



Training Summer term 2019

Educational Psychology and Specialist Support

and

Critical Incident, Bereavement and Trauma including

understanding self-harm/suicide prevention



**Educational Psychology
& Specialist Support**

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

To keep updated about events, 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 in your school. Many schools do this and then sell tickets to other schools to cover the cost.

Twilight sessions are costed at £50 per session. Full-day courses are usually £120 session and half day courses are £80. Please check training information. **A £10 discount is available for schools with an EPSS contract.**

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 need to pay charges as above.

If you are a designated teacher for LAC and have children who are looked after on roll, courses may be available at no cost to your school. Please contact the virtual.schools@norfolk.gov.uk

The courses 'Self-harm and Suicide prevention', 'Eating disorders', 'Teaching about mental health and emotional well-being' and 'World Mental Health Day' 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.

Summary of EPSS training on offer in Norwich in the summer term 2019

Pg	Course	Trainer	Date and Time	Booking info:
6	Social stories and comic strip conversations	Sue Ackerley, Educational Psychologist	7 May 4.00 – 6.00 pm @ PDC	http://s4s.norfolk.gov.uk/Event/91019
8	Wave 3 Literacy: Sound Discovery	Jenny Harris & Kate McCaul, Specialist Learning Support Teachers	13 June 1-4 pm @ Abbey Conference Centre	Please book by emailing cs.epss@norfolk.gov.uk
13	Neurodiversity: Difference rather than disorder	Elaine Nickolls, Senior Educational Psychologist	2 July 4.00 – 6.00 pm noon @ PDC	http://s4s.norfolk.gov.uk/Event/93425

Summary of EPSS training on offer to be booked for in school training

Pg	Course	Trainer	Date and Time	Booking info:
17	ASD Awareness raising	ASD team	Available to be booked in school	Enquiries to: Julie.stewart@norfolk.gov.uk
18	ASD Classroom strategies	ASD team	Available to be booked in school	Enquiries to: Julie.stewart@norfolk.gov.uk
20	Peer Group Supervision	Bianca Finger-Berry, Critical Incident Lead	Available to be booked in school	Enquiries to: bianca.finger-berry@norfolk.gov.uk

Summary of EPSS training on offer at King's Lynn Academy in the summer term 2019

Pg	Course	Trainer	Date and Time	Educator Solutions Link
9	Practical strategies for supporting children with challenging behaviour	Jo O'Donoghue Specialist Behaviour Support Teacher	5 June 4.00 – 6.00 pm @ King's Lynn academy	http://s4s.norfolk.gov.uk/Event/93442
10	Practical strategies to support pupil's working memory	Sarah Gentle, Specialist Learning Support Teacher	12 June 4.00 – 6.00 pm @ King's Lynn academy	http://s4s.norfolk.gov.uk/Event/93447
11	Emotion Coaching	Lucy Kimber, Educational Psychologist	19 June 4.00 – 6.00 pm @ King's Lynn academy	http://s4s.norfolk.gov.uk/Event/93448
12	Anxiety and Cognitive Behaviour approaches – a taster	Ian Mann, Senior Educational Psychologist	25 June 4.00 – 6.00 pm @ King's Lynn academy	http://s4s.norfolk.gov.uk/Event/93450

Summary of Critical Incident training - summer term 2019

Pg	Course	Trainer	Date and Time	Educator Solutions Link
7	Supporting children with eating disorders	CAMHS Professionals and Bianca Finger-Berry, Critical Incident Lead	14 May 4.00 – 6.00 pm @ PDC	http://s4s.norfolk.gov.uk/Event/91219
15	Understanding self-harm and suicide prevention	Bianca Finger-Berry, Critical Incident Lead	21 May 4 – 6 pm @ PDC	http://s4s.norfolk.gov.uk/Event/85470
15	Understanding self-harm and suicide prevention	Bianca Finger-Berry, Critical Incident Lead	13 June 4 – 6 pm @ Pakefield Primary School, Lowestoft	http://s4s.norfolk.gov.uk/Event/92899
15	Understanding self-harm and suicide prevention	Bianca Finger-Berry, Critical Incident Lead	25 June 4-6 pm @ Future Education, Norwich	http://s4s.norfolk.gov.uk/Event/93105
16	Teaching about mental health and emotional well-being (secondary schools)	Bianca Finger-Berry, Critical Incident Lead	This can be arranged as INSET if delivery of programme will take place 2019/2020	Please contact Bianca.finger-berry@norfolk.gov.uk to arrange free training
14	Supporting bereaved children in school communities	Bianca Finger-Berry, Critical Incident Lead	This can be arranged as free INSET	Please contact Bianca.finger-berry@norfolk.gov.uk to arrange free training
19	World Mental Health Day (Suicide Prevention)	Bianca Finger-Berry, Critical Incident Lead	10 October 9.30 – 15.00	http://s4s.norfolk.gov.uk/Event/93101

