Board** who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* **Samaritans** Telephone: 116123

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

* **Papyrus (Hopeline UK)** Telephone: 0800 068 41 41Text: 07786 209 697

[www.papyrus-uk.org](http://www.papyrus-uk.org)

* **The Ollie Foundation**

<https://theolliefoundation.org/>

* **Childline** Telephone: 0800111 11

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

* **Young Minds** Text: YM to 85258

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

Parents/carers helpline: Telephone: 0808 802 5544

Web chat: [www.youngminds.org.uk](http://www.youngminds.org.uk)

* **CALM (Campaign Against Living Miserably)** Telephone: 0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

* **Harmless**

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

**Question 9.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

**Question 9.3b –**

Which services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 9.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**9.4 – Resources and Training**

Please find some key resources in relation to this topic area:

* **Suicide Prevention Hub**

The Hub is a single point of reference for suicide prevention information and resources for those working across Bedfordshire, Luton and Milton Keynes. The content is supported and maintained by the BLMK Integrated Care Partnership and BLMK Suicide Prevention Network.

[https://suicidepreventionhubblmk.co.uk](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fsuicidepreventionhubblmk.co.uk%2ftraining%2f&c=E,1,PcRD0mAHEdMnkGWd2sOKnhdaH4wgvCShIjbrpdMkZQLmDdxT7pjKK_bfgt8Qv5EC88H6sduX4dBK7KMaQXfqAD3mm63N_4dxL-W_iHVTSiAeDCM_0mFogA,,&typo=1&ancr_add=1)

* Help for children, young people, parents and families to rebuild their lives when a child grieves or when a child dies.

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

* **Zero Suicide Alliance Training**

FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you’re worried about.

<https://www.zerosuicidealliance.com/training>

* Further Suicide Prevention Training can be found at

<https://suicidepreventionhubblmk.co.uk>

**Question 9.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 9.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 9.4c –**

Have you faced any challenges in relation to suspected pupil suicide, sudden/unexpected death?

|  |
| --- |
| *Type here* |

**10. Safety including Child Exploitation and Missing**

**10.1 - Recommended Guidance**

Please find the latest guidance for

* Statutory guidance for schools and colleges on safeguarding children and safer recruitment:

https://www.gov.uk/government/publications/keeping-children-safe-in-education--2

* **Bedfordshire Against Violence and Exploitation (BAVEX)** is the partnership campaign supported by a variety of different agencies across Bedfordshire to raise awareness of the exploitation that takes place in the county. There is a wealth of guidance, resources, training and support available:

<https://www.bavex.co.uk/>

* Please find the link to the **PSHE Association** which has a wealth of support in regard to safety, exploitation & missing education:<https://pshe-association.org.uk/>
* The [**CEOP Education**](https://www.ceopeducation.co.uk/)team is a part of the National Crime Agency and we run an education programme which aims to reduce the vulnerability of children and young people to online sexual abuse. They provide training, resources and information for children and young people aged 4 - 18, their families and professionals who work with them. <https://www.ceopeducation.co.uk/professionals/>
* Please see section 10.4 below for the link to the Local Safeguarding Board Partnership.

**Question 10.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 10.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek support if required?

|  |
| --- |
| *Type here* |

**Question 10.1c –**

Where are incidents recorded/reported/referred?

|  |
| --- |
| *Type here* |

**10.2-Curriculum & Policies**

**Question 10.2a –**

Please detail which policies the above guidance in regard to safety including child exploitation and missing

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 10.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to safety including child exploitation and missing.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

**Question 10.2c-**

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to safety including child exploitation and missing.

|  |
| --- |
| *Type here* |

**10.3-Services Local & National**

Please find links to key local services in relation to this topic area:

* Cambridgeshire Community Health Services who deliver health visiting, school nursing, community health services:

<https://www.cambscommunityservices.nhs.uk/>

* Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range of health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* **Bedfordshire Against Violence and Exploitation (BAVEX)** is the partnership campaign supported by a variety of different agencies across Bedfordshire to raise awareness of the exploitation that takes place in the county. There is a wealth of guidance, resources, training and support available:

<https://www.bavex.co.uk/>

* Please see section 10.4 below for the link to the Local Safeguarding Board Partnership.

