



**21/02/2017 09:30 - 15:30**

**Title:** Teaching about mental health and emotional well-being (Key Stage 3 and 4)

**Venue:** Mangreen Hall, Swardeston

**Trainer:** Bianca Finger-Berry

## **Critical Incident**

### **Teaching about mental health and emotional well-being (Key Stage 3 and 4)**

#### **It's good to know about mental health (Year 10 student)**

#### **Outline**

Teaching about mental health and emotional wellbeing promotes pupils' wellbeing through the development of healthy coping strategies and an understanding of their own emotions as well as those of other people. It can also play a vital role in safeguarding pupils.

#### **Description**

This one-day workshop will support you in developing the skills, knowledge and understanding needed to teach this crucial but challenging aspect of the PSHE education curriculum safely and effectively. You will also be able to access the guidance and lesson plans for the teaching programme developed by the PSHE association, with funding from the Department of Education.

This course is delivered by Karen Summers from the PSHE Association.

It is facilitated by Dr Bianca Finger-Berry, Educational Psychology and Specialist Support, and Hilary Anderson, Education Adviser.

It is hoped that some schools will volunteer to take part in a small research project to consider the impact of this teaching programme.

#### **Outcome**

Attending this workshop will enable you to:

Understand the role of PSHE education within a whole school approach to promoting mental and emotional wellbeing

Increase your confidence in teaching about and promoting mental health and emotional wellbeing

Develop and deliver age and stage appropriate lessons on a range of mental health issues such as managing strong feelings and stress, eating disorders and self-harm

Develop skills and strategies for keeping vulnerable pupils safe

Explore a range of resources and activities you could use at school including DfE approved lesson plans

### **Audience**

Senior Leaders  
PSHE/SMSC Co-ordinators  
PSHE/SMSC teaching staff  
Form tutors and other staff who are teaching PSHE/SMSC

### **Booking Information**

Cost: £130 (non-refundable but replacement attendee is possible)

Please book on: <http://s4s.norfolk.gov.uk/Event/40304>

You can also email: [bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

### **Programme**

#### **Day 1 21/02/2017 09:30 - 15:30**

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Venue: Mangreen Hall, Swardeston  
Trainer: Bianca Finger-Berry, Critical Incident Lead Officer

Code: CIN-0217-T001

Price per booking: 130.00

Sign up deadline: 19/01/2017