

THE NEST'S SCHOOL ENGAGEMENT TEAM

OFFERING FREE MENTAL HEALTH AND WELLBEING
SUPPORT SESSIONS TO SCHOOLS IN SOUTHWARK



Southwark
Council
southwark.gov.uk

WHOLECLASS WORKSHOPS

WHAT'S MENTAL HEALTH? WELLBEING MATTERS	GROWING HEALTHY FRIENDSHIPS: THROUGH CONFLICT & CONNECTION	ZONES OF REGULATION: COLOUR YOUR CALM
HACKS TO BOOST YOUR MENTAL HEALTH (NEW!)	GROW YOUR MIND, BUILD YOUR RESILIENCE	SCROLL AND SOUL: HOW BEING ONLINE AFFECTS YOUR MENTAL HEALTH (NEW!)
ROLL WITH IT: THE CHANGE CHALLENGE	UNSHAKEABLE: BUILD YOUR CONFIDENCE	
DIVERSITY & INCLUSION: THE POWER IN OUR DIFFERENCES	TALK THE TALK: COMMUNICATING WELL	

PARENT/CARER CATCH UPS

HOLDING SPACE: SUPPORTING YOUR CHILD'S MENTAL HEALTH	FRIENDS, FIGHTS & FIXES: GUIDING THROUGH CHILD DYNAMICS
MENTAL HEALTH TOOLKITS: EVERYDAY HABITS FOR YOU & YOUR CHILD (NEW!)	RAISING RESILIENCE: BUILDING A GROWTH-FOCUSED HOME
TRANSITION & TURNS: HELPING YOUR CHILD NAVIGATE WHAT'S NEXT	CONFIDENCE BUILDERS: HELPING YOUR CHILD OWN THEIR STRENGTHS
EVERY MIND COUNTS: EMBRACING NEURODIVERSITY IN YOUNG PEOPLE (NEW!)	NAVIGATING BIG FEELINGS: A PARENT'S GUIDE TO ZONES OF REGULATION
EMOTION COACHING	SCREENS, SCROLLS AND SELF-ESTEEM: HOW THE ONLINE WORLD AFFECTS MENTAL HEALTH (NEW!)

STAFF TRAINING SESSIONS

HEADS AND HEARTS: SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH AT SCHOOL	EVERY BRAIN BELONGS: SUPPORTING NEURODIVERSITY & YOUNG PEOPLE'S WELLBEING
REGULATE TO EDUCATE: EMBEDDING ZONES INTO YOUR SCHOOL	SCROLL, SNAP, STRESS: MANAGING THE MENTAL HEALTH IMPACT OF DIGITAL LIFE IN SCHOOL
EMOTION COACHING	
TRAUMA INFORMED PRACTICE (WITH MHST)	WHOLE SCHOOL APPROACH (WITH MHST)

CAN'T SEE SOMETHING YOU WOULD LIKE US TO DELIVER IN YOUR SCHOOL?
WE ALSO OFFER TAILORED-MADE WELLBEING WORKSHOPS TO SUIT THE NEEDS OF YOUR SCHOOL
CONTACT: SCHOOLENGAGEMENTTEAM@GROUNDWORK.ORG.UK

WORKSHOP SUMMARIES

YOUNG PERSON WORKSHOPS

WHAT'S MENTAL HEALTH? WELLBEING MATTERS - YEAR 1-6

THIS SESSION AIMS TO BUILD UNDERSTANDING AROUND WHAT MENTAL HEALTH IS AND HOW WE CAN LOOK AFTER IT. WE WILL DISCUSS IMPORTANT MENTAL HEALTH AND WELLBEING CONCEPTS AND MYTHS SURROUNDING THESE. WE WILL SHARE PRACTICAL WAYS TO MAINTAIN POSITIVE WELLBEING AND RUN AN ACTIVITY THAT WILL HELP STUDENTS IDENTIFY PEOPLE IN THEIR SUPPORT CIRCLES AND REFLECT ON HOW THESE RELATIONSHIPS CAN HELP DURING CHALLENGING TIMES.