**Question 10.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

Question 10.3b –

Which services do you use regularly?

|  |
| --- |
| *Type here* |

Question 10.3c –

 Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**10.4 – Resources and Training**

Please find some key resources in relation to this topic area:

* The new [Safeguarding Bedfordshire website](https://safeguardingbedfordshire.org.uk/) for Bedford Borough, Central Bedfordshire and Luton Safeguarding Partnerships has been launched so please bookmark and delete any links to the old websites. You will also find information on the Safeguarding Adult Boards on this website.
* All practitioners are encouraged to access the [Pan Bedfordshire Child Protection Procedures](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fbedfordscb.proceduresonline.com%2findex.html&c=E,1,b9R9V3PTghdHbF25GqYtm--0CMEdBHuKg7xLQJzFjHFZ3VfdRSmZMuMmTGGUVwbkEv90KlV0tN9KxyquDJ6ADMUtFrB224LE9W4riXT6&typo=1) and register for updates.
* Please find the link to a wide range of training opportunities: within the local safeguarding boards:

[Safeguarding Bedfordshire](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.safeguardingbedfordshiretraining.co.uk%2f&c=E,1,klARe8UH4zkrHA9r8OdDjBd2Ffp9ktuHAqyxHgJ_9q-3SJ5aJv-Rvifjki2yE3mbh5M2B9RRcY-Hs8GSYwQeg0cANj99Nyaz4krxSUtjRw,,&typo=1) is the multi-agency training provider for the Safeguarding Children Partnerships in Bedford Borough, Central Bedfordshire and Luton.

Training is aimed at those working or volunteering with children and young people across Bedfordshire. Our multi-agency approach ensures a shared understanding of the Partnership priorities and promotes partnership working in order to safeguard children and young people with the ambition that they will lead safe, happy and healthy lives, with opportunities to learn, develop and fulfil their potential. [Click here for the current training programme](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fcentralbedfordshirecouncil.sharepoint.com%2f%3ab%3a%2fs%2fExternalCommunications%2fEedDA0YFkLVHq54hHu7k4ikBga8jHrk0C7SII5uBy4wG3A%3fe%3d0WftcA&c=E,1,Nt-qVpP3hHwBSiRIfTzBtCnvkeWya-aADvWE4IYdUZSNmtC7d0_sfvs0mM6M0us7_8rVmpSDrEOWCGLmvGS-9L0djh7xX496yeeNULF_wZqFzQ,,&typo=1).

* **Bedfordshire Against Violence and Exploitation (BAVEX)** is the partnership campaign supported by a variety of different agencies across Bedfordshire to raise awareness of the exploitation that takes place in the county. There is a wealth of guidance, resources, training and support available:

<https://www.bavex.co.uk/>

* **NSPCC Resources and training**

<https://learning.nspcc.org.uk/>

**Question 10.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 10.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 10.4c –**

Have you faced any challenges in relation to safety including child exploitation and missing?

|  |
| --- |
| *Type here* |

**11. The Environment and Environmental Issues.**

**11.1 - Recommended Guidance**

Please find the latest guidance for

* A key initiative of DfE’s sustainability and climate change strategy for education is ‘sustainability leadership and climate action plans. The strategy states: “By 2025, all education settings will have nominated a sustainability lead and put in place a climate action plan”. This includes early years settings, schools, multi-academy trusts, colleges, and universities.

<https://www.gov.uk/guidance/sustainability-leadership-and-climate-action-plans-in-education>

* Please find the policy paper on Sustainability and climate change: a strategy for the education and children’s services systems:
* Action area 1: Climate educations
* Action area 2: Green skills and careers
* Actions area 3: Education estate and digital infrastructure
* Action area 4: Operations and supply chains
* Actions area 5: International leadership, engagement and next steps.

<https://www.gov.uk/government/publications/sustainability-and-climate-change-strategy/sustainability-and-climate-change-a-strategy-for-the-education-and-childrens-services-systems>

**Question 11.1a –**

Who is the lead in your setting for ensuring the above guidance is implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 11.1b –**

How does your setting ensure that all staff and parents/carers are familiar with the above guidance and where to seek further information if required?

|  |
| --- |
| *Type here* |

**Question 11.1c –**

Does your setting have a climate action plan?

|  |
| --- |
| *Type here* |

**11.2-Curriculum & Policies**

**Question 11.2a –**

Please detail which policies the above guidance in regard to the environment and environmental issues can be found.

|  |  |  |  |
| --- | --- | --- | --- |
| **Policy Name** | **Last Review Date** | **Next Review Date***(Every 2/3 years)* | **Where is the policy shared?***e.g. External - School/College/setting website;**Internal – Intranet/Department Meetings* |
| *Type here* |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Question 11.2b –**

Please detail where there are curriculum opportunities for pupils to learn, explore and discuss aspects in relation to the environment and environmental issues.

