

Educational Psychology and Specialist Support Training Programme

The attached gives information on some of the training that the EPSS service can offer schools.

We are also very happy to offer bespoke training in schools and this can often be a way of saving money if several people want to attend the course.

You will see a range of courses on ASD, bereavement, teaching about mental health, self-harm and suicide prevention in our attached booklet. More will be added in due course. In addition our service can offer training on any of the following:

- ASD (includes Lego based therapy approaches and social stories)
- ADHD
- Anger Management (Emotional Regulation)
- Anti-Bullying (including cyber bullying, Kidscape ZAP assertiveness training for children who have been bullied)
- ARROW
- Attachment
- Behaviour management (all aspects including functional analysis and specific course for TAs)
- Cognition & Behaviour (linking difficulties with cognition to behaviour in the classroom)
- Coaching
- Conflict resolution
- Basic counselling skills
- Creativity and Assessment
- De-escalation training (managing challenging behaviour)
- Dyscalculia
- Dyspraxia
- Emotion Coaching
- Language and communication
- Literacy development (and Dyslexia awareness, Precision teaching and Sound Discovery(Wave 3 Literacy skills: synthetic phonics methodology)
- Maximising practice through effective interactions – a workshop for TAs
- Mental Health
- Mediated Learning
- Memory
- Mindfulness approaches
- Neurodiversity
- Parent workshops
- Peer supervision
- Play skills
- Parent workshops
- TEACCH Autism programme
- Worry Busters

Schools with a traded contract pay £40 pp for training at the PDC unless the training stated is free. Otherwise all schools are welcome to join at £50 pp. We are keen to support schools by selling tickets at their school to help share costs of school based training. Please discuss with Rita Adair.

If there are any queries please get in touch with Rita Adair (rita.adair@norfolk.gov.uk), Bianca Finger-Berry (bianca.finger-berry@norfolk.gov.uk) or Michele Blazey (michele.blazey@norfolk.gov.uk).



Norfolk County Council

Training 2018/2019

Educational Psychology and Specialist Support and

Critical Incident, Bereavement and Trauma including

understanding self-harm/suicide prevention

<http://www.norfolkepss.org.uk/>



**Educational Psychology
& Specialist Support**

We are delighted to share with you our training schedule for 2018/2019. You can book the training through the Services for Schools site: <http://s4s.norfolk.gov.uk/Training>

Please note that we will add further events for the spring/summer term, please check our website <http://www.norfolkepss.org.uk/category/training/> or email cs.epss@norfolk.gov.uk if you would like us to contact you about a specific course. Most sessions can also be booked as Inset.

Twilight sessions are costed at £50 per session, schools with an EPSS contract or EPSS subscription are able to book places at a reduced price of £40.

Critical Incident Training is offered free to all local authority schools, and academies and independent schools which pay an annual subscription to the Norfolk Critical Incident Service. Other schools/academies pay £120 for full-day courses, £80 for half-day courses and £50 for twilight sessions. A £10 discount is available for schools with an EPSS contract.

The courses 'Self-harm and Suicide prevention' and 'Teaching about mental health and emotional well-being' are offered free of charge to all school settings in Norfolk & Waveney as part of funded suicide prevention activities.

Feel free to contact us if you want to find out more about the Critical Incident Service: bianca.finger-berry@norfolk.gov.uk

Please note that we may need to make changes to the details published.

ASD Awareness Training

30 October 2018, 16.00 – 17.30

Julie Steward, ASD Support team Co-ordinator and Louise Cotton, ASD teacher

Outline

The training session provides an overview of the Autism Spectrum

Description

The course will help develop the participants knowledge of the difference in communication, social interaction, imagination, processing challenges and strengths experienced by those with an Autism Spectrum Disorder (ASD)

Outcome

Participants will be able to recognise and understand the key areas of difference experienced by individuals on the Autism Spectrum in order to provide effective support

Audience

Suitable for all school staff.

Booking information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/8134>

Using social stories and comic strip conversations

13 November 2018, 16.00 – 17.30

Dr Sue Ackerley, Educational Psychologist

Outline

Social stories and comic strip conversations are techniques, developed by Carol Gray, to support social children and young people with an Autistic Spectrum Disorder (ASD). Social stories and comic strip conversations aim to present information in a literal, 'concrete' way, which may improve a person's understanding of a previously difficult or ambiguous situation or activity.

Description

This course will give an understanding around

- social stories and ASD
- the structure of a social story
- comic strip conversations and ASD
- the structure of comic strip conversations and ASD
- Using social and comic strip stories effectively with an individual with ASD

Outcome

Participants will be able to write and use social stories and comic strip conversations to support children and young people.

Audience

Adults working with children and young people with ASD

Booking information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/81293>

ASD Classroom Strategies

27 November 2018, 16.00 – 17.30

Jeni Mein and Tayla Esgate-Menear, ASD teachers

Outline

An introduction to supportive strategies and the National Autistic Society SPELL framework.

Description

The course will help develop the participants knowledge on how to support children and young people on the Autism Spectrum or with a Social communication difficulty using the SPELL and other structured visual supports.

Outcome

Participants will learn practical strategies to support individuals on the Autism Spectrum within the school environment and the wider community.

Audience

This training is aimed at all school staff working with children in EYFS, key stage 1 and 2.

Booking information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/81311>

An introduction to Lego® based therapy

11 December 2018, 16.00 – 18.00

Dr Lucy Kimber, Educational Psychologist

Outline

Lego® based therapy is a collaborative, play based social skills intervention for children with autism and social communication difficulties.

Description

This training session provides an introduction to Lego® based therapy, which encourages children to interact with each other through collaborative play. The shared focus on building enables children to learn and practice social skills within a social environment they feel comfortable in.

