

LINCOLNSHIRE VIRTUAL SCHOOL TRAINING OFFER AUTUMN 2023—SUMMER 2024



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WELCOME TO THE VIRTUAL SCHOOL

The school does not exist in real terms as a building and children do not attend. They remain the responsibility of the school at which they enroll. The virtual school is the team within children's services which supports the education of children in care. We also provide advice to the carers, parents and education settings of previous children in care, care leavers and children with a social worker.

The Interim Virtual School Head is Sarah Lane, who leads a team of Education Progress Leads and Education Progress Co-ordinators who work together with education settings and social care to ensure children in care get the best from their education, remove any barriers to learning and reach their potential. We work in cooperation with all children and young people in care aged 3-18, wherever they are educated, carers and professionals linked to the children and young people in care, other local authority virtual schools and other relevant staff in education and social care. Pupil Premium Plus funding for pupils who are looked after by Lincolnshire is managed by the Virtual School and up to £2,530 per child will be allocated to education settings through Personal Education Plans.

We aim to:

- help children become happy, successful and fulfilled
- support children, young people, carers, schools and social workers to improve educational outcomes
- ensure that an effective Personal Education Plan (PEP) is integral to the child's care plan and review it regularly
- ensure that young people make the best possible progress in the most suitable educational placement

We offer a range of training, workshops and briefings aimed at Designated Teachers for Looked-after Children and other relevant staff in education settings to develop their skills, confidence and understanding in supporting the education of children in care, those previously in care and children with a social worker. All our workshops are offered free of charge to schools, education and early years settings. Dates for the training events are included in this events guide.

Thank you for your continued support for our children in care, previous children in care, care leavers and children with a social worker and we hope these training opportunities will further develop and enhance your skills in meeting the needs of our most vulnerable young people.



ABOUT CARING2LEARN

Caring2Learn began in 2018 as a research project funded by the Department for Education through the Partners in Practice programme. It is now our embedded approach, developed in Lincolnshire with the overall aim of supporting the improvement of a wide range of outcomes for children and young people made vulnerable by adversity. Caring2Learn is about improving the outcomes of our most vulnerable children and young people by improving the skills, knowledge and confidence of all those who educate and care for them so that they can provide **learning homes** and **caring schools**.

We aim to support all the team around the child to understand the impact of trauma and adverse childhood experiences on behavioural and emotional presentation and also recognise the importance of stability in education and home and the importance of trusted relationships with adults as a critical strength and protective factor for young people. We want all education settings to be confident in nurturing vulnerable children and young people so they are protected, make good progress and achieve in education. We want all our young people to feel safe and to feel that they belong in their home, school and community in order to provide them with a solid foundation to have the confidence to go on to learn, be aspirational and achieve their full potential.

CARING2LEARN TRIAD OF SUCCESS



What are Adverse Childhood Experiences & Trauma?

Caring2Learn aims to create a wider understanding of the needs of vulnerable and disadvantaged young people and the impact adverse childhood experiences and trauma can have on young people. Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.” (Young Minds, 2018).

Experiencing ACEs can have an impact on our future physical and mental health, and often ACEs can be barriers to healthy attachment relationships forming for children. Some of the other things exposure to ACEs can impact, are:

- The ability to recognise and manage different emotions.
- The capacity to make and keep healthy friendships and other relationships.
- The ability to manage behaviour in school settings.
- Difficulties coping with emotions safely without causing harm to self or others.

A trauma informed approach and whole school ethos enables schools and education settings to create and enhance felt safety, build connected relationships and build social, emotional and resiliency skills for both the young people and adults within their contexts.

In Lincolnshire we call this a Caring School and have developed the Caring2Learn approach to work together with the whole team around the child to promote a wide range of improved outcomes and life chances.

The Caring Schools Toolkit



A Caring School can be any type of education setting; early years, primary, secondary or college, maintained, academy or independent, mainstream, specialist or alternative provision. It is an education setting where the nurture and wellbeing of all children and in particular the most vulnerable is as high a priority as their academic achievement. It is a place where all staff understand the possible impact of adverse childhood experiences and trauma and work on an organisational level to promote truly trauma informed practice to meet the holistic needs of the child and support them so that they can achieve to their full potential both academically and socially.



We have developed the Caring Schools Toolkit as a good practice framework and self-evaluation audit tool to support education settings as part of their ongoing development and improvement planning. The toolkit is designed to help you assess and develop all the ways your setting supports the children and young people in your care to overcome barriers to learning and achieve their full potential. With the Caring School Award we want to recognise and celebrate all the amazing ways you do this and also identify any training needs of your staff.

The toolkit is divided into four domains which draw together best practice in Ethos and Leadership, a Child-centred Approach, Working Together with Families, Parents and Carers and Working Together with External Services, Teams and Agencies. Each domain is divided into a set of indicators which describe specific good practice across these areas. The practice examples are also organised on a continuum of development which reflects the journey of development from trauma aware or sensitive (bronze) to trauma responsive (silver) through to an education setting which is fully trauma informed (gold).



Attending a Caring Schools Toolkit Workshop will guide you through the process of using the toolkit as part of your whole-school self-evaluation process and will explain how you can submit your toolkit and evidence for accreditation as a Caring School.



We offer a range of learning and development opportunities based around our Cornerstones of Good Practice. You will find many of our workshops and training are attended by a mixed group of education staff, foster and kinship carers and children's services practitioners. This is based on our Triad of Success model. It is through this we can share a wide range of experiences and perspectives and ensure we are developing effective relationships so that we can truly work together on an equal basis to ensure the best outcomes for our children and young people.

