

# Emotional Wellbeing Menu for Education Settings (2024-25)

## OUR ROLE

We support education settings to implement a Whole School/College Approach to wellbeing. To assist with this, we have created a range of staff training sessions, student, and parent workshops. If you wish to request any of the below sessions, please talk to your link practitioner or email a completed request form to [lpft.cyptraininglead@nhs.net](mailto:lpft.cyptraininglead@nhs.net)

As a service we aim to meet as many requests as we can in an efficient way, but there may be occasions where we will not have capacity to facilitate all requests. In these instances, we will work with your setting to find an alternative solution. This could include booking for a later date, sharing resources, using a 'train the trainer' model, or signposting to another service.

This is not an exhaustive list; if you are unsure about which session would be most effective, or wish to discuss your settings individual requirements, please contact your link practitioner.

## WHEN REQUESTING AN ASSEMBLY OR WORKSHOP:

Make sure that a member of school/college staff will be available to support the running of the session.

It is the school's responsibility to gain consent for students to attend the workshops.

Please ensure that the agreed attendee numbers are not exceeded.

The practitioner will need facilities to share a presentation, speakers and internet access may also be required.

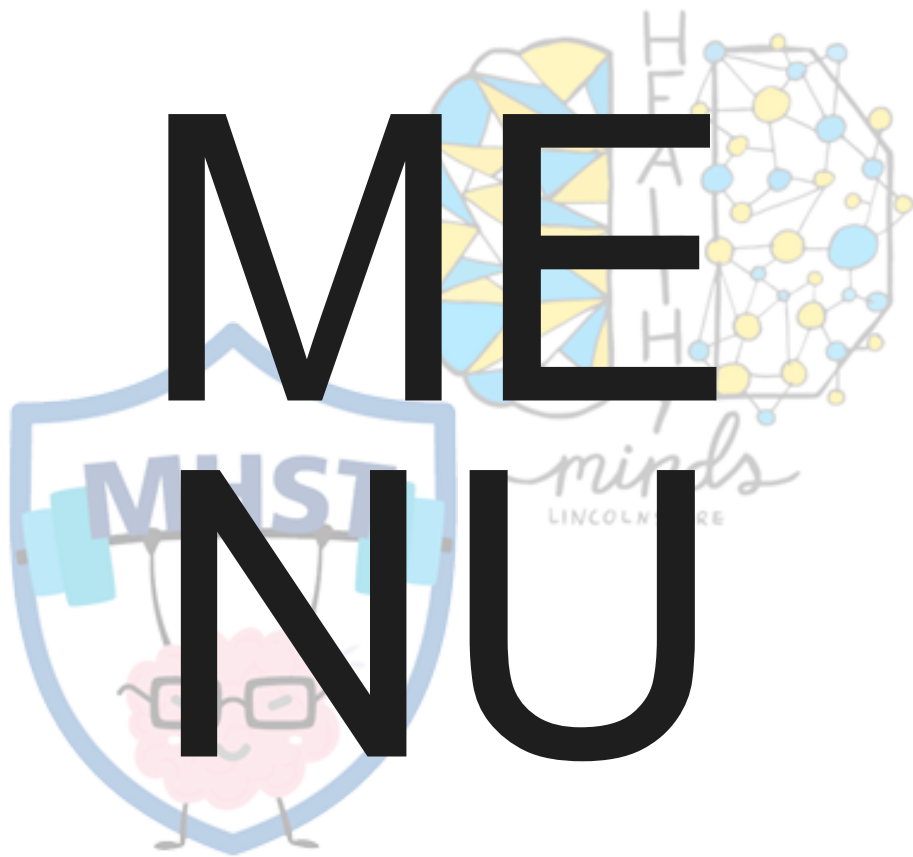
## NURTURING THE WELLBEING OF CHILDREN AND YOUNG PEOPLE - TRAINING

This full day discussion-based session aims to increase awareness and provide support to identify emotional wellbeing concerns in children and young people; to ensure those with pre-existing or emerging difficulties have access to the right support. This training provides an understanding of how to build resilience and work in a trauma-informed way.

Please book by clicking on the link below:

[!\[\]\(4f6bf54ae7e4144a72d78316053e412d\_img.jpg\) Nurturing the Wellbeing of Children & Young People | Eventbrite](#)














## RESOURCES






Normalising the challenges that we all face helps to build an ethos and environment that supports positive wellbeing. Therefore, the following resources have been created for school professionals to deliver.

Email [lpft.cyptraininglead@nhs.net](mailto:lpft.cyptraininglead@nhs.net) to request content.

- Healthy living – Key Stage 1 - Story Book 
- Exam Stress – Workshop 
- Exam Stress – Assembly 
- Moving up - Year 6 Workshop 
- Managing change - Year 11 Workshop 
- Sleep Hygiene Secondary Workshop 
- Mindfulness Curriculum/ Resource bank  
- [Professionals Resource Hub](#) 


## ASSEMBLIES

Each 20-minute assembly, delivered by our practitioners, briefly introduces the topic and some simple skills that can be supportive.

- Anxious Feelings  
- 5 Steps to Wellbeing  
- Mental Health Awareness 


## WORKSHOPS

Each interactive 60-minute workshop, delivered by our practitioners, covers an introduction to the topic, skills, strategies, and signposting for further support.

- Anxious Feelings   
- Co-regulation 
- Healthy Lifestyle  
- Low Mood 
- Mental Health Awareness 
- Resilience  
- Self-esteem  

## EDUCATION STAFF TRAINING

Each session introduces the topic, skills you can use in your setting and resources for further reading. These sessions might be delivered live or pre-recorded.

- Anxious Feelings
- Adverse Childhood Experiences
- Emotional Regulation
- Low Mood
- Mental Health Awareness
- Self-esteem
- Self-harm
- School Based Anxiety/Using a Graded Approach
- [Staff Wellbeing](#) 
- Whole School Approach – Action Planning

## ADDITIONAL WHOLE SCHOOL/ COLLEGE APPROACH ACTIVITIES

### Clinical Supervision to education staff

Termly meetings that provide space for clinical case discussions and exploration of the Whole School Approach.

### Student Wellbeing Champions

Students receive training to promote good mental wellbeing. Settings can implement the project in the best way for them.

### Critical Incident Support

There may be instances where external support is needed for staff and pupils. Every situation is different so we can discuss a bespoke offering when required.