

PSHE Leads' Bulletin

Message from GHLL

We hope our final bulletin before the summer break finds you well despite the many demands upon teaching staff at the end of the school year!

Sports days have taken place, reports have been written, parents evenings conducted, and exams completed, yet while many staff and pupils will be looking forward to the well-deserved break, many young people and their families will find the holidays to be a tricky time. Staff may also be apprehensive about the challenges that September brings.

This bulletin contains links to opportunities and services available to families during the holidays, resources to kickstart planning for the new term, and CPD offers to inspire and improve your practice.

The GHLL team thank you for serving our county throughout this school year and wish you an enjoyable, safe, and restful summer. We look forward to seeing you next academic year.

Please feel welcome to contact us should you wish to:
ghll@gloucestershire.gov.uk

Kind regards,

Fiona and the team.

GHLL's Free Training Offer from September 2022

You've spoken, we've listened! GHLL's FREE training in the new school year will be delivered through a variety of forms to suit your preferences. Training will be provided face-to-face and virtually on separate dates during the year to support accessibility, with twilight and INSET sessions also available. Our full calendar of events comprises sought-after training such as Mental Health First Aid, Self-Harm Awareness, and Transgender Awareness, in addition to numerous new offers including Peer Mediation, Trusted Emotionally Available Adult Universal Training, and more!

All staff working in Gloucestershire education settings are eligible to attend.

Ofsted Inspection Case Study on PSHE Education



Ofsted inspections are routinely placing more emphasis on PSHE education, particularly aspects of statutory Relationships, Sex and Health Education. The PSHE Association have provided a case study of an Ofsted inspection at a comprehensive secondary school in the North West of England. The case study includes questions asked by Ofsted, how the inspection has influenced changes in practice, and advice for other schools.

[Read the article here](#)

Free Yoga Course for Teachers and TAs

Active Gloucestershire and Shift Yoga are offering the chance for 50 teachers and TAs from schools in Gloucestershire to learn yoga so they can use it to support children and young people's mental health. The fully funded Shift Wellbeing Ambassador Course for Educators will support participants to experience the benefits of yoga for themselves, equip them to regulate their emotions and nervous systems, and empower them to bring movement and mindfulness techniques into the school day for the benefit of their pupils.

Start date: September 2022; **Course duration:** 26 weeks

[Hear what teachers have to say about the course](#)

[Hear students' views on the impact of yoga](#)

[Find out more here](#)



GHLL's Purple Hollieday in Support of the Hollie Gazzard Trust

The GHLL team gathered in purple to mark 'Purple Hollieday' as they developed the training schedule for the new academic year. Purple Hollieday is Hollie Gazzard Trust's annual day to celebrate Hollie Gazzard's life, and raise funds for the Gloucestershire charity's valuable, nationwide work to address domestic abuse and stalking. HGT offers free [assembly presentations](#) and workshops to schools on the topics of [healthy relationships](#), [coercive control](#), and [knife crime](#). They can also provide a [workshop](#) on the features and benefits of their next-generation personal safeguarding smartphone app, [Hollie Guard](#).

Learning and Teaching

Guidance & Resources

Supporting Refugee Children

[Gloucestershire Educational Psychology Service guidance for schools.](#)

The 'Bigger Picture' of Pupil Wellbeing Survey Findings



The Children's Commissioner for England's [Big Ask survey for children.](#)

The Big Answer: [A report into the findings of the Big Ask survey.](#)

DfE Webinar Recordings: Tackling Sexual Abuse and Harassment in Education Settings

3 free webinars on the topics of pornography and its impacts, domestic abuse, and sexual exploitation were recently offered to schools by the DfE. To aide accessibility, the PSHE Association have recently shared recordings of these webinars.



[Find the webinars here](#)



New Consent Materials from the PSHE Association

The PSHE Association have also launched new consent education content. Their comprehensive [guidance document](#) is available free to all. This is particularly timely in the context of findings from the Sex Education Forum's [2021 RSE Poll](#). The Poll's report highlighted, amongst other things, that [Ofsted recommendations made in the wake of the Everyone's Invited campaign](#) had not consistently been implemented.

SEN Alcohol Education Activity Pack

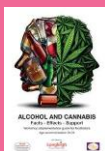
The Alcohol Education Trust (AET) have produced a highly visual alcohol education resource pack which is particularly suitable for those working with pupils with SEN or more vulnerable young people.