All our workshops are offered free of charge to schools, education and early years settings and you can book multiple members of staff on each workshop. Education settings are able to book Designated Teachers and other relevant members of staff on training events and workshops by emailing virtualschooltraining@lincolnshire.gov.uk Please CC your Headteacher or Senior Leader for CPD to confirm authorisation. Children's Services staff may book on relevant events and workshops however when emailing virtualschooltraining@lincolnshire.gov.uk please CC your Line Manager to confirm authorisation.

Do not hesitate to contact us to discuss the training available and also whether a bespoke offer can be designed for your individual setting, group of schools/settings or academy trust.

CARING2LEARN CORNERSTONES OF GOOD PRACTICE



CONTACTING THE VIRTUAL SCHOOL

More information about the Virtual School can be found on the Lincolnshire County Council Website: [The virtual school – What is the virtual school? - Lincolnshire County Council](#)

General enquiries regarding children in care, previously looked-after children or children with a social worker contact the virtual school on:

Telephone: 01522 550274

Email: virtuelschool@lincolnshire.gov.uk



For Lincolnshire and North Lincolnshire education and early years settings, Lincolnshire Foster Carers and Children's Services staff we also have a private Facebook group for Caring2Learn offering support, sharing ideas, good practice and information. Please click on the picture to access the group and request to join.

For any enquiries about training or workshops please contact us via email on:

virtuelschooltraining@lincolnshire.gov.uk

BOOK NOW

To book on any of the events, courses or workshops detailed in this booklet please click on the individual

Event	Venue	Time and Date
Autumn 2023 Briefings: What Makes an Effective PEP? and Working Together to Promote Attendance	Microsoft Teams	Thursday 23rd November 13:00 – 15:00 or Tuesday 28th November 9:30 – 11:30

link in the date of the course or click the Book Now button wherever you see it and you will be re directed to the Virtual School Training Booking App.

See the How to Book page for more details on using the Virtual School Training Booking app.



HOW TO BOOK

BOOK NOW

For all Virtual School and Caring2Learn training we have a dedicated booking app. To book on any of the courses or workshops advertised in this booklet either click on the **BOOK NOW** button wherever it appears in this booklet or click on the link for the event you wish to book and you will be re-directed to the booking app page.

Event	Venue	Time and Date
Autumn 2023 Briefings: What Makes an Effective PEP? and Working Together to Promote Attendance	Microsoft Teams	Thursday 23rd November 13:00 – 15:00 or Tuesday 28th November 9:30 – 11:30



If you go to the main booking page you will see a range of events listed. Just select the course, workshop or event you wish to book, scroll through the calendar to find the specified date and time and then click on the date and time to select the course. Fill in the form with the requested information. When you click the BOOK button you will then be sent a confirmation email including the Teams or Zoom joining links for virtual events.

Lincolnshire Virtual School

Virtual School - training bookings

SELECT A SERVICE

- Sleep workshop - Zoom (15th December - 9th February 2024, 2 hours)
- Restorative practice deep dive (2 days) - face to face (Grantham - 1st and 2nd July 2024, Free - 8 hours)
- Restorative practice deep dive (2 days) - face to face (Lincoln - 4th and 5th March 2024, Free - 8 hours)
- Restorative practice deep dive (2 days) - face to face (Boston - 18th and 19th October 2023, Free - 8 hours)
- Virtual School Briefing - Teams (Autumn 2023 (23rd and 28th November) - ..., Free - 2 hours)
- Introduction to the role and responsibilities of the designate... (Autumn 2023 - 5th October - Spring 2024 - ..., Free - 1 hour 30 minutes)

Show more services

Booking for Virtual School Briefing - Teams

DATE **TIME**

August 2023

Select a service and date to see available times.

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

All times are in (UTC+00:00) Dublin, Edinburgh, Lisbon, London

ADD YOUR DETAILS

Name *
Name

Email *
Email

Phone number *
Add your phone number

Notes
Add any special requests

PROVIDE ADDITIONAL INFORMATION

If you have any problems at all accessing the booking app please email us at: virtualschooltraining@lincolnshire.gov.uk



VIRTUAL SCHOOL BRIEFINGS

The Lincolnshire Virtual School team holds termly networking meeting for all early years, schools and education settings to support and enhance your understanding and knowledge of the needs of our children and their families.

These informal termly meetings are led by Virtual School Education Progress Leads and include regular updates from the Virtual School Headteacher, invited speakers and will also include discussions, sharing good practice and question and answer sessions on a range of relevant topics.

Virtual School Briefings are aimed at Designated Teachers, Assistant Designated Teachers, Senior Leaders and those in a role directly supporting children in care and those children previously in care.

Event	Venue	Time and Date
<p>Autumn 2023 Briefings: What Makes an Effective PEP? and Working Together to Promote Attendance</p>	<p>Microsoft Teams</p>	<p><u>Thursday 23rd November 2023</u> <u>13:00 – 15:00</u> or <u>Tuesday 28th November 2023</u> <u>9:30 – 11:30</u></p>
<p>Spring 2024 Briefings: Promoting Inclusion, Reducing Exclusion and Planning Effective Transitions</p>	<p>Microsoft Teams</p>	<p><u>Wednesday 6th March 2024</u> <u>10:00 – 12:00</u> or <u>Thursday 14th March 2024</u> <u>10:00 – 12:00</u></p>
<p>Summer 2024 Briefings: Improving Writing Through Sensory Development and Working effectively with other professionals</p>	<p>Microsoft Teams</p>	<p><u>Tuesday 21st May 2024</u> <u>9:30—11.30</u> or <u>Thursday 23rd May 2024</u> <u>13:00—15:00</u></p>



GOVERNOR TRAINING

Supporting Children in Care & Previously Looked after Children

Governors and Trustees are invited to join the Virtual School team to learn more about their role and responsibilities in promoting educational outcomes for children in care and those previously looked after. In these sessions we will explore the potential impact of their experience both prior to and whilst in care and also look at the statutory responsibilities of the governing body or trust board and the Designated Teacher in school.

