



**26/11/2019 16:00 - 18:00**

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

**Venue:** Neatherd High School

**Trainer:** Bianca Finger-Berry

## Critical Incident

Teaching about mental health and emotional well-being (PSHE, Key Stage 3 and 4)

**The new PSHE curriculum: This training will prepare you to teach about mental health, using the PSHE Association resources**

### 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. It can also play a vital role in safeguarding pupils. In a small scale survey, 91% of students said that young people should learn about mental health through the PSHE teaching programme.

### 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. 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.

It is facilitated by Dr Bianca Finger-Berry, Educational Psychology and Specialist Support

It is expected that staff will be implementing this teaching programme in their schools. A feedback tool for students, to consider the initial impact of the programme, is available.

### Outcome

Attending this workshop will enable you to:

Learn about a whole school approach to promoting mental and emotional wellbeing

Increase your confidence in teaching about mental health and emotional wellbeing

Develop skills and strategies for keeping vulnerable pupils safe whilst teaching about mental health

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: This course is funded as part of our suicide prevention activities - we expect attending schools to make a commitment to deliver a mental health teaching programme. Max. 2 delegates per school.

<http://s4s.norfolk.gov.uk/Event/102455>

Cancellation Policy:

For cancellations made by the school/establishment more than 7 working days prior to the course date, no charge will be made. A £20 administration fee will be levied per person for cancellations less than 7 days. Alternatively, you can arrange for a colleague to take your place.

## Programme

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Code: CIN-1019-T002

Price per booking: 0.00

Sign up deadline: 19/11/2019