[Find it here](#)



Alcohol and Cannabis Resources

A new set of alcohol and cannabis resources are available for young people aged 16-25. Contact kate@alcoholeducationtrust.org for more information.



New Summer Resources from Anna Freud

A summer resource bundle featuring items of interest to young people, families and educators has been launched by the Anna Freud National Centre for Children and Families to support the mental health of young people over the upcoming summer period. The resources include:

- [Exam results webinars](#) for parents and carers
- [Transitioning to university webinars](#) for young people
- [Self-care summer resources](#) for primary and secondary school pupils
- [End of term toolkit](#) from Mentally Healthy Schools
- [Anti-racism seminar recording](#)



Self-Care and Celebrating the School Year

End the year by celebrating achievements and support your pupils with how to look after their wellbeing during the summer holidays.

- [10 Ways to celebrate the past school year](#)
- [Celebrating achievements lesson plan](#)
- [Preparing pupils for the summer holidays](#)
- [What is Self-Care?: A guide for young people](#)



Early Years Safety Resources

Free SkillZONE resources including flashcards and colouring sheets on topics including hot and cold, smoke alarms, and matches. Suitable for Early Years educators and families

[Access them here](#)



Updated CEOP Online Safety Toolkit

CEOP have updated their online safety toolkit of activities for schools, youth work and other education settings. Free registration and sign-in is required but there is a wealth of useful content and resources within the toolkit to educate young people.

[Find the toolkit here](#)



DEAL Resources for Ages 14+

SAMARITANS

The Samaritans have produced a free teaching resource for schools and other education settings that aims to build and develop young people's resilience. The [Developing Emotional Awareness and Listening \(DEAL\)](#) resource comes with [guidance for teachers](#), lesson plans, in-class resources and digital content.

Healthy Relationships Video for KS4

To support learning on consent and healthy relationships, Safe Lives have launched the [Your Best Friend project](#). The project aims to de-normalise the controlling and abusive behaviours that so many young people have reported to be considered 'normal behaviour' and seeks to ensure that all young people have the knowledge, skills, and confidence to spot toxic and abusive relationships, and support their friends to take action.

The [#FriendsCanTell](#) film, suitable for use with KS4, provides a stimulus for discussion around controlling behaviours and respect.



New Puberty Video from Outspoken Sex Ed

Primarily designed to provide advice for parents and carers about how to discuss puberty with young people, the new Outspoken Sex Ed video may also be useful to education staff.

[Watch it here](#)



New KS1 and KS2 Oral Health Lessons



Research shows that a quarter of 5-year-olds already have tooth decay with an average of 3-4 teeth affected. PHE School Zone have created [Keeping Our Teeth Healthy](#), an engaging, curriculum-linked science lesson exploring dental hygiene. The resource introduces your pupils to Tilly, a mighty molar who has turned into a troubled tooth and needs help making healthier dental choices.

Social Media and Mental Health Video for Y6+



Produced by staff at Bristol University, this [short, animated video](#) is based on research findings into social media use and young people's mental health. The video outlines five evidence-based tips for using social media in a way that protects mental health. It was co-produced with a group of 13-16-year-olds. The video can also be used alongside the UK Council for Internet Safety's framework document, called [Education for a Connected World](#), to better equip children and young people for a digital life.

School Diversity Week 2022



Well done to the 19 schools in Gloucestershire which participated in School Diversity Week 2022 to help tackle anti-LGBT+ bullying in schools and the wider community. The annual celebration is organised by the charity Just Like Us. Primary schools, secondary schools, and sixth forms across the UK are encouraged to take part; the next School Diversity Week is scheduled for 26th - 30th June 2023.

[Register to participate for free here](#)

LGBT+ Inclusive Education Research Findings and Reading Lists

Just Like Us' new piece of independent research of 1,001 UK parents shows that most parents in the UK are supportive of LGBT+ inclusive education. It has revealed that few children and young people have access to LGBT+ inclusive books at home even though most parents think they would be helpful, and that parents would like schools to do more. Gloucestershire libraries hold copies of many titles included in the reading lists below.