This is a FREE session for all school governors and trustees.

Please click on the link to book through Eventbrite.

Event	Venue	Time and Date
Spring 2024	Microsoft Teams	<u>Wednesday 8th February 2024</u> <u>10:00 – 12:00</u>
Summer 2024	Microsoft Teams	<u>Tuesday 23rd April 2024</u> <u>9:30 – 11.30</u>



DESIGNATED TEACHER PATHWAY

Specifically for Designated Teachers and Assistant Designated Teachers, the Lincolnshire Virtual School team has developed a training pathway to support and enhance your understanding and knowledge of the needs of our children and their families. We recognize that the role of Designated Teacher can provide a unique challenge and we want to ensure that you are supported to meet these challenges so that all Lincolnshire schools and education settings where our children learn are 'children in care ready' and are meeting the needs of children in care alongside those previously in care and children with a social worker. The training pathway is designed to be accessible and includes a range of e-learning, face to face and remote events delivered by the Virtual School Progress Coordinators and Caring2Learn team.

Introductory Training

(New to role or those wanting to refresh)

- **Introduction to the role of the Designated Teacher (Anspear E-Learning Modules)**
- **The Role & Responsibilities of the Designated Teacher in Lincolnshire**
- **ePEP Training**
- **SDQs – what they are, why we do them, and how to complete them?**
- **Understanding the Impact of Trauma & ACEs**
- **Introduction to Caring2Learn Caring Schools Toolkit**
- **Introduction to Relational & Restorative Practice**
- **Termly Virtual School Briefings**



DESIGNATED TEACHER PATHWAY

Intermediate Training (Developing the DT role further)

- The role of the Designated Teacher in meeting the needs of children in care
- The role of the Designated Teacher in meeting the needs of children previously in care
- Language Development & Trauma
- A Relationships Based Approach to Inclusion
- An Introduction to Social Pedagogy
- Termly Virtual School Briefings

Enhanced Training (Furthering knowledge of good practice)

- Understanding Dyslexia
- Kids Skills: Solution Focused Coaching for Education
- Creating Calm & Supporting Emotional Regulation in Children & Adults
- Supporting Grief, Loss, Transition & Positive Endings
- Supporting Parents and Children with Sleep, Nightmares & Night Terrors
- Termly Virtual School Briefings



INTRODUCTORY DT TRAINING



Designated Teacher Training—E-Learning

Lincolnshire Virtual School are pleased to announce that we have expanded the range of Anspear e-learning modules that are available for Designated Teachers to complete. The core modules available are **Designated Teachers** and **Promoting Inclusion**. We would like all Designated Teachers to complete the 'Designated Teachers' module as essential learning. The following additional modules are optional. If you complete all the modules included within a specific pathway, you will receive a certificate for this from the University of Buckingham.

Essential Pastoral Care Pathway:

- Attachment
- Family Issues
- Medical Conditions
- Mental Health
- Social Needs
- Working with Parents

Advanced Pastoral Care Pathway:

- Beat Bullying
- Supporting Adopted Children
- Supporting EAL Learners
- Trauma & ACEs
- Understanding CSE
- Understanding Street Gangs

To access e-learning, please contact virtualschooltraining@lincolnshire.gov.uk

Responsibilities of the Designated Teacher

This live workshop provides further detail for Designated Teachers on their role in relation to the Lincolnshire approach, along with a question and answer session for any queries arising from the e-learning. **Please note: the Designated Teachers Anspear e-learning module must be completed prior to attending this course.**

Event	Venue	Time and Date
Autumn 2023	Microsoft Teams	Thursday 5th October 2023 13:00 – 14:30
Spring 2024	Microsoft Teams	Thursday 1st February 2023 13:00 – 14:30
Summer 2024	Microsoft Teams	Thursday 20th June 2023 10:00 – 11:30



INTRODUCTORY DT TRAINING



Introduction to the EPEP System for Professionals, Parents and Carers

This session will provide you with an overview of the electronic Personal Education Plan (ePEP) system that is used by Lincolnshire Virtual School. You will learn how to access and navigate the system, as well what goes in each section of the child's PEP. This will be tailored to explain the responsibilities of each user with regards to the PEP, including Designated Teachers, Social Workers, Independent Reviewing Officers, Parents/Carers, and Residential Keyworkers. There will be the opportunity to ask questions as part of this session.

SDQs – what they are, why we do them, and how to complete them?

This session will enable participants to get a better understanding of the Strengths and Difficulties Questionnaire (SDQ). Why we complete the SDQs for Children in Care, and how they should be completed to help meet our children's needs.

