

## **Children's Emotional Health and Well-being twilight sessions.**

### **Free resources and information for schools**

**The final session for this academic year is being held at Reepham High School on July 4<sup>th</sup> from 4.30- 5.30 and is open to colleagues from other schools.**

By attending you will receive a free copy of the curriculum resource **"What's the deal with..."** a lesson-based interactive resource professionally made to engage young people around emotional well-being issues. The DVD comes with suggested lesson plans and activities.

Norfolk and Suffolk Foundation Trust, Norfolk Children's Services and Healthy Schools have worked together to deliver twilight sessions for schools (both primary and secondary) across the county that have focused on this important area of children and young people's health. 70 people have attended so far and the feedback to the session and the resource has been very positive.

### **By attending a session colleagues will:**

- Receive a free copy of the resource **"What's the deal with..."** a lesson-based interactive resource made to engage young people around emotional well-being issues and to truly connect with the content. Featuring a cast of well known ITV Children presenters young people of all ages can relate and connect to both the style and content of the films featured. The DVD comes with suggested lesson plans and activities.
- Hear the latest information about the services currently available to support children and young people through Norfolk CAMHS (Child and Adolescent Mental Health Services)
- Have an opportunity to network with other colleagues from schools and CAMHS professionals
- Develop an understanding of where work on this important health area fits into self-evaluation for Ofsted.

The sessions are being funded by the organisations involved and there is no additional cost to schools.

You are welcome to attend the Reepham session but places need to be booked in advance.

To book please contact Jenni Barber at [jenni.barber@norfolk.gov.uk](mailto:jenni.barber@norfolk.gov.uk) or telephone 01603 307756