[Research findings available here](#)

[View an LGBT+ inclusive reading list for EYFS - KS2](#)

[View an LGBT+ inclusive reading list for KS3 – KS5](#)



Summer Activities and Wellbeing Ideas

'Have A Go' Free Music Activity Programme



For ages 10-16. Places must be booked.
1st - 5th August: The Hub, Gloucester
8th-12th August: SoundSpace, Cinderford

[Gloucester Programme – Find out more](#)

[Forest of Dean Programme – Find out more](#)

Science and Innovation Themed Summer Reading Challenge



For children aged 6-11. Books, supporting materials, events and activities available online and at libraries across the county.

[Find out more here](#)

[Visit the Gadgeteers website](#)



Free Wellbeing Posters for Children

Support children's summer wellbeing with Action for Happiness' free *10 Keys to Happier Living* downloadable poster pack.

[View and download them here](#)

ACTION FOR HAPPINESS

Positive News, Self-Help Magazine and Podcasts

[Read the magazine online for free](#)

[Listen to wellbeing podcasts here](#)



No Child Left Behind's Summer of Play



Gloucestershire organisations are joining forces to provide a variety of free activities in the Cheltenham area during the holidays, for primary and secondary aged children. Activities include youth dog training, sports sessions, animal shelter experiences, and more!

[Explore the Summer of Play programme here](#)

Free Activities and Events in Libraries Countywide

Gloucestershire libraries are providing a range of activities and events throughout July and August. The events are free to attend, but registration is required prior to each event. The sessions are repeated at different libraries across the county to support accessibility.

[Find out more here](#)

The Library

Eco Art with Joanna Logan



Join local artist, Joanna Logan as you create a display for the library.

No Time To Waste



Join the wonderful H&T Creative for a movement workshops which explore the impact of plastic pollution on the environment.



Meet the Author with Anita Faulkner



Come and join Quedgeley & Churchdown Libraries in welcoming local author Anita Faulkner and her debut novel 'A Colourful Country Escape'. A fun, rom-com novel set in Tewkesbury.

Storytelling with Zaphira Cormack



Join Zaphira as she takes you on a magical storytelling journey, reading stories from our Greener Together collection of books.

Wild and Green



Wild and Green provide outdoor learning sessions around Gloucestershire, nurturing creative, resilient and motivated learners.

Support & Services



Mental Health Services for Children and Young People in Gloucestershire

Universal services

These services are all free, confidential and do not require a referral/appointment.

On Your Mind Glos

for all ages. An NHS website to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support. Available 24/7.
» www.onyourmindglos.nhs.uk



Shout

for all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere
» www.giveushout.org
» Text SHOUT 85258 to text a trained Crisis volunteer.



Teens in Crisis (TIC+)

for 9 – 21 years living in Gloucestershire. Free, confidential counselling by phone, online text chat or video chat.

» www.ticplus.org.uk
» Call 01594 372777
» Text 07520 634063
TIC+ Chat - anonymous one to one support via calling 0800 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



ChildLine

for under 19 years. Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone.

» www.childline.org.uk
» Speak to a counsellor online via a one to one chat (9am to 12am)
» Freephone 0800 1111
» Download the ChildLine App



The Mix

for under 25 years olds. Support with mental health, money, homelessness, finding a job, relationships and drugs.

» www.themix.org.uk
» Online support chats available Sunday to Thursday 8pm-9:30pm
» Call 0808 808 4994, available every day from 4pm-11pm



Samaritans

for all ages. If you need someone to talk to, we listen. We won't judge or tell you what to do.

» www.samaritans.org
» Call 116 123 (Available 24/7)
» Email: jo@samaritans.org
» Download the Samaritans Self - Help app



kooth

for 11 to 18 year olds.

An online platform to help with anyone experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress. Access counselling, articles and peer support forums.

» <https://www.kooth.com/> Available 24/7
» Confidential counselling available Mon-Fri 12pm to 10pm, and 6-10pm at weekends.
Check website for availability.

Chat Health

for 11 to 19 year olds.

A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team.

» <http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>
» Text 07507 333351 (available Monday to Friday from 9am-4:30pm)

YOUNGmINDS

for all ages.

Provide information and advice to help with children and young people's mental health.

» www.youngminds.org.uk



Gloucestershire Self-Harm Helpline

for all ages. Provides confidential, safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers

Support available between 5pm - 10pm either by:
» online chat at www.gloucestershireselfharm.org
» Freephone 0808 801 0606
» Text 07537 410 022

Targeted services

Specific types of support for specific issues. Some of the services may require a referral.