Event	Venue	Time and Date
ePEP Training for Professionals, Parents and Foster Carers	Microsoft Teams	<u>Wednesday 11th October 2023</u> 13:00 – 14:30 <u>Thursday 29th February 2024</u> 10:00 – 11:30 <u>Tuesday 25th June 2024</u> 10:00 – 11:30
SDQs – what they are, why we do them, and how to complete them	Microsoft Teams	<u>Thursday 21st September 2023</u> 10:00 – 11:30 <u>Wednesday 17th January 2024</u> 13:00 – 14:30 <u>Thursday 13th June 2024</u> 10:00 – 11:30



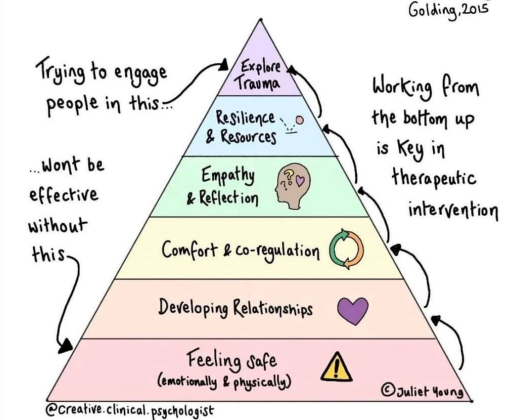
INTRODUCTORY DT TRAINING



An Introduction to Trauma Awareness

This workshop looks at the impact of adverse childhood experiences on our children leading to developmental and relational trauma. We will consider and explore the ways we can better understand and meet the needs of children who have experienced adverse childhood experiences, neglect, abuse and trauma and offer appropriate support and care. We also introduce the Trauma Recovery Model and make links between this model and our Cornerstones of Good Practice and explore how we can put theory into practice on an interaction by interaction basis to support effective learning.

Therapeutic Needs Hierarchy



Introduction to Restorative & Relational Practice

Restorative and relational practice describes a way of being, an underpinning ethos, which enables us to build and maintain healthy relationships, resolve difficulties and repair harm when relationships breakdown. We will introduce the principles of RP and explain how they can transform your school's approach to building relationships and resolving conflict with children, young people and adults. (Developed in partnership with Mark Finnis, L30 Relational Systems)

Caring Schools Toolkit & Award Information Workshop

For all early years, schools and education settings who are interested in finding out more about the FREE Caring2Learn, Trauma Informed Toolkit and Caring Schools Award. This informal virtual workshop sessions will introduce you to the new and updated self-evaluation toolkit and application process for this good practice framework which helps Senior Leaders and Designated Teachers evaluate their practice, provision and policies for the most vulnerable children including children in care, previously looked after children and children with a social worker.



INTRODUCTORY DT TRAINING



Event	Venue	Time and Date
<p>Introduction to Trauma Awareness</p>	<p>Lincoln County Offices Newland Room, Newland, Lincoln, LN1 1YL</p> <p>Sleaford Rugby Club, David Williams Pavilion, East Rd, Sleaford NG34 8SP</p> <p>Grantham</p> <p>Old Barn Hotel, Toll Bar Road, Marston NG32 2HT</p>	<p><u>26th September 2023</u> <u>10:00—14:00</u></p> <p><u>14th February 2024</u> <u>10:00—14:00</u></p> <p><u>26th June 2024</u> <u>10:00—14:00</u></p>
<p>Introduction to Trauma Awareness</p> <p>BOOK NOW</p>	<p>Zoom</p> <p>If you would like to take part in our Virtual Trauma Workshop you will need to attend both session 1 and session 2.</p>	<p>6th & 13th December 2023 19:00—21:00</p> <p>13th & 20th March 2024 12:00—14:00</p> <p>4th & 11th June 2024 10:00—12:00</p>
<p>Introduction to Restorative Practice</p> <p>BOOK NOW</p>	<p>Zoom</p>	<p>27th September 2023 19:00—21:00</p> <p>23rd February 2024 10:00—12:00</p> <p>8th May 2024 12:00—14:00</p>



CARING SCHOOLS TOOLKIT



For all schools, education & early years settings who are interested in finding out more about the FREE Caring2Learn, Trauma Informed Caring Schools Toolkit. The toolkit is a good practice framework which will help you assess your policies, provision and practice and ensure you are creating a culture and ethos in which children and young people made vulnerable by adversity can thrive. Please join us at one of our informal virtual workshop sessions where we will introduce you to the new and updated toolkit for 2023/2024!

BOOK NOW

Event	Venue	Time and Date
Autumn Term Workshops	Zoom	16th October 2023 13:00—15:00 or 9th November 2023 15:30—17.30
Spring Term Workshops	Zoom	9th January 2024 10:00—12:00 or 26th February 2024 13:00—15:00
Summer Term Workshops	Zoom	19th April 2024 10:00—12:00 or 11th June 2024 15:30—17.30



INTERMEDIATE DT TRAINING



The Role of the Designated Teacher in Meeting the Needs of Children in Care

This workshop moves on from the introductory workshop for new Designated Teachers and offers newer and experienced DTs the opportunity to further explore their roles and responsibilities. It covers topics including what makes an effective PEP, and how to use Pupil Premium to improve outcomes.

The Role of the Designated Teacher in Meeting the Needs of Children Previously in Care

This workshop shares good practice on identifying and meeting the needs of children previously in care, such as adopted children and those living under a special guardianship order including interventions available and the effective use of Pupil Premium Plus.

Event	Venue	Date & Time
The role of the Designated Teacher in meeting the needs of children in care	Microsoft Teams	<u>Thursday 9th November 2023</u> <u>13:00 – 15:00</u> <u>Thursday 22nd February 2024</u> <u>10:00 – 12:00</u> <u>Wednesday 10th July 2024</u> <u>10:00 – 12:00</u>
The role of the Designated Teacher in meeting the needs of children previously in care	Microsoft Teams	<u>Thursday 19th October 2023</u> <u>13:00 – 14:30</u> <u>Wednesday 7th February 2024</u> <u>13:00 – 14:30</u> <u>Thursday 4th July 2024</u> <u>10:00 – 11:30</u>



INTERMEDIATE DT TRAINING



Language Development and Trauma

For **parent/carers and schools**, this workshop led by LCC’s specialist language teachers’, ECLIPS, will look at how trauma can impact on the development of language and understanding for our young people, and what can be provided to support them in their homes to enable success.