GROWING HEALTHY FRIENDSHIPS: THROUGH CONFLICT & CONNECTION - YEAR 1-6

THIS SESSION FOCUSES ON HEALTHY FRIENDSHIPS AND CONFLICT RESOLUTION. THROUGH DISCUSSION, STUDENTS WILL BE ENCOURAGED TO TALK ABOUT WHAT MAKES A HEALTHY FRIENDSHIP, WHAT BOUNDARIES ARE AND WHY THEY ARE IMPORTANT. WE WILL LOOK AT HOW TO DIFFERENTIATE BETWEEN BULLYING AND HEALTHY CONFLICT AND EXPLORE STEPS THAT CAN BE TAKEN TO HANDLE BOTH.

ZONES OF REGULATION: COLOUR YOUR CALM - YEAR 1-6

THIS SESSION EXPLORES WHAT EMOTIONS ARE AND WHY WE HAVE THEM BEFORE MOVING ON TO THE CONCEPT OF EMOTIONAL REGULATION. HAVING BIG, SEEMINGLY 'OUT OF CONTROL' EMOTIONS WILL BE NORMALISED, AND THE IMPORTANCE OF UNDERSTANDING AND LABELLING EMOTIONS WILL BE HIGHLIGHTED. STUDENTS WILL BE GUIDED TO IDENTIFY AND PRACTICE STRATEGIES FOR EMOTIONAL UNDERSTANDING AND REGULATION USING LEAH KUYPER'S ZONES OF REGULATION FRAMEWORK. (ZONESOFREGULATION.COM)

HACKS TO BOOST YOUR MENTAL HEALTH - YEAR 1-6

THIS SESSION IS A FOLLOW ON FROM WHAT'S MENTAL HEALTH?! DECODE THE BRAIN AND AIMS TO PROVIDE FURTHER PRACTICAL STRATEGIES FOR MANAGING WELLBEING ACROSS VARIOUS ASPECTS OF LIFE: SLEEP, EATING WELL, EXERCISE, LEARNING, KEEPING CALM AND SOCIALISING. THESE ASPECTS ARE INTRODUCED AS 'PILLARS'. THE CONCEPT OF SELF-CARE WILL BE EXPLAINED, AND STUDENTS WILL HAVE THE CHANCE TO CREATE A VISUAL, PERSONALISED SELF-CARE RESOURCE.

GROW YOUR MIND, BUILD YOUR RESILIENCE - YEAR 1-6

THIS SESSION EXPLAINS WHAT RESILIENCE IS AND HOW TO BUILD IT. THROUGH DISCUSSION, ACTIVITIES, AND GAMES, STUDENTS WILL IDENTIFY WHEN THEY HAVE BEEN RESILIENT IN THE PAST, AND PRACTICAL STEPS THEY CAN TAKE GOING FORWARD. WE LOOK AT GROWTH MINDSET AND UNDERSTAND WHAT IT IS AND HOW TO DEVELOP ONE TO ENHANCE OUR RESILIENCE.

SCROLL & SOUL: HOW BEING ONLINE AFFECTS YOUR MENTAL HEALTH - YEAR 1-6

THIS SESSION FOCUSES ON THE POSITIVES AND CHALLENGES OF BEING ONLINE AT AN AGE-APPROPRIATE LEVEL. STUDENTS WILL REFLECT ON WHAT THEY DO ONLINE, AND DIFFERENT EMOTIONS THAT MAY COME UP ON AND OFF THE SCREEN. WE LOOK AT POTENTIAL SAFETY RISKS, IMPACTS OF EXCESSIVE SCREEN TIME, AND GUIDANCE FOR COMMUNICATING ONLINE. HEALTHY ONLINE HABITS AND POSITIVE USES WILL BE EMPHASISED, WITH TIPS TO PROMOTE POSITIVE WELLBEING BOTH ONLINE AND OFFLINE. YEAR 5-6 STUDENTS WILL ALSO EXPLORE CONCEPTS OF A DIGITAL FOOTPRINT, AND LINKS BETWEEN SOCIAL MEDIA AND SELF-ESTEEM.