Social stories and comic strip conversations

07/05/19

16.00 – 18.00, PDC Norwich

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 CYP.

Audience:

Teachers and teaching assistants

Trainer: Sue Ackerley, Educational Psychologist, EPSS

Booking Information

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/91019>

Supporting children with eating disorders

14/05/2019

4-6 pm, PDC Norwich

Outline:

Schools are likely to have a great many pupils who diet, purge or use diet pills, who misuse exercise, and who suffer from body dissatisfaction. Schools are also under pressure to take action on obesity. (www.anorexiafamily.com). In a questionnaire with young people in two Norfolk secondary schools, 9-18% of young people identified as having an eating disorder.

Description:

In this training event we will explore eating disorders in young people, and what schools can do to help.

Outcome:

Attending this workshop will enable you to:

Know how children are affected by eating disorders and be able recognise signs and symptoms

Identify strategies which will support children who have eating disorders

Find out about services supporting children with eating disorders, such as the child and adolescent eating disorder service (CAMHS)

Audience:

SENCO, Medical Needs Co-ordinator, Pastoral Staff, Designated Safeguarding Officer

Trainer: Tania Pombeiro and Charlotte Gregory, CAMHS and Bianca Finger-Berry, EPSS

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

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/91219>

Wave 3 Literacy – supporting struggling readers using Sound Discovery®/Rapid Phonics®

14/05/2019

1-4 pm, Abbey Conference Centre

Outline:

- Sound Discovery / Rapid Phonics structure and methodology
- How to assess and place pupils on the programme
- Delivery of the Snappy Lesson™
- Introduction to Step 3
- Use of decodable texts
- Managing the intervention for success

Description:

Sound Discovery is a synthetic phonics programme in steps for all ages and stages. Order resources from www.espo.org/www.syntheticphonics.net (Ridgehill Publishing).

Rapid Phonics is the same methodology, developed to appeal to younger learners from Year 1-3/through KS2. This programme has complementary readers and e-readers.

Order from www.pearsonschoolsandfecolleges.co.uk/RapidPhonics.

Audience:

Please nominate a member of staff, e.g. SENCO/Literacy Coordinator to attend sessions with Teaching Assistants: the role of managing the programme in school is fundamental to the programme's success. Teaching assistants attending the course will need preparation time to prepare materials and carry out assessments before delivering the programme in school.

Trainer: Jenny Harris and Kate McCaul, Specialist Learning Support Teachers

Booking Information:

Please email cs.epss@norfolk.gov.uk for a place on this course. £75 per delegate (10% discount for EPSS contract or 3+ delegates)

Practical Strategies for supporting children with challenging behaviour in the primary classroom (for teachers and teaching assistants)

05/06/2019

16.00 – 18.00, King's Lynn Academy

Outline:

Practical strategies for supporting children with challenging behaviour in the primary classroom

Description:

This twilight session will cover aspects of promoting positive behaviour at a whole school, classroom and individual level. It will look at what effects how we interpret and respond to children's behaviour, some causes of challenging behaviour and give some practical strategies and resources to use in the classroom.

Outcome:

To help teachers and teaching assistants to develop confidence and skills when faced with children with challenging behaviour and to equip them with some practical strategies which can be used in the classroom.

Audience:

Teachers and teaching assistants working in the primary school classrooms.