Event	Venue	Date & Time
Language Development & Trauma For Parents, Foster Carers & Schools	Microsoft Teams	Primary: Tuesday 7th November 2023 or Tuesday 18th June 2024 10:00 — 12:00 Secondary: Tuesday 14th November 2023 or Tuesday 25th June 2024 12:00 — 14:00

A Relationships Based Approach to Inclusion

In this workshop we explore the impact of Attachment and Relational Trauma on children and young people in schools and education settings. We address the implications for school wide behaviour policies and practice and consider the guidance provided by Brighton & Hove City Council in their ‘Developing an Attachment Aware Behaviour Regulation Policy’ and also the advice for schools from the National Association of Therapeutic Parenting. We offer practical advice and strategies and we also make the links between restorative and relational based practice.

Event	Venue	Date & Time
A Relationship Based Approach to Inclusion - Policy & Practice	Zoom	12th September 2023 12:30—14:30 16th January 2024 10:00—12:00 3rd May 2024 12:30—14:30



INTERMEDIATE DT TRAINING



An Introduction to Social Pedagogy

Social Pedagogy describes a holistic approach to the social and emotional development of a child or young person. It is essentially concerned with the well-being, learning and growth of the whole child. It considers how education is for the Head, Heart and Hands and is underpinned by the idea that each person has inherent potential, is valuable, resourceful and can make a meaningful contribution to their wider community. Social Pedagogy has been described as providing excellent support for direct work with children in both the home and school setting as well as by Children's Services Practitioners.

Event	Venue	Date & Time
Introduction to Social Pedagogy BOOK NOW	Zoom	2nd November 2023 19:00—21:00
		22nd Feb 2024 10:00—12:00
		23rd April 2024 12:00—14:00



ENHANCED DT TRAINING



Understanding Dyslexia

This workshop is delivered by Dyslexia Outreach Specialist Teachers and will offer an introduction to dyslexia –what it is, how it impacts on learning, and what can be done to support the child’s needs at home. This is **predominantly for carers, but schools** are welcome to join with the carers to discuss working together to meet their child’s needs.

Kids Skills: Solution Focused Coaching

Developed from the work of Dr Ben Furman and Dr Goff James, Kids Skills or Solution Focused Coaching is the art of ‘skills thinking’. How to convert issues and problems into learnable skills. A practical and solutions focused intervention to solving behavioural difficulties faced by children and young people with the premise that practically all problems can be seen as skills in need of development. The solutions focused approach is suitable for implementing individually as an intervention or as a group wide approach and

Creating Calm

This workshop is a practical introduction to educational neuroscience and includes approaches to supporting emotional regulation, self-care and wellbeing for adults and children. It introduces the concepts of mindfulness and the 5 ways to wellbeing and provides a range of practical strategies and resources which can be used with individuals and groups of children and adults of all ages.

Supporting Grief, Loss and Positive Endings

In a supportive and safe environment this workshop explores grief and loss in their widest sense with a focus on the experiences of vulnerable children and young people and how different types of grief and loss impact on them. We will explore and offer practical strategies and resources for supporting children and young people with grief and loss and also consider how to facilitate effective transitions and positive endings for young people moving on in many different contexts.



ENHANCED DT TRAINING



Event	Venue	Time and Date
Understanding Dyslexia For Parents, Foster Carers & Schools	Microsoft Teams	<u>22nd November 2023</u> <u>18:30 – 19:30</u> <u>4th June</u> <u>18:30 – 19:30</u>
Kids Skills	Scredington Community Centre, 30 Church Ln, Scredington, Sleaford NG34 0AG	<u>20th November 2023</u> <u>10:00 – 14:00</u>
	Zoom	<u>13th May 2023</u> <u>13:00 – 15:00</u>
	Zoom	<u>4th July 2023</u> <u>13:00 – 15:00</u>
Creating Calm 'An introduction to mindfulness, supporting emotional regulation, self-care and wellbeing for adults and children'	Zoom	<u>6th September 2023</u> <u>10:00 – 14:00</u> <u>5th March 2024</u> <u>10:00 – 14:00</u> <u>8th July 2024</u> <u>10:00 – 14:00</u>
Supporting Grief, Loss and Positive Endings	Zoom	<u>4th December 2023</u> <u>12:00 – 14:00</u> <u>11th Jan 2024</u> <u>19:00 – 21:00</u> <u>13th May 2024</u> <u>10:00 – 12:00</u>



WORKSHOPS FOR LEARNING SUPPORT

Study Skills for Key Stage 4

This workshop is delivered by the Specialist Teacher Team and aimed at **parents, foster carers and young people together** in preparation for KS4 GCSEs and other examinations. The specialist teachers will talk through recommended ways to support study skills within the home, planning for and to enable success and good wellbeing. There will be opportunities for questions and answers.

Skills Needed for GCSE Maths

This session is led by a Maths Specialist and follows on from the study skills session and offers **parents, foster carers and young people** a chance to hear and understand the current expectations in GCSE Maths. We will offer practical suggestions around how we can support our young people to achieve their potential and there will be opportunities for questions and answers.