Outcome

This training session gives an insight into how Lego® based therapy can build social competence.

Audience

Adults working with children and young people with social communication difficulties

Booking information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/81294>

Managing Critical Incidents, Bereavement and Trauma in School Communities

09/11/2018 09:30 - 12:45, PDC Norwich

Outline

This half-day training event is designed for headteachers and senior leaders in schools.

Description

This training will cover managing Critical Incidents, including guidance on how to offer appropriate support, considering short term and long-term issues, managing bereavement, as well the importance of leadership in such an incident. We will also advise you about the support available from the Local Authority.

Outcome

- To feel confident about managing critical incidents, trauma and bereavement in your school
- To be aware of short term and long-term issues in a Critical Incident
- To gain knowledge about support available for your school community

Audience

Headteachers

Senior Leadership team

Booking Information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/76832>

Update training: Managing Critical Incidents, Bereavement and Trauma in School Communities

09/11/2018 13:00 - 15:00, PDC Norwich

Outline

This update training session is designed for all headteachers and senior leaders who have previously attended the half-day Critical Incident Training.

Description

We will look at various real case scenarios, and consider possible actions that need to be taken by the leadership team of the school/academy. We will look at good practice, and think about short term and long-term issues. We will discuss different aspects of school leadership during Critical Incidents and explore support available.

Outcome

- To feel confident about managing critical incidents, trauma and bereavement in your school
- To be aware of short term and long-term issues in a Critical Incident
- To gain knowledge about support available for your school community

Audience

Staff who have previously attended the Critical Incident half-day training

Booking Information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/76835>

Supporting bereaved children in school communities

25/03/2019 9:30 - 15:30, PDC Norwich

Outline

The Childhood Bereavement Network estimates that 2.7% of children in Norfolk have experienced the death of a parent or sibling.

Description

Children who are bereaved often turn to adults they have a trusting relationship with, and within schools this can be any member of staff.

This course will give an overview of children's needs after a bereavement, but will also explore the specific role that school staff can play. We will look at some typical issues that schools are faced with, and consider what role school can take pro-actively in preparing for and helping children following a bereavement.

Outcome

Aims of the Training Event

- To develop a good understanding of the effects of bereavement on children, including their learning and their behaviour
- To gain knowledge about how to support bereaved children effectively, and how to respond to bereaved parents
- To gain confidence in supporting children and their families

Audience

Any member of school staff

Booking Information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/77442>

Teaching about death and bereavement

19/11/2018 16:00 - 18:00, PDC Norwich

Outline

Loss and bereavement are an inevitable part of our lives, and it is important to prepare children and young people for this experience. We can teach this pro-actively, as well as allow natural discussion about death as it arises in everyday life. Children and young people say that they want to learn about it, and we can teach them some valuable skills to help them deal with the most certain experience.

Description

During this short course we will talk about the role of teaching about death and bereavement throughout school, we will share teaching materials as we want to encourage all schools to help prepare children for the experience of death.

Outcome

Staff will be more confident in teaching about death and bereavement, and have some ideas about how they can do that.

Audience

Class teachers in primary schools

All staff teaching PSHE whether in dedicated PSHE lessons or through form time, off time-table days, etc.

Booking Information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/76705>

Supporting children with traumatic experiences

30/01/2019 9:00 - 13:00, PDC Norwich

Outline

Children, like adults, sometimes experience or witness something extremely frightening and dangerous. This can cause a traumatic stress reaction, which affects the way the child thinks, feels and behaves.

Description

In this training event we will explore how children are affected by traumatic events, and how schools can support. We will have a look at the impact of adverse childhood experiences (ACE's), how schools can undertake steps to become an ACE aware school, and how this fits in with supporting children with emotional health and well-being.

Outcome

Attending this workshop will enable you to:

- Know how children are affected by traumatic events and be able recognise signs and symptoms
- Understand the possible impact on learning and behaviour
- Identify strategies which will support children who have experienced trauma
- know about accessing additional support
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Audience

Any member of staff supporting children with traumatic experiences

Booking Information

Please book through S4S website:

<http://s4s.norfolk.gov.uk/Event/76836>

Understanding self-harm and suicide prevention

16th October 2018 (North Walsham High School), 4 – 6 p.m.

3rd December 2018 (Norwich area, tbc), 4 – 6 p.m.

5th March 2019 (West, tbc), 4 – 6 p.m.

29th April 2019 (Horatio House, Lowestoft), 4 – 6 p.m.

Outline

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools.

Description

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide, and consider carefully what schools need to do when they are worried about a young person.

Outcomes

- To increase knowledge about self-harm and suicide
- To understand how schools can support young people
- Be confident in using the guidance 'What to do if you believe a child might be at risk of suicide'

Audience

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

Booking Information

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

<http://s4s.norfolk.gov.uk/Search/suicide%20prevention>

Teaching about mental health and emotional well-being (KS3&4)

6th November 2018 (Springwood High School), 9.30 – 13.00

31st January 2019 (Norwich area), 9.30 – 13.00

2nd April 2019 (Horatio House, Lowestoft), 9.30 – 13.00

Outline

Teaching about mental health and emotional well-being promotes pupils' well-being through the development of healthy coping strategies and an understanding of their own emotions as well as those of other people.

Description

This half-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.

Outcomes

- Increase your confidence in teaching about mental health and emotional wellbeing
- 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 (KS3&4)

PSHE/SMSC Co-ordinators and teaching staff (KS3&4)

Form tutors and other staff who are teaching PSHE/SMSC (KS3&4)

Booking Information

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

<http://s4s.norfolk.gov.uk/Search/mental%20health%20well-being#>