

Spring 2023

Issue 8

A slightly belated happy new year to all! We hope you had a great holiday.

At present, our team is delivering sessions to year 6 and year 8 students at the [SafetyWorks!](#) facility in Newcastle, meaning we aren't visiting schools for the time being.

Our [webpage](#) contains lessons and information that can be used by school staff, students, and parents and carers, so please have a look! Our coordinator Miriam would be happy to hear from you [by email](#) if you'd like to explore how Northumbria Police and our partners can support you within school.



KIM MCGUINNESS
NORTHUMBRIA
POLICE & CRIME
COMMISSIONER

violence
reduction
unit

The Violence Reduction Unit's (VRU) education team – which is part of the Office of the Police and Crime Commissioner for Northumbria – can provide sessions in schools on a number of topics: Knife Crime; Malicious Communications; Drugs & Alcohol (NEWCASTLE ONLY); and County Lines. The main focus of their work is with 11-16 year olds, and they have a 'Philosophy for Children' package for KS2 students. If you would like to learn more – and to contact the team – please have a look at the [VRU's Education Brochure](#)

Children's Mental Health Week - Feb 6th-12th - This year's theme is "Let's Connect"

→The charity Place2Be offers [resources for both primary and secondary schools](#) to use including assemblies, class activities, tips for parents/carers, and fundraising ideas. You can also add your school to the Place2Be map, showing how you're supporting this week of action.

→[Public Health England](#) has published some resources including : [What to do about worry \(Y6\)](#) and [Unhelpful thoughts \(KS3&4\)](#)

→ Kooth – Online counselling, discussion, and journaling for young people aged 11+. This free service is available throughout our Force area. Visit their [website](#) for more information.

SECONDARY – *Increasing confidence in the delivery of Relationship and Sex Education (RSE)*

NSPCC –The [Talk Relationships](#) e-learning, which aims to make "secondary school educators ... feel confident when delivering [RSE]" is still available. There is usually an associated charge, but at the time of sending this newsletter it is available FREE. Lesson plans are available at the same weblink. There is also a [dedicated helpline](#) offering support with the delivery of RSE with a view to allaying any concerns and anxieties teaching staff may have.

E-cigarettes/vapes

We have had a few queries recently about vaping. We'd like to highlight [this information](#) which includes links to guidance on policy and a summary of use among young people, as well as [this briefing document](#) which contains messaging for schools and parents/carers.

Alcohol

Balance's ongoing campaign [What's the Harm](#) provides parents/carers with the information they need to explore the effect that alcohol has on young people, and tips on how to talk to their children about this topic.