Skills Needed for GCSE English

This session is led by an English Specialist and follows on from the study skills session and offers **parents, foster carers and young people** a chance to hear and understand the current expectations in GCSE English. We will offer practical suggestions around how we can support our young people to achieve their potential and there will be opportunities for questions and answers.

Understanding Dyslexia

This workshop is delivered by Dyslexia Outreach Specialist Teachers and will offer an introduction to dyslexia –what it is, how it impacts on learning, and what can be done to support the child’s needs at home. This is **predominantly for carers, but schools** are welcome to join with the carers to discuss working together to meet their child’s needs.

Language Development and Trauma

For **parent/carers and schools**, this workshop led by LCC’s specialist language teachers’, ECLIPS, will look at how trauma can impact on the development of language and understanding for our young people, and what can be provided to support them in their homes to enable success. Three separate sessions, covering different ages.



WORKSHOPS FOR LEARNING SUPPORT

Event	Venue	Date & Time
Study Skills for Key Stage 4 For Parents, Foster Carers & Young People	Microsoft Teams	<u>Thursday 16th November 2023</u> <u>18:30 – 19:30</u>
Skills Needed for GCSE Maths For Parents, Foster Carers & Young People	Microsoft Teams	<u>Wednesday 6th December 2023</u> <u>18:30 – 19:30</u>
Skills Needed for GCSE English For Parents, Foster Carers & Young People	Microsoft Teams	<u>Tuesday 12th December 2023</u> <u>18:30 – 19:30</u>
Understanding Dyslexia For Parents, Foster Carers & Schools	Microsoft Teams	<u>Tuesday 22nd November 2023</u> <u>18:30 – 19:30</u> or <u>Tuesday 4th June 2024</u> <u>18:30 – 19:30</u>
Language Development & Trauma For Parents, Foster Carers & Schools	Microsoft Teams	Primary: <u>Tuesday 7th November 2023</u> or <u>Tuesday 18th June 2024</u> 10:00 – 12:00 Secondary: <u>Tuesday 14th November 2023</u> or <u>Tuesday 25th June 2024</u> 12:00 – 14:00



CARING2LEARN WORKSHOPS-ALL STAFF

Caring Schools Award Information Workshop

For all early years, schools and education settings who are interested in finding out more about the FREE Caring2Learn, Trauma Informed Toolkit and Caring Schools Award. This informal virtual workshop sessions will introduce you to the new and updated self-evaluation toolkit and application process for this good practice award which has been streamlined for 2023!

An Introduction to Trauma Awareness

This workshop looks at the impact of adverse childhood experiences on our children leading to developmental and relational trauma. We will consider and explore the ways we can better understand and meet the needs of children who have experienced adverse childhood experiences, neglect, abuse and trauma and offer appropriate support and care. We also introduce the Trauma Recovery Model and make links between this model and our Cornerstones of Good Practice and explore how we can put theory into practice on an interaction by interaction basis to support effective learning.

Restorative & Relational Practice

Restorative and relational practice describes a way of being, an underpinning ethos, which enables us to build and maintain healthy relationships, resolve difficulties and repair harm when relationships breakdown. We will introduce the principles of RP and explain how they can transform your school's approach to building relationships and resolving conflict with children, young people and adults. (Developed in partnership with Mark Finnis, L30 Relational Systems)

A Relationships Based Approach to Inclusion

In this workshop we explore the impact of Attachment and Relational Trauma on children and young people in schools and education settings. We address the implications for school wide behaviour policies and practice and consider the guidance provided by Brighton & Hove City Council in their 'Developing an Attachment Aware Behaviour Regulation Policy' and also the advice for schools from the National Association of Therapeutic Parenting. We offer practical advice and strategies and we also make the links between restorative and relational based practice.



CARING2LEARN WORKSHOPS-ALL STAFF

Relational Repair—Supporting children to trust others and invest in relationships

This workshop focusses on Relational Trauma and we will explore the reasons why children may be afraid to trust others, get close and form healthy relationships and friendships, offering practical advice and strategies for those supporting and working with children.

An Introduction to Social Pedagogy

Social Pedagogy describes a holistic approach to the social and emotional development of a child or young person. It is essentially concerned with the well-being, learning and growth of the whole child. It considers how education is for the Head, Heart and Hands and is underpinned by the idea that each person has inherent potential, is valuable, resourceful and can make a meaningful contribution to their wider community. Social Pedagogy has been described as providing excellent support for direct work with children in both the home and school setting as well as by Children's Services Practitioners.

(Developed in partnership with Tree House Associates)

Supporting Grief, Loss and Positive Endings

In a supportive and safe environment this workshop explores grief and loss in their widest sense with a focus on the experiences of vulnerable children and young people and how different types of grief and loss impact on them. We will explore and offer practical strategies and resources for supporting children and young people with grief and loss and also consider how to facilitate effective transitions and positive endings for young people moving on in many different contexts.

Kids Skills: Solution Focused Coaching

Developed from the work of Dr Ben Furman and Dr Goff James, Kids Skills or Solution Focused Coaching is the art of 'skills thinking'. How to convert issues and problems into learnable skills. A practical and solutions focused intervention to solving behavioural difficulties faced by children and young people with the premise that practically all problems can be seen as skills in need of development. The solutions focused approach is suitable for implementing individually as an intervention or as a group wide approach and



CARING2LEARN WORKSHOPS-ALL STAFF

has also been used successfully by parents and carers in the home. **(Developed from the work of Dr Ben Furman and Karen Treisman)**

Creating Calm

This is an informal and practical workshop which explores the principles of emotional wellbeing for both adults and children. We will develop an understanding of emotional regulation in ourselves and others. This workshop also introduces breathing techniques, mindfulness and other practical activities for helping adults and children with emotional regulation, positive mindset and promoting a sense of calm.

