



# Rutland County Council Workshops for Primary Schools Year 6



Supporting young people to achieve their potential through informal education

Young Peoples Services



Rutland  
County Council



## Rutland County Council Young Peoples Services

### ➤ Introduction:

With the new DfE guidance being in place from September 2020, this guide provides you with information about our range of informal educational workshops which supports this ethos. As an external organisation we aim to enhance your delivery of these subjects, bringing in our specialist knowledge and different ways of engaging with young people.

### ➤ Workshops for young people:

Our workshops provides children and young people with a range of informal learning opportunities on a range of topics including: Self-Esteem & Body Image, Career Aspirations, Internet Safety and Respectful Friendships & Relationships.

Our workshops provide informal education opportunities to increase young people's knowledge and skills in dealing with a range of issues that affect young people today. We provide young people with the tools and resources to openly discuss a range of topics in a safe environment while providing useful links to other local services and support.

The content for this Offer was developed with the support from young people who live in Rutland and subjects were identified as key areas of concern which should be addressed.

### ➤ Who can access these Workshops?

Any child or young person aged between 11 and 18 years who either lives in or attends a school in Rutland.

### ➤ Mix and match workshops:

Workshops are designed to be mixed and matched so schools, colleges and groups can tailor to the needs of their young people. Primary Schools can access up to 4 workshops per year. Please check the workshop details for group size before booking.

### ➤ Can't find what you're looking for?

If you are looking for a bespoke workshop or programme to meet specific needs of your young people please contact the team at Jules House to discuss how we can support this.

We can deliver bespoke programmes during school hours or arrange an after school club or activity. For example CSE group work, confidence building and developing life skills.

Primary School Offer - Workshop Title:	Age range:	Group size:	Duration:
<p>➤ <b>Internet Safety:</b></p> <p>Learners will develop an understanding of their online safety and reputation as well as considering what will affect it, i.e. sharing pictures, cyberbullying, language and how this can impact on their future.</p> <p>Learners will also be able to identify harmful behaviours, and consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.</p>	Year 6	30 Max	1.5 hours
<p>➤ <b>Self-Esteem &amp; Body Image</b></p> <p>Learners will develop an understanding of their own positive self-esteem by exploring and dealing with feelings about their physical appearance, in particular weight and body shape.</p> <p>Looking at social media and marketing, this workshop helps remove the myths around unrealistic self-images and focuses on learner's own skills, qualities and strengths in order to develop a healthy balanced view of themselves.</p>	Year 6	30 Max	1.5 hours
<p>➤ <b>Respectful Friendships &amp; Relationships:</b></p> <p>Learners will develop an understanding of what friendship is, what family means and who can support them in difficult times.</p> <p>This workshop will also enable young people to explore and increase their understanding of the issue of bullying, managing their own emotions while understanding the components of a healthy friendship.</p> <p>Learners will understand the different types of bullying that exist, as well as understanding respect for others, treating people with kindness and consideration are all key factors to maintaining healthy friendships, at home and at school.</p>	Year 6	30 Max	1.5 hours
<p>➤ <b>Career Aspirations:</b></p> <p>A fun, interactive workshop looking at career ideas with students using a range of activities and games.</p> <p>At the end of the workshop young people will have raised their awareness of the types of work and careers available as well as understanding the importance of qualifications and GCSE options.</p>	Year 6	30 Max	1.5 hours



### **Partner offer:**

We are delighted to promote a range of free support services available to young people, schools and groups in Rutland.

### **Kooth: Free, safe and anonymous online counselling and support**

Kooth offer a range of sessions which they can deliver in schools. This could be part of training days, team meetings or even lunch time sessions. They are flexible in their approach and aim to meet the needs of individual schools. The training for staff consists of a presentation, Q&A period and lasts around 30 minutes. After gaining an understanding of Kooth, this could then be used as part of Anti-Bullying, Mental Health or PHSE sessions.

They also offer presentations to students within assemblies, presentations at parent's evenings, Emotional Health sessions and promotional items. Kooth.com is a free, safe and confidential way for young people to receive counselling, support and advice online and has been commissioned locally.

Contact on **07949818144**, or email at [trobson@xenzone.com](mailto:trobson@xenzone.com)

<https://www.kooth.com/>

### **Turning Point: Free drug and alcohol service:**

Turning Point have a variety of services available which range from working one to one with young people to substance specific drug and alcohol groups.

They are looking to start an early intervention service to secondary schools to deliver group work packages highlighting the dangers around substance use and promote prevention and relapse prevention. They also offer a training package for staff, which includes substance specific awareness groups and details Turning Point referral processes.

Contact on **0330 303 6000** - <http://wellbeing.turning-point.co.uk/leicestershire/>

### **Youth Services at Jules House:**

Jules House also offers a range of short programmes, youth clubs and groups which include our weekly Thursday Youth Group for school years 7 – 11 from 4:30pm - 6:30pm.

In addition other groups include; TOFU – Young Carers, YOUTH CHAOS Rutland Youth Council, Young Inspectors. Please call Jules House for further information about these groups. [Rutland Information Service](#)

**01572 758301**



## Request for Primary School Bookings - more Information:

**Name:**

**Organisation:**

**Email:**

Rutland County Council cannot guarantee availability on your preferred date(s) however you will be contacted within **7** days of completing the attached form to confirm availability and discuss your requirements. Please ensure there will be a member of staff on hand during your workshop to support with any issues on the day.

Please indicate preferred dates and numbers of students and year group.

\* Please note we do not offer workshops during team 6.

Workshop Details:	Max number:	Year group:	Please tick this box
➤ Internet Safety:	30 Max	Yr. 6 only	
➤ Self-Esteem & Body Image	30 Max	Yr. 6 only	
➤ Respectful Friendships & Relationships:	30 Max	Yr. 6 only	
➤ Career Aspirations:	30 Max	Yr. 6 only	

## Cancellation Charge:

If you wish to cancel a workshop please contact us no later than 24 hours before your workshop is due to take place. All cancellations will be charged a fee of £50 per workshop if you do not cancel your workshop within this timescale. All questions and queries regarding cancellation charges should be directed to the Youth & Community Development Worker –

[APoulton@rutland.gov.uk](mailto:APoulton@rutland.gov.uk)

# Contact us for more information

Please return your completed booking request forms to Jules House.

If you would like to know more about any of the workshops and activities in this guide please contact us at Jules House.

**Young Peoples Services**  
**Jules House**  
**1 Cold Overton Road**  
**Oakham**  
**Rutland**  
**LE15 6NT**  
**Tel: 01572 758301**  
**Email: [jules@rutland.gov.uk](mailto:jules@rutland.gov.uk)**