Bereavement

for all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling.

» <https://www.winstonswish.org/>
» Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)



Trained Mental Health Youth Workers

Young Gloucestershire Link Chat for 16 to 25 years olds.

Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week.

Young people can be referred or can refer themselves.

» www.youngglos.org.uk/young-people/mental-health
» Email: getinvolved@youngglos.org.uk



Eating Disorders

Eating Disorders Service for all ages.

Supporting people with an eating disorder. Offering CBT, drug and group therapy as part of community care and day treatment. Young people can be referred or can refer themselves online.

» <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>
» Call 01242 634242



[Click here to see more](#)

School Nurse Text Chat Service

11-19 year olds can text a school nurse anonymously on 07507 333351 for advice about a range of issues including relationships, alcohol, drugs, self-harm, bullying, and mental health.

[Download the flyer here](#)



Free Condoms and Sexual Health Advice



The Eddystone Trust's C-Card scheme enables young people to access free condoms and sexual health advice. Most pharmacies across the county can provide condoms through the C-Card scheme.

[View the list of Gloucestershire C-Card Sites here](#)

Parent Guide to 'Talking About Alcohol'

Advice for navigating conversations about alcohol with young people, and information on topics including units, guidelines, the effects of alcohol, and the law.

[View and download it here](#)



Free Holiday Activities and Food Programme (HAF) in Tewkesbury

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Young Gloucestershire are offering free food boxes, tokens for family activities, and activity camps for children aged 4 - 16 living in or attending a school in the Tewkesbury District.

[Visit their website to find out more](#)

[Book to attend summer activities](#)



CALL: 01594 372777 TEXT: 07520 634063



Mental health support finder

WHAT'S ON YOUR MIND?

Find the help that's right for you

Anonymous mental health support finder for young people in Gloucestershire

Visit onyourmindglos.nhs.uk or text 07984 404388

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Family Support Guide for Summer 2022



A booklet to guide and signpost families to access available food, activities, support and wellbeing services during the school holidays.



[View and download it here](#)

Free CPD




Further GHLL training for the new academic year to be announced. Please visit the training page of the




[GHLL website](https://www.goucestershire.gov.uk/gll-website) or contact GHLL@goucestershire.gov.uk for updates.





JULY & AUGUST 2022






<p>Tues 26th July 6PM – 8PM Book here</p>	<p>Eating Disorders in Children and Adolescents</p> <p>The session will cover:</p> <ul style="list-style-type: none"> - What are eating disorders and exploring the myths - Building empathy for young people with an eating disorder - Where to go for help and awareness of medical risk - Early warning signs - Phases of recovery - Practical tips for communicating with and supporting young people with eating disorders and their friends and families. 	
<p>Mon 1st August 12 noon – 2PM Book here</p> <p>Mon 15th August 6PM – 8PM Book here</p>	<p>The Teen Brain</p> <p>This session covers the main changes in the brain during the teenage years. Topics covered are hormones, risky behaviour, the social brain, and sleep. It combines the latest understanding of neuroscience and developmental psychology with practical strategies to help attendees understand what they can do to support young people.</p>	



SEPTEMBER 2022

<p>Wed 7th September 12 noon – 2PM Book here</p> <p>Tues 20th September 6PM – 8PM Book here</p>	<p>Supporting a Young Person Experiencing Thoughts of Suicide</p> <p>Appropriate for anyone caring for or working with young people, this webinar will help attendees to gain a better understanding of suicide and how to support a young person who may be experiencing suicidal thoughts. It will define suicide, explore statistics and factors that could lead to someone thinking of suicide, teach individuals how to support a young person who may be undergoing suicidal thinking, identify protective factors to help young people stay safe, and share useful resources and signposting information.</p>	
<p>Wed 21st September 9AM – 12 noon Book here</p>	<p>Mental Health First Aid Lite</p> <p>This is a three-hour course which will enable participants to gain a wider understanding, for themselves and others, of some issues surrounding mental health and how they might support the young people they work with. Delegates will receive a Mental Health First Aid handbook and a certificate after completing this training and returning an evaluation form.</p>	
<p>Mon 26th September 12 noon – 2PM Book here</p> <p>Mon 7th November 12 noon – 2PM Book here</p>	<p>Asking for Help: What are the barriers and how can we overcome them?</p> <p>This webinar discusses the barriers young people face when seeking help, sharing their own stories, signposting to where this help can be found, and sharing resources they've been working on. The discussion is based on the findings of the CoRay research project which explored how young people's mental health was affected by the pandemic.</p>	