ROLL WITH IT: THE CHANGE CHALLENGE - YEAR 1-5

THIS SESSION EXPLORES HOW CHANGE IMPACTS OUR MENTAL HEALTH, AND WHAT WE CAN DO TO POSITIVELY MANAGE DIFFICULT CHANGES. STUDENTS WILL GET THE OPPORTUNITY TO DISCUSS EXAMPLES OF CHANGE, AND THE VARIOUS EMOTIONAL IMPACTS CHANGE CAN HAVE. WE ALSO EXPLORE ANXIETY AND GIVE STUDENTS THE CHANCE TO DISCUSS AND PRACTICE COPING STRATEGIES, INCLUDING GROUNDING TOOLS AND SELF-CARE.

ROLL WITH IT: THE CHANGE CHALLENGE - YEAR 6 / TRANSITION - YEAR 7

THIS SESSION AIMS TO SUPPORT STUDENTS GOING INTO, OR JUST STARTING SECONDARY SCHOOL. STUDENTS WILL DISCUSS POSITIVE AND NEGATIVE ASPECTS OF CHANGE. THROUGH ACTIVITIES, THEY WILL EXPLORE CONCERNS ABOUT THE TRANSITION TO YEAR 7, BEFORE COLLABORATIVELY PROBLEM SOLVING THEM. STUDENTS WILL LEAVE EQUIPPED WITH PRACTICAL STRATEGIES AND COPING SKILLS TO HELP MANAGE THIS TRANSITION.

UNSHAKEABLE: BUILD YOUR CONFIDENCE - YEARS 1-6

THIS SESSION FOCUSES ON UNDERSTANDING WHAT IT MEANS TO BE CONFIDENT AND WHY SELF-ESTEEM IS IMPORTANT. STUDENTS WILL EXPLORE THE RELATIONSHIP BETWEEN CONFIDENCE AND MENTAL HEALTH AND DISCUSS HOW CONFIDENCE AND SELF-ESTEEM CAN BE BUILT. THROUGH GUIDED ACTIVITIES, THEY WILL PRACTISE WAYS TO IDENTIFY THEIR OWN STRENGTHS AND BUILD POSITIVE SELF-ESTEEM.

DIVERSITY & INCLUSION: THE POWER IN OUR DIFFERENCES - YEAR 1-6

THIS SESSION EXPLORES PEOPLE'S DIFFERENCES AND HOW THEY POSITIVELY CONTRIBUTE TO DIVERSE COMMUNITIES. STUDENTS WILL BE ENCOURAGED TO RECOGNISE AND CELEBRATE WHAT MAKES THEM UNIQUE, AS WELL AS APPRECIATING DIFFERENCES IN OTHERS. DIVERSITY WILL BE DISCUSSED IN RELATION TO ASPECTS OF STUDENT'S LIVES, INCLUDING CULTURE, STRENGTHS, AND IDENTITIES. THE IMPORTANCE OF INCLUSION, KINDNESS & RESPECT, AND MAKING SURE EVERYONE FEELS VALUED WILL BE A KEY FOCUS. YEAR 4-6 STUDENTS WILL ALSO BE INTRODUCED TO CONCEPTS OF DISCRIMINATION, EQUALITY AND EQUITY.