Trainer: Jo O'Donoghue, Specialist Behaviour Support Teacher, EPSS

Booking Information

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/93442>

Practical strategies to support pupil's working memory

12/06/2019

4.00 – 6.00 pm, King's Lynn Academy

Outline:

This session will explore how teaching the child to manage their working memory limitations is a more powerful approach than repeatedly playing "Kim's game". It will look at what working memory is, how it impacts on learning and some practical approaches teachers and teaching assistants can use in the classroom.

Description:

Working memory is the capacity to hold and manipulate information in mind for brief periods of time. Up to three or four children in each class may struggle with low levels of working memory. It is often mentioned in Educational Psychology and Specialist Learning Support Teacher reports but what does it mean in the classroom? Is it just playing memory games and do these memory games work?

Outcomes:

To help teachers and teaching assistants to develop understanding of working memory and confidence with practical strategies that may be used in the classroom.

Audience:

SENCOs, Teachers and Teaching Assistants

Trainer: Sarah Gentle, Specialist Learning Support Teacher, EPSS

Booking Information

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/93447>

Emotion Coaching

19/06/2019

4.00 – 6.00 pm, King's Lynn Academy

Outline:

Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's well-being and resilience.

Description:

Emotion Coaching uses moments of heightened emotions and resulting behaviours to guide and teach the child and young person about more effective responses. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

Outcome:

To learn about the theory and practice behind Emotion Coaching, including neuroscientific research behind emotions, attachment awareness and how to be an effective Emotion Coaching Practitioner.

Audience:

Professionals working with children and young people on a regular basis, including teachers and classroom assistants.

Trainer: Lucy Kimber, Educational Psychologist, EPSS

Booking Information

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/93448>

Anxiety and Cognitive Behaviour Therapy (CBT) Approaches – A Taster Session

25/06/2019

4.00 – 6.00 pm, King’s Lynn Academy

Outline

Understanding the nature of anxiety and how best to manage related issues with pupils in schools.

Description

This session will explore key psychological models and theories of anxiety, focusing particularly on CBT-specific approaches. It will recognise both “normal” and “problematic” anxiety and consider how best to manage the latter. It is hoped that sharing related information with pupils will help them better understand and manage their anxieties. This “psychoeducation” is recognised as a key component in most intervention packages. CBT-approaches will be explored in more detail, and the option of further, more comprehensive training (for example regarding the application of related techniques) will be discussed.

Outcome

Staff will have a fuller understanding of the psychology of anxiety and will feel comfortable sharing this information with pupils in schools. Staff will understand how CBT approaches interpret anxiety and aims to help in addressing problem anxieties.

Audience

Professionals working with pupils on a regular basis, including teachers and classroom assistants.

CBT approaches have been shown to be more effective with older pupils, i.e. KS2 and above.

Trainer: Ian Mann, Senior Educational Psychologist, EPSS

Booking Information:

Cost: £50

Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/93450>

Neurodiversity: Difference rather than disorder – Elaine Nickolls - Trainer

02/07/2019

4 – 6 p.m., Norwich PDC

Outline

Neurodiversity, as a way of thinking about individual needs, is thought to have been coined in the 1990s by Judy Singer; a sociologist and autism activist who has a diagnosis of autism. It was initially used by the autistic community, who were keen to move away from 'medicalised' beliefs that autism is something 'wrong' to be treated and cured, rather than being a valuable part of human diversity. The idea of neurodiversity has now been embraced by many other groups, who are using the term as a means of empowerment and to promote the positive qualities possessed by people who might be described as neurodiverse. It encourages us to view neurologically based differences in learning, social and emotional development such as ADHD, autism, dyslexia and dyspraxia as simply normal variations in the spectrum of what it means to be human. Further, it encourages rejection of the culturally entrenched negativity and stigma which can typically surrounded those who live, learn and view the world differently and promotes inclusive thinking around making adjustments to meet the needs of children and young people within the education system so that they can thrive, feel included and learn to the best of their ability.

