

# Health and wellbeing training for schools

## 2016/17



# Who are we?

The Ealing Health Improvement Team are a trusted and qualified team of experts, providing support and training in **safeguarding prevention, mental health and emotional wellbeing, nutrition and exercise, Relationship and Sex Education (RSE) and PSHE** to help improve your pupils' health and achievement.

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We create, develop and co-ordinate a wide range of programmes and trainings that you can adopt and implement to help you improve the health and wellbeing of your pupils.



**Claire Meade**  
**RSE & PSHE**  
Health Improvement Officer



**Nicole McGregor**  
**Nutrition & Exercise**  
Health Improvement Officer



**Karen Gibson**  
**Safeguarding**  
Health Improvement Team Manager



**Stacey Payne**  
**Mental health**  
Health Improvement Officer



**Mubina Asaria**  
**Preventing Extremism**  
Schools advisor

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# What do we do?

All Ealing schools get access to our free Universal service. For additional support, most schools also buy back the Healthy Schools Awards & Training and/or the 4 Day Bespoke package.

## Universal service:

Includes an annual 'Health in School' visit, PSHE network, newsletter, Health Related Behaviour Survey and conferences.

**100%**

FOUND THEIR  
'HEALTH IN  
SCHOOL VISIT'  
USEFUL\*.

## Healthy Schools Awards & Training (HAT) Package

Includes six practical workshops to help you achieve your Healthy Schools London awards, a celebration event PLUS a choice of over 40 training workshops.

**100%**

OF 'HEALTHY  
SCHOOLS AWARDS  
& TRAINING'  
MEMBERS SAID  
THEY ENJOYED  
BEING A  
MEMBER\*.

## 4 Day Bespoke package

Provides four days of comprehensive bespoke work, surveys to measure impact and an impact report.

**90%**

OF BESPOKE  
SCHOOLS RATED  
OUR BESPOKE  
WORK AS  
'EXCELLENT'\*.

\*Source: Health Improvement Survey 2015/16

# About our trainings

The Health Improvement Team are offering schools over 40 training workshop covering a wide range of health and wellbeing topics.

This brochure provides information about the content, time, date, venue, target audience and cost of all our training programmes.

## **How much do the training workshops cost?**

All trainings are FREE to schools who have bought into the Healthy Schools Awards and Training (HAT) Package. All other schools pay as indicated in the 'cost' column.

## **How do I book?**

Book a place via Ealing CPD online  
[www.ealingcpd.org.uk](http://www.ealingcpd.org.uk)



# New workshops

## What's new?

This year we are offering 25 NEW training workshops. Below are our recommendations of the new trainings.

### Jenny Mosley's Calm Dining Halls

Jenny Mosley, the creator of Circle Time, will deliver her full day training workshop entitled Powerfully Positive Lunchtimes and Playtimes and Calm Dining Halls on 1 November. This is free for HAT members (see page 9).

### Daily Mile, FREE for schools

Elaine Wyllie, Head teacher of St Ninian's Primary School in Scotland, founder of the Daily Mile, will deliver a free training on the Daily Mile followed by a learning walk to see the Daily Mile in action (see page 9).

### NEW Emotional Wellbeing Courses

We are offering new training workshops on emotional wellbeing in areas including cooling down, resilience, identifying pupils' emotional wellbeing needs, and mindfulness in the classroom (see page 14).

**For more information about our packages or any of the training workshops, please contact Karen Gibson:**

[KGibson@ealing.gov.uk](mailto:KGibson@ealing.gov.uk)

020 8825 7707

[www.egfl.org.uk](http://www.egfl.org.uk)