TALK THE TALK: COMMUNICATING WELL - YEARS 1-6

THIS SESSION EXPLORES COMMUNICATION AND ITS IMPORTANCE TO WELLBEING AND RELATIONSHIPS. STUDENTS WILL GET A CHANCE TO IDENTIFY AND DISCUSS DIFFERENT TYPES OF COMMUNICATION. THROUGH GAMES, DISCUSSION, AND ACTIVITIES, THEY WILL PRACTICE THEIR LISTENING SKILLS AND LEARN STRATEGIES TO COMMUNICATE IN DIFFERENT SITUATIONS.

PARENT WORKSHOPS

HOLDING SPACE: SUPPORTING YOUR CHILD'S MENTAL HEALTH

THIS SESSION HELPS PARENTS AND CARERS DEVELOP A DEEPER UNDERSTANDING OF THEIR CHILDREN'S MENTAL HEALTH. TIPS AND STRATEGIES TO ENCOURAGE OPEN CONVERSATIONS ABOUT EMOTIONS WILL BE DISCUSSED, AND ADVICE FOR RECOGNISING EARLY SIGNS OF MENTAL HEALTH DIFFICULTIES WILL BE SHARED. WE DELVE INTO RELEVANT THEORIES ABOUT EMOTIONAL REGULATION AND INCLUDE TIPS TO PROMOTE EMOTIONAL LITERACY IN CHILDREN.

FRIENDS, FIGHTS & FIXES: GUIDING THROUGH CHILD DYNAMICS

THIS SESSION EXPLORES HOW CHILDREN FORM CONNECTIONS, AND THE ROLE PARENTS AND CARERS CAN PLAY IN SUPPORTING THESE RELATIONSHIPS. THERE WILL BE OPPORTUNITY TO DISCUSS TRAITS OF HEALTHY AND UNHEALTHY FRIENDSHIPS. STRATEGIES WILL BE DISCUSSED AROUND WHEN AND HOW TO INTERVENE IN CHILDREN'S CONFLICT, SO CHILDREN CAN STILL BUILD INDEPENDENCE AND RESILIENCE. THE SESSION WILL ALSO HIGHLIGHT HOW CONFLICT AND CHANGE ARE NATURAL PARTS OF HEALTHY GROWTH AND CAN PROVIDE VALUABLE LEARNING OPPORTUNITIES.

MENTAL HEALTH TOOLKITS: EVERYDAY HABITS FOR YOU & YOUR CHILD

THIS SESSION EXPLORES SELF-CARE FOR PARENTS, CARERS, AND CHILDREN. PARENTS AND CARERS WILL HAVE THE CHANCE TO LEARN ABOUT, DISCUSS AND REFLECT ON THE IMPORTANCE OF SELF-CARE, AND HOW THEY CAN IMPLEMENT IT CONSISTENTLY. THE WORKSHOP ALSO RUNS THROUGH 6 AREAS THAT SUPPORT WELLBEING: SLEEP, EATING WELL, EXERCISE, LEARNING, KEEPING CALM AND SOCIALISING. THESE ASPECTS ARE INTRODUCED AS 'PILLARS'. FOR EACH PILLAR, THERE WILL BE PRACTICAL TIPS, A CHANCE FOR DISCUSSION, AND NHS RECOMMENDATIONS.

RAISING RESILIENCE: BUILDING A GROWTH-FOCUSED HOME

THIS SESSION OFFERS PARENTS AND CARERS A SPACE TO SHARE SUCCESSES AND DISCUSS BARRIERS WHEN IT COMES TO DEVELOPING RESILIENCE IN CHILDREN. THE WORKSHOP INCLUDES PRACTICAL, EVIDENCE-BASED STRATEGIES THAT CAN BE USED AT HOME TO SUPPORT CHILDREN'S RESILIENCE, INCLUDING EMOTION COACHING AND ENCOURAGING A GROWTH MINDSET. THE SESSION ALSO TOUCHES ON THE IMPORTANCE OF SELF-CARE FOR PARENTS AND CARERS.