Description

The session will;

- Explore what we understand by neurodiversity
- Discuss the advantages and disadvantages of this way of thinking
- Look at the traits usually associated with the 'specific learning difficulties' that lie within the neuro-diverse spectrum of additional needs
- Consider when these 'differences' because an impairment that needs 'additional and different' support
- Look at the Teaching for Neurodiversity resources that are still freely available.
- Discuss how to gather evidence to support referrals to the Neurodevelopmental Service

Outcome

- Participants will have a clearer understanding of the concept of neurodiversity
- Know how to access resources that will support training and development in their schools
- Know how to gather evidence to support referrals to the Neurodevelopmental Service

Audience

- Anyone working with children who have additional needs as a result of their neurodiversity

Booking Information:

- Cost: £50 Schools with an EPSS contract or subscription receive a £10 discount

Please book through S4S website: <http://s4s.norfolk.gov.uk/Event/93425>

Supporting bereaved children in school communities

To be arranged as Inset/twilight on request of school

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, and 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

Trainer: Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

Booking Information:

This is free to LA schools or schools who have signed up to Critical Incident support.

Please email bianca.finger-berry@norfolk.gov.uk

Understanding self-harm and suicide prevention

(free course, see below for further information)

21 May 2019 (PDC), 4.00 – 6.00 p.m.

13 June 2019 (Pakefield Primary School, Lowestoft), 4.00 – 6.00 p.m.

25 June 2019 (Future Education), 4.00 – 6.00 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

Trainer: Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

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) (free course, see below for further information)

To be arranged as Inset/twilight on request of school

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 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)

Trainer: Bianca Finger-Berry, Critical Lead Officer, EPSS

Booking Information:

This course is funded as part of our suicide prevention activities for Norfolk & Waveney

Please email bianca.finger-berry@norfolk.gov.uk

ASD Awareness Training

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 direct enquiries to Julie.Stewart, ASD Support Team Co-ordinator, EPSS Julie.stewart@norfolk.gov.uk This course is chargeable.

ASD Classroom Strategies

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 the children in the EYFS, Key stage 1 and 2.

Booking information:

Please direct enquiries to Julie.Stewart, ASD Support Team Co-ordinator Julie.stewart@norfolk.gov.uk This course is chargeable.

WORLD MENTAL HEALTH DAY (SUICIDE PREVENTION)

10/10/2019

9.30 – 15.00

PDC Norwich

This year, the World Federation for Mental Health (WFMH) has decided to make 'suicide prevention' the main theme of World Mental Health Day.

Outline

It is often believed that it is only adults who exhibit suicidal behaviours, but it should be made known that many children and young people engage in this kind of behaviour. There are numerous complex factors that contribute to a suicide, but what is more important is that all of our actions must be geared toward prevention. (<https://wfmh.global/world-mental-health-day-2019/>)

Description

Staff working with children are advised to maintain an attitude of 'it could happen here' where safeguarding is concerned (Keeping children safe in education). This does also apply to young people taking their own lives, sadly it does happen in Norfolk and Waveney.

This day will look at different aspects of suicide prevention with contributions from schools, young people and other organisations. It will be an interactive day and you will explore what you can do to support suicide prevention activities.

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

Booking information: <http://s4s.norfolk.gov.uk/Event/93101>

This is a free course for schools, funded as a Norfolk & Waveney Suicide Prevention Activity. A maximum of two places can be booked per school.

Peer Group Supervision

To be booked as in-school twilight training. It can be combined with an additional facilitated peer group supervision session.

Outline:

This training will highlight the importance of maintaining staff well-being and explore how peer supervision could contribute to this.

Description:

- To understand the processes relating to peer supervision
- To clarify how peer supervision can provide a safe place and support whilst developing skills and experience of participants
- To practice a model of peer supervision appropriate for the educational context

Outcome:

Attending this workshop will raise the importance of staff well-being and enable you to run peer group supervision in your school.

Audience:

This session is aimed at schools who wish to implement peer group supervision for their staff/groups of staff. Peer group supervision is suited for all staff, schools are usually particularly interested in offering this to staff engaged in providing pastoral support, safeguarding and SEN support.

Booking Information:

Please contact your EPSS educational psychologist or email bianca.fingerberry@norfolk.gov.uk This course is chargeable.