Supporting Sleep, Nightmares and Night Terrors

Sleep can be a real challenge for many adults and children. Children that have experienced trauma are more likely to find falling to sleep and staying asleep challenging. In this workshop we will explore the science of sleep and how we can support sleep and help establish routines that help promote a restful nights sleep. In addition to this we look at how we better understand nightmares and night terrors, exploring ways to support these through interventions recommended by sleep and trauma experts. By attending this workshop education staff will be able to advise and signpost parents and carers to further support.

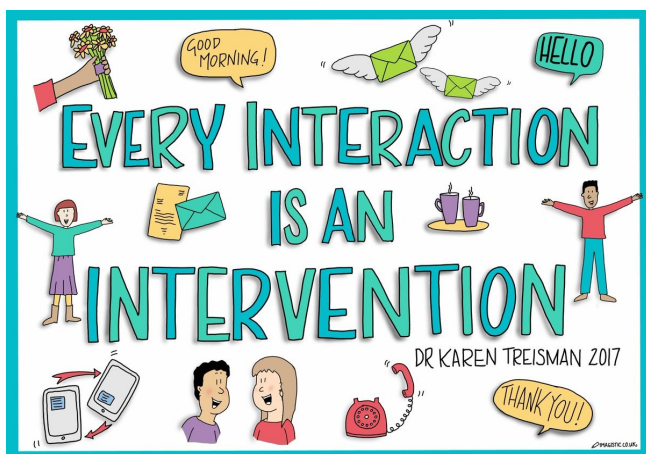
Time2Talk

This series of workshops is delivered by members of the Lincolnshire Speech, Language & Communication Specialist Teaching Team (ECLIPS). A series of practical and fun sessions for Foster Carers, Child-minders and Early Years Practitioners to help the development of communication, speech and language of children in the early years & KS1. Participants should attend all sessions as each one will cover different aspects and will include lots of

ideas, tips, tools and resources to use with babies, toddlers as well as young children in primary school. Includes an introduction to Makaton.

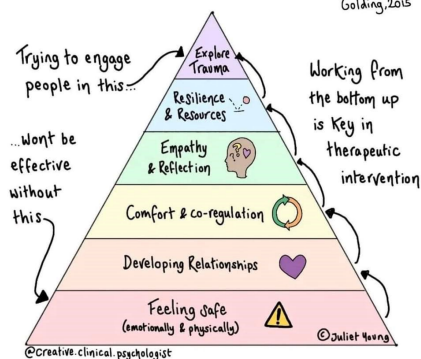


INTRODUCTION TO TRAUMA AWARENESS



Therapeutic Needs Hierarchy

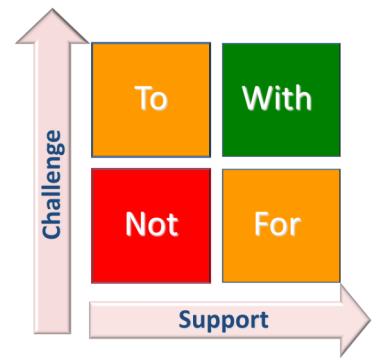
Golding, 2015



<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
<p>Face-to-face</p>	<p>LINCOLN</p> <p>County Offices Newland Room, Newland, Lincoln, LN1 1YL</p>	<p><u>26th September 2023</u></p> <p><u>10:00—14:00</u></p>
	<p>SLEAFORD Rugby Club, David Williams Pavilion, East Rd, Sleaford NG34 8SP</p>	<p><u>14th February 2024</u></p> <p><u>10:00—14:00</u></p>
	<p>Grantham</p> <p>Old Barn Hotel, Toll Bar Road, Marston NG32 2HT</p>	<p><u>26th June 2024</u></p> <p><u>10:00—14:00</u></p>
<p>Virtual Events</p> <p>If you would like to take part in our Virtual Trauma Workshop you will need to book and attend both session 1 and session 2.</p>	<p>Zoom</p>	<p><u>6th & 13th December 2023</u></p> <p><u>19:00—21:00</u></p> <p><u>13th & 20th March 2024</u></p> <p><u>12:00—14:00</u></p> <p><u>4th & 11th June 2024</u></p> <p><u>10:00—12:00</u></p>



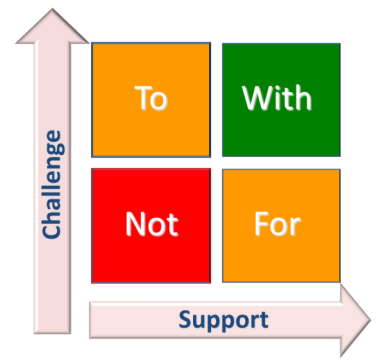
RELATIONAL & RESTORATIVE PRACTICE



<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
A Relationship Based Approach to Inclusion - Policy & Practice	Zoom	<p><u>12th September 2023</u> <u>12:30—14:30</u></p> <p><u>16th January 2024</u> <u>10:00—12:00</u></p> <p><u>3rd May 2024</u> <u>12:30—14:30</u></p>
Introduction to Restorative Practice	Zoom	<p><u>27th September 2023</u> <u>19:00—21:00</u></p> <p><u>23rd February 2024</u> <u>10:00—12:00</u></p> <p><u>8th May 2024</u> <u>12:00—14:00</u></p>
Relational Repair Supporting children to trust others and invest in relationships	Zoom	<p><u>10th November 2023</u> <u>10:00—12:00</u></p> <p><u>8th March 2024</u> <u>19:00—21:00</u></p> <p><u>7th June 2024</u> <u>12:00—14:00</u></p>