TRANSITIONS AND TURNS: HELPING YOUR CHILD NAVIGATE WHAT'S NEXT

THIS SESSION OUTLINES SEVERAL STRATEGIES THAT PARENTS AND CARERS CAN IMPLEMENT AT HOME TO SUPPORT THEIR CHILD IF THEY ARE STRUGGLING WITH CHANGE. IT DELVES INTO THE TRANSITION TO SECONDARY SCHOOL, FOCUSING ON COMMON WORRIES CHILDREN HOLD, COPING STRATEGIES, AND WAYS PARENTS AND CARERS CAN SUPPORT THEIR CHILDREN.

CONFIDENCE BUILDERS: HELPING YOUR CHILD OWN THEIR STRENGTHS

THIS SESSION EXPLORES CONFIDENCE AND SELF-ESTEEM IN CHILDREN. PARENTS AND CARERS WILL REFLECT ON THE IMPORTANCE OF POSITIVE SELF-CONFIDENCE AND SELF-ESTEEM IN RELATION TO RESILIENCE AND MENTAL HEALTH. SIGNS OF LOW CONFIDENCE WILL BE DISCUSSED BEFORE EXPLORING PRACTICAL STRATEGIES TO SUPPORT CHILDREN AND BOOST CONFIDENCE. MAINTAINING AND PROMOTING POSITIVE CONFIDENCE AND SELF-ESTEEM WILL ALSO BE DISCUSSED IN THE CONTEXT OF CHANGE.

EVERY MIND COUNTS: EMBRACING NEURODIVERSITY IN YOUNG PEOPLE

THIS SESSION EXPLORES THE RELATIONSHIP BETWEEN NEURODIVERSITY AND MENTAL HEALTH, HELPING PARENTS AND CARERS BETTER UNDERSTAND THE STRENGTHS AND SUPPORT NEEDS OF NEURODIVERSE CHILDREN, WHILST NORMALISING THE CHALLENGES FAMILIES MAY FACE ALONG THE WAY. IT OFFERS PRACTICAL STRATEGIES FOR SUPPORT AT HOME, IDEAS FOR WORKING WITH SCHOOLS, AND TIPS FOR TALKING ABOUT NEURODIVERSITY WITH ALL CHILDREN. THE SESSION ALSO INCLUDES RESOURCES, POSITIVE ROLE MODELS, AND SPACE FOR OPEN DISCUSSION.

NAVIGATING BIG FEELINGS: A PARENT'S GUIDE TO ZONES OF REGULATION

THIS SESSION HELPS PARENTS AND CARERS UNDERSTAND EMOTIONAL REGULATION AND INTRODUCES LEAH KUYPER'S ZONES OF REGULATION AS A TOOL TO SUPPORT CHILDREN IN RECOGNISING AND MANAGING THEIR EMOTIONS IN DAY-TO-DAY LIFE. IT OFFERS PRACTICAL STRATEGIES, INCLUDING REGULATION TOOLS, EMOTIONAL LITERACY RESOURCES, AND TIPS FOR POSITIVE MODELLING AND REINFORCEMENT. PARENTS AND CARERS ARE INVITED TO SHARE THEIR EXPERIENCES OF THEIR CHILDREN'S EMOTIONS AND CHALLENGE AND WILL LEAVE WITH TIPS TO HELP CHILDREN NAVIGATE BIG EMOTIONS, SPECIFICALLY USING THE ZONES FRAMEWORK.

