

HALCYON PODCAST SEASON 2 E09

All things RHSE and PSHE

An interview with John Rees of PSHE Solutions

More learning resources by John Rees

John Rees is an independent consultant supporting schools around personal, social and health education, mental health and behaviour as well as spiritual and cultural aspects. He is the leader of PSHE Solutions, an independent training and consultancy in PSHE Education.

John is a strong advocate of promoting PHSE in the context of a whole school community, including staff wellbeing. With a strong, positive school environment, where teachers and staff model considerate behaviour, he believes pupils can learn and thrive as they feel valued, praised and supported.

John has shared links to more interviews which you may find useful as you introduce the new RSHE curriculum into your setting.

[Creating a safe and appropriate learning environment](#)

John advises on how to prepare well for PSHE, how to check in with students and how to approach the subject in an age appropriate way.

[What works in RSHE](#)

John explains how to make RSHE work in the curriculum, and how we can enable children to feel happy, healthy and well whilst linking RHSE to creating a positive learning environment.

Further resources

[Time to change](#)

A campaign to change the way people think and act about mental health problems. Their work is challenging attitudes via a growing social movement, aimed at removing stigma and promoting their belief that no one should be treated differently because of a mental health problem.



Photo: Jeswin Thomas