RESTORATIVE PRACTICE DEEP DIVE 2-DAY COURSE

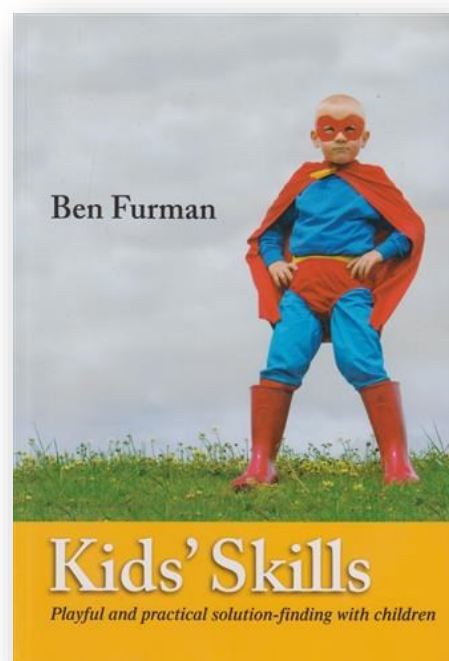


<u>Venue</u>	<u>Time and Date</u>
<p>BOSTON</p> <p>Boston Enterprise Centre, Venture House Enterprise Way Wyberton Fen BOSTON PE21 7TW</p>	<p>18th and 19th October 2023 10:00 — 14:00</p> <p>BOOK NOW</p>
<p>LINCOLN</p> <p>Lincoln Golf Centre, Moor Lane, Thorpe on the Hill, Lincoln LN6 9BW</p>	<p>4th and 5th March 2024 10:00 — 14:00</p> <p>BOOK NOW</p>
<p>Grantham</p> <p>Old Barn Hotel, Toll Bar Road, Marston NG32 2HT</p>	<p>1st and 2nd July 2024 10:00 — 14:00</p> <p>BOOK NOW</p>



KIDS SKILLS

<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
Face to Face	SLEAFORD Scredington Community Centre, 30 Church Ln, Scredington, Sleaford NG34 0AG	<u>20th November 2023</u> <u>10:00 — 14:00</u>
Virtual	Zoom	<u>13th May 2023</u> <u>13:00—15:00</u> <u>4th July 2023</u> <u>13:00—15:00</u>



WELLBEING & SELF CARE

BOOK NOW

<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
<p>Creating Calm</p> <p>‘An introduction to mindfulness, supporting emotional regulation, self-care and wellbeing for adults and children’</p>	<p>Zoom</p>	<p><u>6th September 2023</u> <u>10:00—14:00</u></p> <p><u>5th March 2024</u> <u>10:00—14:00</u></p> <p><u>8th July 2024</u> <u>10:00—14:00</u></p>
<p>Supporting Grief, Loss and Positive Endings</p>	<p>Zoom</p>	<p><u>4th December 2023</u> <u>12:00—14:00</u></p> <p><u>11th Jan 2024</u> <u>19:00—21:00</u></p> <p><u>13th May 2024</u> <u>10:00—12:00</u></p>



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



VIRTUAL WORKSHOPS

BOOK NOW

<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
Introduction to Social Pedagogy	Zoom	<u>2nd November 2023</u> <u>19:00—21:00</u>
		<u>22nd Feb 2024</u> <u>10:00—12:00</u>
		<u>23rd April 2024</u> <u>12:00—14:00</u>
Sleep Workshop Supporting Sleep, Nightmares and Night Terrors	Zoom	<u>15th December 2023</u> <u>10:00—12:00</u>
		<u>9th Feb 2024</u> <u>19:30—21:30</u>



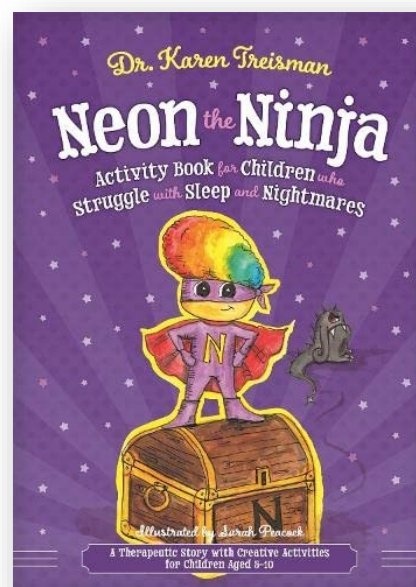
Knowing



Doing



Being



<u>Event</u>	<u>Venue</u>	<u>Time and Date</u>
<p>Autumn</p>	<p>Grandstand Community Centre Carholme Road, Lincoln LN1 1SE</p>	<p><u>27th September & 4th October 2023</u> <u>10:00—12:30</u></p>
<p>Spring</p>	<p>Grantham</p>	<p>TBC</p>
<p>Summer</p>	<p>Gainsborough</p>	<p>TBC</p>



Lincolnshire Virtual School

Conference 2024



Keynote Speaker – TBC

A full day conference with amazing keynotes and workshops to support schools, early years settings and other education settings in your role of meeting the needs of children in care, those previously looked after and children with a social worker.

SAVE THE DATE!
FRIDAY 12TH JULY 2024

More details released soon!

JULY
12
2024

Venue TBC