([ZONESOFREGULATION.COM](https://www.zonesofregulation.com/))

SCREENS, SCROLLS & SELF-ESTEEM: HOW THE ONLINE WORLD AFFECTS MENTAL HEALTH

THIS SESSION EXAMINES THE IMPACT OF THE ONLINE WORLD ON YOUNG PEOPLE'S MENTAL HEALTH, FOCUSING ON RISKS RELATED TO SOCIAL MEDIA, SCREEN TIME, AND SELF-ESTEEM. IT OFFERS PRACTICAL STRATEGIES FOR MANAGING DIGITAL USE, SETTING HEALTHY BOUNDARIES, AND ENCOURAGING OPEN COMMUNICATION. PARENTS AND CARERS WILL REFLECT ON THEIR CHILD'S ONLINE HABITS, DISCUSS SAFETY CONCERNS, AND EXPLORE WAYS TO MODEL POSITIVE DIGITAL BEHAVIOUR. THE WORKSHOP ALSO HIGHLIGHTS WHERE TO FIND FURTHER SUPPORT TO HELP CHILDREN THRIVE BOTH ONLINE AND OFFLINE.

EMOTION COACHING

THIS SESSION EXPLAINS JOHN GOTTMAN'S EMOTION COACHING APPROACH, OFFERING PRACTICAL TIPS AND EXAMPLES OF HOW TO APPLY IT IN A HOME SETTING. EMOTION COACHING PROVIDES A STRUCTURE FOR PARENTS AND CARERS TO RESPOND TO CHILDREN WHEN THEY FACE HEIGHTENED EMOTIONS. EMOTION COACHING HAS BEEN SHOWN TO DEVELOP CHILDREN'S EMOTIONAL LITERACY AND RESILIENCE. WE WILL EXPLORE HOW TO RESPOND TO CHILDREN USING HIGH EMPATHY AND HIGH GUIDANCE. PARENTS AND CARERS WILL ALSO HAVE A SPACE TO DISCUSS BARRIERS WHEN APPLYING EMOTION COACHING.

([HTTPS://WWW.EMOTIONCOACHINGUK.COM/](https://www.emotioncoachinguk.com/)).

STAFF WORKSHOPS

HEADS & HEARTS: SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH AT SCHOOL

THIS SESSION BEGINS WITH AN INTRODUCTION TO MENTAL HEALTH, PROVIDING A SPACE FOR STAFF TO DISCUSS BARRIERS WHEN SUPPORTING YOUNG PEOPLE'S WELLBEING. WE WILL DELVE INTO VARIOUS RELEVANT THEORIES AND STRATEGIES TO SUPPORT YOUNG PEOPLE'S MENTAL HEALTH. THERE IS A SCENARIO-BASED LEARNING ACTIVITY FOLLOWED BY A DISCUSSION ON STAFF WELLBEING AND SELF-CARE.

EVERY BRAIN BELONGS: SUPPORTING NEURODIVERSITY & YOUNG PEOPLE'S WELLBEING

THIS SESSION EXPLORES HOW SCHOOL STAFF CAN SUPPORT THE WELLBEING OF NEURODIVERGENT LEARNERS. BEGINNING WITH A DISCUSSION ON DIFFERENT TYPES OF NEURODIVERSITY, COMMON STRENGTHS, NEEDS, AND MASKING, THE WORKSHOP THEN GOES INTO STRATEGIES AND REASONABLE ADJUSTMENTS THAT CAN BE MADE, TO SUPPORT THE MENTAL HEALTH OF NEURODIVERGENT LEARNERS. THE SESSION ENDS WITH SIGNPOSTING TOWARDS RELEVANT READINGS AND VIDEOS.

REGULATE TO EDUCATE: EMBEDDING ZONES INTO YOUR SCHOOL

THIS SESSION EXPLORES SUPPORTING YOUNG PEOPLE'S EMOTIONAL REGULATION THROUGH IMPLEMENTING LEAH KUYPER'S ZONES OF REGULATION. THE WORKSHOP BEGINS WITH GENERAL INFORMATION ABOUT DYSREGULATION WITHIN YOUNG PEOPLE, GIVING STAFF A SPACE TO REFLECT ON CHALLENGING EMOTIONAL INTERACTIONS WITH STUDENTS. THE LATTER PART OF THE WORKSHOP OUTLINES VARIOUS WAYS THE ZONES OF REGULATION CAN BE UTILISED, ENDING WITH A SPACE FOR STAFF TO DISCUSS IMPLEMENTATION IN THE CONTEXT OF THEIR SCHOOL. ([ZONESOFREGULATION.COM](https://www.zonesofregulation.com/))