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Yr R** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 1** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 2** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 3** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 4** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 5** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 6** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 7** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 8** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 9** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 10** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 11** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 12** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr 13** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |
| **Yr other** | *Topic/s* | *time* | *Topic/s* | *time* | *Topic/s* | *Time* |

Question 11.2c-

Please detail where and how pupils are able to discuss, share or raise anything they may wish to bring in regard to the environment and environmental issues.

|  |
| --- |
| *Type here* |

**11.3-Services Local & National**

Please find links to key local services in relation to this topic area:

**Bedford Borough Council related services and projects:**

<https://www.bedford.gov.uk/environmental-issues/sustainability/sustainability-projects/sustainability-projects>

 Bedfordshire Climate Change Forum: <https://bedsclimatechange.wordpress.com/>

Bedfordshire Local Nature Partnership: <https://bedfordshirenaturally.com/>

Bedfordshire Natural History Society: <https://www.bnhs.co.uk/index.php>

Bedford Repair Café: <https://therestartproject.org/groups/bedpop-repair-shop/>

Bedfordshire School Sustainability Network: <https://beds.ukssn.org/>

The Greensand Trust: <https://www.greensandtrust.org/>

Wildlife Trust for Beds, Cambs & Northants - Bedfordshire Outreach Programme: <https://www.wildlifebcn.org/bedfordshire-outreach-programme>

**Question 11.3a –**

How do you ensure that staff, pupils and parents and carers are aware of the local services that are available to them?

|  |
| --- |
| *Type here* |

**Question 11.3b –**

Which services do you use regularly?

|  |
| --- |
| *Type here* |

**Question 11.3c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**11.4 – Resources and Training**

Please find some key resources in relation to this topic area:

<https://www.climatefriendlyschools.org.uk/>

<https://www.eco-schools.org.uk/>

Bedfordshire School Sustainability Network: <https://beds.ukssn.org/>

Wildlife Trust for Beds, Cambs & Northants - Bedfordshire Outreach Programme: <https://www.wildlifebcn.org/bedfordshire-outreach-programme>

**Question 11.4a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 11.4b –**

Do you have any other resources/training that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 11.4c –**

Have you faced any challenges in relation to the environment and environmental issues.?

|  |
| --- |
| *Type here* |

**12. Staff Wellbeing**

**12.1 - Recommended Guidance**

Please find the latest guidance for

* Please find information regarding the education staff wellbeing charter and resources to support implementation:

<https://www.gov.uk/guidance/education-staff-wellbeing-charter>

<https://improve-workload-and-wellbeing-for-school-staff.education.gov.uk/staff-wellbeing/>

* Please find information on government guidance for workplace health:

<https://www.gov.uk/government/publications/workplace-health-applying-all-our-health/workplace-health-applying-all-our-health>

**Question 12.1a –**

Who is the lead in your setting for ensuring the above guidance/recommendations are implemented, disseminated and reviewed?

|  |
| --- |
| *Type here* |

**Question 12.1b –**

How does your setting ensure that all staff are aware of the above guidance and where to seek support if required?

|  |
| --- |
| *Type here* |

**Question 12.1c –**

Who do staff go to if they need support for their health and wellbeing?

|  |
| --- |
| *Type here* |

**12.2-Services Local & National**

Please find links to key local services in relation to this topic area:

* Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, we offer a number of activities from our wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in in [Bedfordshire](https://www.mind-blmk.org.uk/how-we-can-help/), [Luton](https://www.mind-blmk.org.uk/how-we-can-help/luton/) and [Milton Keynes](https://www.mind-blmk.org.uk/how-we-can-help/milton-keynes/).

<https://www.mind-blmk.org.uk/>

* Bedford Borough Mental Health and Wellbeing Hub:

<https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=R_ScQflCiWk>

* Bedfordshire, Luton and Milton Keynes Integrated Care Board who deliver a wide range health services:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

* Adult Mental Health Services delivered by EFLT:

[www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service](http://www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service)

* Sexual Health Service:

[www.icash.nhs.uk](http://www.icash.nhs.uk)

* Stop Smoking and Healthy Weight Service:

[Choose You - Quit smoking, lose weight and feel healthier](https://chooseyou.co.uk/)

* Adult Drug and Alcohol Treatment service:

[www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Bedford-Borough](http://www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Bedford-Borough)

* Domestic Abuse Support:

<https://bedsdv.org.uk/get-help/>

**Question 12.2a –**

How do you ensure that staff are aware of the local health and wellbeing services that are available to them?

|  |
| --- |
| *Type here* |

**Question 12.2b –**

Which health services does your setting use regularly?

|  |
| --- |
| *Type here* |

**Question 12.2c –**

Do you have any gaps in provision that you would like to high-light in relation to this topic area?

|  |
| --- |
| *Type here* |

**12.4 – Resources and Training**

Please find some key resources in relation to this topic area:

* NHS England: A guide to looking after your teams health and wellbeing guide.

<https://www.england.nhs.uk/long-read/looking-after-your-teams-health-and-wellbeing-guide/>

* NHS 5 ways to Wellbeing:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

**Question 12.3a –**

How are these resources/training shared with relevant users?

|  |
| --- |
| *Type here* |

**Question 12.3b –**

Do you have any other resources that you use regularly in relation to this topic area which are not listed?

|  |
| --- |
| *Type here* |

**Question 12.3c –**

Have you faced any challenges in relation to staff wellbeing?

|  |
| --- |
| *Type here* |