<p>Thurs 29th September 9AM – 12 noon Book here</p>	<p>‘Sometimes My Brain Hurts’ – Primary Mental Health for KS1 & KS2</p> <p>A valuable training opportunity as part of our response to what CYP have said in the OPS about emotional health and wellbeing. This training shows school staff how to deliver sessions that encourage children to talk about mental health and can count towards a school's accreditation through GHLL.</p> <p>Delegates will each receive a copy of The Primary Mental Health Handbook. It is a comprehensive resource with background reading and information, a DVD and lesson plans for Key Stage 2. The handbook contains worksheets and plans that may be photocopied, and staff attending the training will have the opportunity to try out some of the activities to enable them to feel more confident.</p>	
<p>Thurs 29th September 9AM – 12 noon Book here</p>	<p>Peer Mediation</p> <p><i>‘CPR’ for your playtimes: Circle Time, Peer Mediation and Restorative Practice.</i></p> <p>This new course will provide you with a four week training programme to use with Key Stage 1 and Key Stage 2 pupils who you want to train up as peer mediators. Drawing on Circle Time techniques, Restorative Practice and Whole School Approach principles, the training programme is designed to give peer mediators the necessary skills and language to help other pupils resolve conflicts and issues that may arise in school, particularly at playtimes. All course attendees will receive a free hardcopy of GHLL's new ‘Peer Mediation Training’ booklet.</p>	
<p>OCTOBER 2022</p>		
<p>Wed 5th October 12 noon – 2PM Book here</p> <p>Tues 18th October 6PM – 8PM Book here</p>	<p>Supporting Children and Young People with Special Educational Needs and Disability (SEND)</p> <p>Research shows that children and young people with SEND are significantly more likely than those without SEND to develop mental health conditions. This workshop explores why this might be and aims to:</p> <ul style="list-style-type: none"> - Increase awareness of mental health issues in children and young people with SEND - Develop an understanding of the latest evidence including findings from the COVID-19 pandemic - Provide a range of practical strategies to support the mental health needs of children and young people with SEND 	

<p>Thurs 6th October 9.30AM – 12 noon Book here</p>	<p>Primary Relationships (Sex) and Health Education - Curriculum Training</p> <p>This session covers the statutory DfE requirements for all primary schools under the new guidance and allows delegates to explore ways to ensure their R(S)HE curriculum meets them, whilst also being tailored to their setting and meeting the needs of their pupils. Whether a commercial package is used to deliver the R(S)HE curriculum, or freely available resources are used, this session will help to support schools in providing a spiral, responsive, progressive curriculum, bespoke to their setting.</p>	
<p>Thurs 6th October 1.15PM – 3.15PM Book here</p>	<p>GHLL Primary Resources Overview</p> <p>This workshop enables you to talk you through the various GHLL primary resources with one of GHLL's Lead Teachers. All resources have been developed by practising teachers to support pupils in their physical and emotional development. The Lead Teachers can advise on how to build the resources into your school's current PSHE curriculum, and share ways in which they have been implemented in other schools along with the outcomes they have provided. You will have the opportunity to discuss methods to measure the impact of your PSHE teaching, and ways in which the children's learning and understanding can be recorded and assessed.</p> <p>Some of the resources explored in this session will include: Counting Sleep; Make Me a Superhero; Peer Mediation; Understanding Dementia; Keeping Myself Safe; Focused for Learning.</p>	
<p>Tues 11th October 12 noon – 2PM Book here</p> <p>Mon 24th October 6PM – 8PM Book here</p>	<p>Relationships Matter</p> <p>Explore why relationships are key for young peoples' wellbeing and learn practical strategies for developing them.</p>	
<p>Fri 14th October 9.30AM – 4PM Book here</p>	<p>Relationships and Sex Education Training</p> <p>Available to all professionals working with young people and their families in Gloucestershire and offers ideas and information of how to explore issues of relationships and sex education with young people. The training is divided into two levels. Level 1 is an interactive one-day workshop covering:</p> <ul style="list-style-type: none"> - Law and Policy - Young people and relationships - Engaging young people in SRE - Local services for young people <p>Level 2 is split into three half day workshops which cover: Sexuality; Teenage Pregnancy and Working with Young Parents; Sexual Health and Learning Disabilities.</p>	