SCROLL, SNAP, STRESS: MANAGING THE MENTAL HEALTH IMPACT OF DIGITAL LIFE IN SCHOOL

THIS SESSION OUTLINES SEVERAL RISKS YOUNG PEOPLE FACE FROM SPENDING TIME ONLINE AND HOW IT CAN IMPACT IN-SCHOOL LIFE. THE SESSION OFFERS PRACTICAL TIPS TO SUPPORT YOUNG PEOPLE, AS WELL AS GIVING STAFF A SPACE TO DISCUSS STRATEGIES AMONGST THEMSELVES. THE SESSION ENDS WITH A SCENARIO-BASED DISCUSSION, GIVING STAFF THE OPPORTUNITY TO PRACTICE RESPONDING TO VARIOUS POSSIBLE ISSUES YOUNG PEOPLE MAY RUN INTO WHEN BEING ONLINE.

EMOTION COACHING

THIS SESSION EXPLAINS JOHN GOTTMAN'S EMOTION COACHING APPROACH, OFFERING PRACTICAL TIPS AND EXAMPLES OF HOW TO APPLY IT IN A SCHOOL SETTING. EMOTION COACHING PROVIDES A STRUCTURE FOR ADULTS TO RESPOND TO INSTANCES OF HEIGHTENED EMOTIONS IN CHILDREN THAT FOSTERS DEVELOPMENT OF EMOTIONAL LITERACY AND RESILIENCE. CONCEPTS OF EMPATHY VERSUS GUIDANCE WHEN RESPONDING TO CHILDREN WILL BE DISCUSSED, BEFORE GIVING STAFF SCENARIOS TO PRACTICE EMOTION COACHING IN A SAFE SPACE WITH PEERS. ([HTTPS://WWW.EMOTIONCOACHINGUK.COM/](https://www.emotioncoachinguk.com/))

TRAUMA-INFORMED PRACTICE – DELIVERED WITH MHST

THIS SESSION EXPLORES WHAT TRAUMA IS, DIFFERENT TYPES OF TRAUMAS, AND THE IMPACT OF TRAUMA ON YOUNG PEOPLE. THE WORKSHOP EXPLAINS TRAUMA-INFORMED PRACTICE: A FRAMEWORK SCHOOL STAFF CAN USE TO FOSTER SAFETY, TRUST, AND EMPOWERMENT, THEREBY BUILDING YOUNG PEOPLE'S CAPACITY TO ADAPT AND THRIVE. PRACTICAL EXAMPLES OF IMPLEMENTING TRAUMA-INFORMED PRACTICE, INCLUDING THE CONCEPT OF THE 'EMOTIONALLY AVAILABLE ADULT', WILL BE EXPLAINED AND DISCUSSED.

WHOLE SCHOOL APPROACH– DELIVERED WITH MHST

THIS SESSION BREAKS DOWN THE WHOLE SCHOOL APPROACH (WSA) TO MENTAL HEALTH AND WELLBEING GUIDANCE PUBLISHED BY THE DEPARTMENT FOR EDUCATION. STAFF WILL DISCUSS EACH OF THE 8 PRINCIPLES WITHIN THEIR SCHOOL CONTEXT, DISCUSSING WHAT IS DONE WELL ALREADY, AND WHAT CAN BE DEVELOPED FURTHER. TIPS AND IDEAS REGARDING IMPLEMENTING EACH OF THE 8 PRINCIPLES WILL ALSO BE SHARED. ([HTTPS://WWW.GOV.UK/GUIDANCE/MENTAL-HEALTH-AND-WELLBEING-SUPPORT-IN-SCHOOLS-AND-COLLEGES](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges))