**Emotional Wellbeing Menu for Education Settings –**

**Assembly and Workshop Request Form (2024-25)**

We support education settings implement a Whole School Approach to wellbeing. In addition to the range of pre-recorded workshops on our website we are able to facilitate workshops or assemblies for student or parents.

Please email requests to: [lpft.cyptraininglead@nhs.net](mailto:lpft.cyptraininglead@nhs.net)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Education setting name** | | |  | |
| Postcode: | |
| **Contact name at education setting** | | |  | |
| **Job role** | | |  | |
| **Contact name of staff member attending the session, if different to above** | | |  | |
| **Email address** | | |  | |
| **Number of Students attending** | | |  | |
| **Age range / year group of students** | | |  | |
| **Which of the workshops/ assemblies would you like to access?** | | | | |
| **Assemblies** | **Primary** | | **Secondary** | |
| Anxious feelings |  | |  | |
| 5 Steps to Wellbeing |  | |  | |
| Mental Health Awareness |  | |  | |
| **Workshop** | **Primary** | **Secondary** | | **Parent/Carer** |
| Anxious feelings: |  |  | |  |
| Co-regulation: |  |  | |  |
| Healthy Lifestyle: |  |  | |  |
| Low Mood: |  |  | |  |
| Mental Health Awareness: |  |  | |  |
| Resilience: |  |  | |  |
| Self-esteem: |  |  | |  |
| **When would be most convenient to access the session?** | | |  | |

**Additional Expectations for Schools regarding Workshops:**

* Ensure students are present at the agreed start time, be aware of the reason for the session and reason they are attending
* It is the school’s responsibility to gain consent to attend the workshops
* Not to exceed number of students agreed on booking
* Allocate an appropriate room without interruptions that is ready 15 minutes prior to the workshop with access to projector/ SmartScreen, speakers and internet connection
* Nominate a member of staff who will:

1. oversee the arrangements,
2. be present throughout the workshop/ assembly to support with classroom management
3. acquire skills to support the school community longer term
4. be available for feedback afterwards.