# Workshops: Healthy Schools London (HSL) awards

| Title                                 | What you will learn                                                                         | Who for?                   | School                          | When?                      | Venue | Cost                |
|---------------------------------------|---------------------------------------------------------------------------------------------|----------------------------|---------------------------------|----------------------------|-------|---------------------|
| Healthy Schools London - Bronze       | • What the Healthy Schools London awards are                                                | Senior Leaders, PSHE Leads | Primary, High & Special schools | • 9am to 10am, 13/10/16    | EEC   | Free to all schools |
|                                       | • How to complete the Healthy Schools London Bronze tool (an audit of health and wellbeing) |                            |                                 | • 9am to 10am, 28/2/17     |       |                     |
|                                       | • How to submit and be awarded your Bronze award                                            |                            |                                 |                            |       |                     |
| Healthy Schools London - Silver       | • How to complete the Healthy Schools London Silver review tool                             | Senior Leaders, PSHE Leads | Primary, High & Special schools | • 10am to 12noon, 13/10/16 | EEC   | Free to all schools |
|                                       | • How to carry out a needs analysis                                                         |                            |                                 | • 10am to 12noon, 8/2/17   |       |                     |
|                                       | • How to use Survey Monkey to collect baseline data                                         |                            |                                 |                            |       |                     |
| NEW Healthy Schools London - Gold     | • How to submit to be awarded your Silver award                                             |                            |                                 |                            |       |                     |
|                                       | • How to complete the Healthy Schools London Gold review tool                               | Senior Leaders, PSHE Leads | Primary, High & Special schools | • 1pm to 2pm, 13/10/16     | EEC   | Free to all schools |
|                                       | • How to explain the evidence you need to collect and present                               |                            |                                 | • 1pm to 2pm, 28/2/17      |       |                     |
| NEW Healthy Schools Ealing - Platinum | • How to submit to be awarded your Gold award                                               |                            |                                 |                            |       |                     |
|                                       | • How to complete the Healthy Schools London Platinum review tool                           | Senior Leaders, PSHE Leads | Primary, High & Special schools | • 2pm to 3pm, 13/10/16     | EEC   | Free to all schools |
|                                       | • How to recruit schools to work with and support                                           |                            |                                 | • 2pm to 3pm, 28/2/17      |       |                     |
|                                       | • How to submit your Ealing Platinum award                                                  |                            |                                 |                            |       |                     |

# Workshops: PSHE

| Title                                                               | What you will learn                                                                                                                                                                                                  | Who for?                                     | School                          | When?                                                                                                     | Venue | Cost                 |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------|-------|----------------------|
| <b>NEW</b><br>The role of PSHE in light of the new Ofsted judgement | <ul style="list-style-type: none"> <li>How the new Ofsted framework links to PSHE</li> <li>How to evidence areas in the Ofsted Outstanding criteria using the Ofsted mapping tool and get a free copy</li> </ul>     | Senior/Middle Leaders, PSHE Leads, Governors | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 22/11/16</li> <li>1:30pm to 3pm, 7/3/17</li> </ul>  | EEC   | Free to HAT members* |
| <b>NEW</b><br>Implementing the Ealing PSHE Scheme of Work           | <ul style="list-style-type: none"> <li>What is in the Ealing PSHE scheme of work</li> <li>How to ensure consistency in delivering PSHE whole school</li> <li>How to monitor PSHE</li> </ul>                          | PSHE Leads, Middle leaders, Teachers         | Primary schools                 | <ul style="list-style-type: none"> <li>1:30pm to 3pm, 18/10/16</li> <li>3:30pm to 5pm, 28/3/17</li> </ul> | EEC   | Free to HAT members* |
| <b>NEW</b><br>An introduction to PSHE and Healthy Schools           | <ul style="list-style-type: none"> <li>How to implement and monitor a PSHE scheme of work</li> <li>What is your local Healthy Schools programme</li> <li>How to achieve the Healthy Schools London awards</li> </ul> | PSHE Leads                                   | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 11/10/16</li> <li>1:30pm to 3pm, 7/2/17</li> </ul>  | EEC   | Free to HAT members* |
| <b>NEW</b><br>Smoking prevention                                    | <ul style="list-style-type: none"> <li>What smoking topics are covered in KS2 and KS3</li> <li>Where to access resources and lesson plans on smoking prevention</li> </ul>                                           | PSHE Leads                                   | Primary & High schools          | <ul style="list-style-type: none"> <li>2pm to 3pm, 11/11/16</li> </ul>                                    | EEC   | Free to HAT members* |

\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.

# Workshops: Nutrition & exercise

| Title                                | What you will learn                                                                                                                                                                                                         | Who for?                              | School                          | When?                                                                                             | Venue | Cost                 |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------|-------|----------------------|
| An effective packed lunch policy     | <ul style="list-style-type: none"> <li>How to introduce a successful packed lunch policy</li> <li>How to use the packed lunch policy toolkit and get your free copy</li> <li>Ideas for rewarding healthy lunches</li> </ul> | Senior Leaders, PSHE Leads, Governors | Primary & High schools          | <ul style="list-style-type: none"> <li>1pm to 3pm, 12/10/16</li> <li>1pm to 3pm 8/3/17</li> </ul> | EEC   | Free to HAT members* |
| How to run a health fair             | <ul style="list-style-type: none"> <li>How to run a school health fair</li> <li>How to use the Health Fair Toolkit and get your free copy</li> </ul>                                                                        | PSHE Leads                            | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 8/2/17</li> </ul>                              | EEC   | Free to HAT members* |
| NEW 'Health Champions' programme     | <ul style="list-style-type: none"> <li>How to run the Health Champion Programme and train 20 pupils in high intensity training, monitoring lunches and delivering assemblies</li> </ul>                                     | PSHE Leads                            | Primary schools                 | <ul style="list-style-type: none"> <li>1pm to 3pm, 29/3/17</li> </ul>                             | EEC   | Free to HAT members* |
| Improving the dining room experience | <ul style="list-style-type: none"> <li>Ideas to improve the school dining experience, enhance the dining environment and encourage children to eat well</li> </ul>                                                          | PSHE Leads, SMSAs, Cooks              | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 25/4/17</li> </ul>                             | EEC   | Free to HAT members* |
| Help fussy eaters to eat well        | <ul style="list-style-type: none"> <li>How to encourage fussy eaters to try new foods</li> <li>How to encourage pupils with special needs, such as autism, to expand their food range and texture tolerance</li> </ul>      | PSHE Leads, SENCOs                    | Primary, High & Special schools | <i>Date TBC. See EGFL for details.</i>                                                            | EEC   | Free to all schools  |
| NEW 'Healthy eating parent workshop' | <ul style="list-style-type: none"> <li>Ideas for running a healthy eating workshop for parents</li> <li>How to encourage hard-to-reach parents to attend</li> </ul>                                                         | PSHE Leads, PS Advisor                | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 15/11/16</li> </ul>                            | EEC   | Free to HAT members* |

\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.



# Workshops: Nutrition & exercise

| Title                                                                        | What you will learn                                                                                                                                                                                                                                                                                  | Who for?                            | School                          | When?                                                                                              | Venue                   | Cost                 |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------|-------------------------|----------------------|
| <b>NEW</b><br>How to set up the Daily Mile                                   | <ul style="list-style-type: none"> <li>How to set up the Daily Mile, courtesy of Elaine Wylie, head teacher and founder of the Daily Mile and get a copy of the new Daily Mile toolkit</li> <li>How to get funding and freebies</li> <li>See the Daily Mile in action at Stanhope Primary</li> </ul> | Head teachers, PSHE Leads, PE Leads | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 21/9/16</li> <li>1pm to 3pm, 14/3/17</li> </ul> | EEC                     | Free to all schools  |
| Ideas to get pupils active                                                   | <ul style="list-style-type: none"> <li>How to get pupils more active before, during and after school</li> <li>What you can spend your school sports premium on</li> <li>Which programmes have been a success</li> </ul>                                                                              | PSHE Leads, PE Leads                | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 19/1/17</li> </ul>                              | EEC                     | Free to HAT members* |
| <b>NEW</b><br>Oral health ideas for schools                                  | <ul style="list-style-type: none"> <li>Health consequences of poor oral health</li> <li>Best oral health care practices</li> <li>How to encourage pupils in your school to take care of their teeth</li> </ul>                                                                                       | Senior Leaders, PSHE Leads          | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 30/11/16</li> </ul>                             | EEC                     | Free to all schools  |
| <b>NEW</b><br>Powerfully positive lunchtimes & playtimes & calm dining halls | <ul style="list-style-type: none"> <li>How to make your dining hall calm, positive and less noisy courtesy of Jenny Mosley, creator of Circle Time</li> <li>How to create happy lunchtimes</li> <li>Practical tips and confidence-building advice</li> </ul>                                         | Senior Leaders, PSHE Leads, SMSAs   | Primary, High & Special schools | <ul style="list-style-type: none"> <li>9am to 3pm, 1/11/16</li> </ul>                              | Stanhope Primary School | Free to HAT members~ |

\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.  
 ~ This workshop is free for two staff from all schools who are part of the 'Healthy Schools Awards and Training' package. All other schools pay £120.

# Workshops: Relationship & Sex Education

| Title                                                | What you will learn                                                                                                                                                                                                    | Who for?                                    | School                          | When?                                                                                                                                    | Venue | Cost                 |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------|----------------------|
| <b>NEW</b><br>Updating your RSE policy               | <ul style="list-style-type: none"> <li>How to review and write a RSE policy, that includes all statutory details</li> <li>How to consult parents, pupils, governors and staff on your policy</li> </ul>                | PSHE Leads, Middle leaders, SLT, Governor   | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 1/2/17</li> </ul>                                                                  | EEC   | Free to HAT members* |
| <b>NEW</b><br>Dealing with difficult RSE questions   | <ul style="list-style-type: none"> <li>What topics are covered in RSE and why</li> <li>How to answer difficult questions from parents and pupils</li> <li>Techniques to manage challenging questions</li> </ul>        | PSHE Leads, NQTs, Teachers Learning Mentors | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 3pm, 8/11/16</li> </ul>                                                                    | EEC   | Free to HAT members* |
| <b>NEW</b><br>Effective RSE – top tips for delivery  | <ul style="list-style-type: none"> <li>What topics are covered in RSE and why</li> <li>How to deliver effective RSE</li> <li>How to monitor and assess RSE</li> <li>Techniques for delivering effective RSE</li> </ul> | PSHE Leads, NQTs, Teachers Learning Mentors | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 5/10/16</li> <li>1:30pm to 3pm, 17/1/17</li> <li>1:30pm to 3pm, 24/5/17</li> </ul> | EEC   | Free to HAT members* |
| <b>NEW</b><br>KS1 RSE – class activities & resources | <ul style="list-style-type: none"> <li>What topics are covered in KS1 RSE</li> <li>How to deliver KS1 RSE effectively</li> <li>Review KS1 lesson plans and practice using resources</li> </ul>                         | PSHE Leads, NQTs, Teachers Learning Mentors | KS1 Primary, & Special schools  | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 16/11/16</li> </ul>                                                                | EEC   | Free to HAT members* |

\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.

# Workshops: Relationship & Sex Education

| Title                                                                | What you will learn                                                                                                                                                                                                                                                | Who for?                                     | School                          | When?                                                                                               | Venue | Cost                 |
|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------|-------|----------------------|
| <b>NEW</b><br>KS2 RSE – class activities & resources                 | <ul style="list-style-type: none"> <li>What topics are covered in KS2 RSE</li> <li>How to cover KS2 RSE effectively</li> <li>Review KS2 lesson plans and practice using resources</li> </ul>                                                                       | PSHE Leads, NQTs, Teachers, Learning Mentors | KS2 Primary & Special schools   | <ul style="list-style-type: none"> <li>1:30pm to 3pm, 22/2/17</li> </ul>                            | EEC   | Free to HAT members* |
| <b>NEW</b><br>KS3 & 4 RSE – class activities & resources             | <ul style="list-style-type: none"> <li>What topics are covered in KS3 &amp; 4 RSE</li> <li>How to cover KS3 &amp; 4 RSE effectively</li> <li>Review KS3 &amp; 4 lesson plans and practice using resources</li> </ul>                                               | PSHE Leads, NQTs, Teachers, Learning Mentors | KS3 & KS4 High schools          | <ul style="list-style-type: none"> <li>1:30pm to 3pm, 26/4/17</li> </ul>                            | EEC   | Free to HAT members* |
| <b>NEW</b><br>RSE & parents – How to reduce parental RSE withdrawals | <ul style="list-style-type: none"> <li>Solutions to reduce withdrawals from RSE lessons</li> <li>How to run RSE parent sessions</li> <li>How to engage parents in RSE and consult with them when reviewing and writing the RSE policy.</li> </ul>                  | PSHE Leads, NQTs, Teachers, PS Advisers      | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:30pm to 5pm, 21/3/17</li> </ul>                            | EEC   | Free to HAT members* |
| Emerging safeguarding issues in schools—for governors                | <ul style="list-style-type: none"> <li>Risks associated with technology and the internet</li> <li>How the school RSE policy and practice can help keep children &amp; young people safe</li> <li>Responsibilities of a governor in safeguarding and RSE</li> </ul> | Governors                                    | Primary, High & Special schools | <ul style="list-style-type: none"> <li>6pm to 8pm, 23/11/16</li> <li>6pm to 8pm, 23/3/17</li> </ul> | EEC   | Free to all schools  |

\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.

# Workshops: Safeguarding (Preventing Extremism)

| Title                                                           | What you will learn                                                                                                                                                                                                     | Who for?                                                   | School                          | When?                                                                                                           | Venue | Cost                |
|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------|-------|---------------------|
| WRAP training for school staff                                  | <ul style="list-style-type: none"> <li>Be aware of the Prevent Duty</li> <li>Explore vulnerability in the context of radicalisation building on existing safeguarding processes</li> </ul>                              | All new staff or those who have not received WRAP training | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:45pm to 4:45pm, 13/10/16</li> <li>3:45pm to 4:45pm, 19/1/17</li> </ul> | EEC   | Free to all schools |
| Train the facilitator WRAP training                             | <ul style="list-style-type: none"> <li>Become a qualified WRAP (Workshop to Raise Awareness of Prevent) trainer</li> <li>Be able to deliver your staff training to raise awareness of Prevent in your school</li> </ul> | Child Protection Leads, Senior leaders                     | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1pm to 4:30pm, 24/11/16</li> </ul>                                       | EEC   | Free to all schools |
| NEW Prevent in Schools                                          | <ul style="list-style-type: none"> <li>Be aware of the legal and statutory requirements for schools</li> <li>Focus on equalities, safeguarding and the curriculum</li> </ul>                                            | Headteachers, senior leaders                               | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:45pm to 4:45pm, 8/12/16</li> </ul>                                     | EEC   | Free to all schools |
| NEW Prevent briefings for child protection designated teachers. | <ul style="list-style-type: none"> <li>Be aware of the Prevent Duty for designated Child Protection leads</li> <li>Know about the London Child Protection Procedures, a requirement for all CP Leads</li> </ul>         | New and experienced designated Child Protection teachers   | Primary, High & Special schools | <ul style="list-style-type: none"> <li>4pm to 5pm, 1/11/16</li> <li>4pm to 5pm, 7/11/16</li> </ul>              | EEC   | Free to all schools |

# Workshops: Safeguarding (FGM, CSE & Neglect)

| Title                                     | What will you learn                                                                                                                                                                                                                    | Who for?                                           | School                          | When?                                                                                                                                                                                                                  | Venue | Cost                         |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|------------------------------|
| Female Genital Mutilation (FGM) Briefing  | <ul style="list-style-type: none"> <li>What FGM is</li> <li>How to identify risk</li> <li>How to respond and report appropriately</li> <li>What school can do</li> <li>Where to go for support</li> </ul>                              | Child Protection Leads, Senior Leaders, PSHE Leads | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:45pm to 5:15pm, 24/11/16</li> <li>3:45pm to 5:15pm, 2/2/17</li> <li>3:45pm to 5:15pm, 23/3/17</li> <li>3:45pm to 5:15pm, 11/5/17</li> <li>3:45pm to 5:15pm, 6/7/17</li> </ul> | EEC   | Free to all CPD SLA schools* |
| Child Sexual Exploitation (CSE) Briefing  | <ul style="list-style-type: none"> <li>What CSE is</li> <li>How to identify risk</li> <li>How to respond and report appropriately</li> <li>What school can do</li> <li>Where to go for support</li> </ul>                              | Child Protection Leads, Senior Leaders, PSHE Leads | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:45pm to 5:15pm, 29/11/16</li> <li>3:45pm to 5:15pm, 2/3/16</li> <li>3:45pm to 5:15pm, 18/5/16</li> </ul>                                                                      | EEC   | Free to all CPD SLA schools* |
| Neglect Briefing                          | <ul style="list-style-type: none"> <li>What Neglect is</li> <li>How to identify risk</li> <li>How to respond and report appropriately</li> <li>What schools can do</li> <li>Where to go for support</li> </ul>                         | Child Protection Leads, Senior Leaders, PSHE Leads | Primary, High & Special schools | <ul style="list-style-type: none"> <li>3:45pm to 5:15pm, 12/10/16</li> </ul>                                                                                                                                           | EEC   | Free to all CPD SLA schools* |
| NEW Whole School Approach to tackling FGM | <ul style="list-style-type: none"> <li>What FGM is and its impact</li> <li>How to plan and implement a whole school approach to FGM</li> <li>What tools to use to engage your school and local community to help tackle FGM</li> </ul> | Child Protection Leads, Senior Leaders, PSHE Leads | Primary, High & Special schools | <ul style="list-style-type: none"> <li>1:30pm to 3:30pm, 24/11/16</li> <li>1:30pm to 3:30pm, 2/3/17</li> </ul>                                                                                                         | EEC   | Free to all CPD SLA schools* |

\*Each briefing is free if your school pays to belong to the CPD SLA. If not, each session is £85 for Ealing maintained schools and £100 for all other.

# Workshops: Mental health & emotional wellbeing

| Title                                                      | What you will learn                                                                                                                                                                                                      | Who for?                                  | School                          | When?                   | Venue | Cost                 |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------|-------------------------|-------|----------------------|
| Helping children develop resilience – a toolkit for action | <ul style="list-style-type: none"> <li>How to use our new Resilience Toolkit</li> <li>How to deliver the lesson plans and use the resources to build the resilience of pupils in your class</li> </ul>                   | PSHE Leads, NQTs, Teacher, SLT, SENCo     | Primary, High & Special schools | 1:30pm to 3pm, 13/12/16 | EEC   | Free to HAT members* |
| <b>NEW</b> Mindfulness in the classroom                    | <ul style="list-style-type: none"> <li>How to introduce mindfulness strategies and ideas to children</li> <li>How to build mindfulness sessions into a school day</li> </ul>                                             | Senior Leaders, PSHE Leads, Teachers      | Primary, & High schools         | 1:30pm to 3pm, 11/1/17  | EEC   | Free to HAT members* |
| Anti-bullying week – resources & ideas                     | <ul style="list-style-type: none"> <li>What this year's theme for anti-bullying week is, and what you can do</li> <li>How to ensure each year group is prepared and able to use the resources</li> </ul>                 | PSHE Leads, NQTs, Teachers                | Primary, High & Special schools | 1:30pm to 3pm, 3/11/16  | EEC   | Free to HAT members* |
| <b>NEW</b> 'Cooling Down' strategies in the classroom      | <ul style="list-style-type: none"> <li>New strategies to use in the classroom to help children to 'cool down'</li> <li>What strategies are effective</li> <li>How to develop cooling down areas around school</li> </ul> | PSHE Leads, NQTs, Teachers                | Primary, High & Special schools | 1:30pm to 3pm, 1/3/17   | EEC   | Free to HAT members* |
| <b>NEW</b> Emotional wellbeing needs of pupils             | <ul style="list-style-type: none"> <li>How to identify children who have emotional wellbeing needs</li> <li>What interventions are effective</li> <li>How to measure impact</li> </ul>                                   | Senior Leaders, PSHE Leads, NQT, Teachers | Primary, High & Special schools | 1:30pm to 3pm, 29/11/16 | EEC   | Free to HAT members* |

*\*This workshop is free for 'Healthy Schools Awards and Training' (HAT) members, £85 for Ealing maintained schools and £100 for all other schools.*

# How to book

Spaces on our training workshops are limited.  
To avoid missing out, please book your place now  
via Ealing CPD online here: [www.ealingcpd.org.uk](http://www.ealingcpd.org.uk).



# What our teachers say:

**98%**

OF PARTICIPANTS  
'STRONGLY AGREED'  
THAT THE **TRAINING**  
**WAS USEFUL\***.

**100%**

OF PARTICIPANTS  
**WOULD RECOMMEND**  
THE TRAINING TO  
OTHERS\*.

**100%**

OF PARTICIPANTS  
SAID THE TRAINING  
**WOULD HELP THEM**  
**IN THEIR ROLE\***.

**92%**

OF PARTICIPANTS  
SAID THE TRAINING  
**INCREASED THEIR**  
**CONFIDENCE\***.

**88%**

OF PARTICIPANTS  
RATED THE **CONTENT**  
OF THE TRAINING AS  
'**EXCELLENT**'\*.

**91%**

OF PARTICIPANTS  
RATED THE **SKILLS OF**  
THE **FACILIATOR** AS  
'**EXCELLENT**'\*.

\*Source: Training workshop evaluation forms 2015/16

**For more information on the Healthy Schools Awards and Training package or any of the training workshops, please contact Karen Gibson:**

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