<p>Thurs 20th October 3.30PM – 5.30PM</p> <p>Thurs 24th November 3.30PM – 5.30PM</p> <p>Thurs 8th December 3:30PM – 5.30PM</p> <p>Email GHLL for more information</p>	<p>e-Bug Training</p> <p>e-Bug resources support students to learn about microbes, infection prevention and control, antibiotics and vaccination. Each lesson plan is mapped to the National Curriculum and includes activities, handouts, worksheets and adaptable content. GHLL are offering free face-to-face half day training to support the roll out of e-Bug and the use of the resource pack. This guidance covers key infection, prevention and control topics to supplement your Health Curriculum and is also DfE approved. It is a progressive resource which you can use from EYFS through to Key Stage One and Two.</p>	
<p>NOVEMBER 2022</p>		
<p>Tues 1st – Wed 2nd November 9AM – 5PM</p> <p>Book here</p>	<p>Mental Health First Aid 2-Day Training</p> <p>This MHFA course will teach you how to:</p> <ul style="list-style-type: none"> - Spot the early signs of a mental health problem in young people - Feel confident helping a young person experiencing a problem - Provide help on a first aid basis - Help protect a young person who might be at risk of harm - Help prevent a mental health illness from getting worse - Help a young person recover faster - Guide a young person towards the right support - Reduce the stigma of mental health problems 	
<p>Thurs 3rd November 1PM – 3.30PM</p> <p>Book here</p>	<p>GHLL Awards Workshop</p> <p>An introduction to GHLL's accreditation process for the Mental Health Champion award and Healthy Schools award.</p>	
<p>Tues 15th November 12 noon – 2PM</p> <p>Book here</p> <p>Mon 28th November 6PM – 8PM</p> <p>Book here</p>	<p>Social Media: Connecting us or Creating Distance?</p> <p>Teens spend more time on social media than ever before, but how is this affecting them? What's the impact on their mental health? This webinar will discuss our relationship with technology and how it's impacting us.</p>	
<p>Tues 15th November 1PM – 4PM</p> <p>Book here</p>	<p>Mental Health First Aid Lite</p> <p>A three-hour face-to-face course which enables participants to gain a wider understanding, for themselves and others, of some issues surrounding mental health and how they might support the young people with whom they work. This is an opportunity for colleagues working with young people to improve their knowledge, understanding and skills at identifying and supporting young people with mental health problems.</p>	

<p>Thurs 17th November 2022 Booking available via the GHLL website soon</p>	<p>Trusted Emotionally Available Adult (TEAA) Universal Training – Part One</p> <p>Universal training which is most suited to staff in leadership positions. The training compliments other GHLL training packages including MHFA (Mental Health First Aid England Training), Sometimes My Brain Hurts, Self-Harm Awareness, and Transgender Awareness in Schools.</p> <p>TEAA will enable the development of listening skills and explore good practice. Participants will have the opportunity to share what works well and hear examples from other schools, before considering how to establish a structure within their own setting to ensure there is a TEAA for their pupils. Delegates will gain a greater understanding of their own mental health and the importance of self-care, feel more supported in their role as a TEAA, and practise empathetic responses and listening skills.</p>	
<p>DECEMBER 2022</p>		
<p>Thurs 1st December Booking available via the GHLL website soon</p>	<p>Trusted Emotionally Available Adult (TEAA) Universal Training – Part Two</p> <p>Part Two of the TEAA training will allow practitioners to explore ways to work therapeutically within their professional limitations. Resources, ideas, and practical activities for TEAAs to use in schools will be shared with participants, to support pupils with identified concerns such as worry, sleep, self-esteem, confidence, bereavement, coping with change, conflict, and friendships.</p>	
<p>Wed 7th December 12 noon – 2PM Book here</p> <p>Thurs 15th December 6PM – 8PM Book here</p>	<p>Supporting a Sensitive Child</p> <p>Why is it that some children and young people seem to be more affected by and sensitive to the things that happen to them than others? This webinar will discuss evidence suggesting that although some individuals are more sensitive to the negative things that happen to them in their environment, they are also more likely to benefit from positive changes in their lives than their peers. Sarah will suggest strategies for supporting sensitive children to develop resilience and fulfil their innate potential.</p>	