

Secondary PSHE Leads Network Twilight **Tuesday 7th July, 16.00 – 18.00, Norwich PDC**

The Healthy Norfolk Schools Team will be facilitating a second network meeting for KS3/4 PSHE leads. This is an opportunity to share good practice with colleagues and identify gaps in support locally for secondary PSHE.

We have also invited two speakers to come along and talk about how they can support your school around pupil health and wellbeing:

Esther Heybourne is the Youth Team Manager for the Matthew Project, who will be talking about what the Matthew Project has on offer for schools plus some consultation on how the Matthew Project can better support schools with drug and alcohol education.

Hazel Erskine is a Youth Mental Health Worker for the Mancroft Advice Project (MAP, who will talk about the programme of delivery MAP can provide in the academic year 2015/16.

Elements include:

- Raising awareness of mental/emotional health issues
- Identity and self-esteem
- Point 1 counselling services
- Exam stress and relaxation sessions
- Sessions for pupil mentors/school councillors/buddies on listening skills

All co-ordinators of KS3/4 PSHE are welcome to attend

To register your attendance at this meeting, please email: ecch.healthyschoolstraining@nhs.net or for more information about this meeting, contact Marian as per details below.

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