

Nurturing wellbeing: practical support for developing wellbeing for pupils and families

Take advantage of this fully funded webinar to support the five ways of wellbeing in your setting whether in school or a remote context.

This interactive webinar is designed to support delegates from the primary phase by providing immediately transferable practical strategies to develop wellbeing. Whether planning for in school or a remote context, delegates will be equipped with the understanding and activities to support the five ways of wellbeing and ensure provision supports equality, diversity and inclusion.

Nationally and locally available advice and guidance will be shared including how to engage families, and delegates will be enabled to plan daily wellbeing sessions for their pupils as well as share key messages with their colleagues.

Delegates will leave the webinar with a set of resources with which they can provide an effective wellbeing curriculum accessible both at home or in school. Delegates will receive:

- Complete and fully editable timetables for daily wellbeing sessions
- Complete and editable resources for screen free learning sessions
- A resource bank of suggested sessions for use at home or in school to support wellbeing
- A narrated PPT adaptation of the session to share with colleagues

This webinar is part of a fully funded package of support designed to support schools to develop a whole school approach in addressing specific concerns related to mental health and emotional wellbeing. Further support can be accessed here: <https://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education>. For further support and information please contact RSEEnquiry@educatorsolutions.org.uk

By the end of the session delegates will –

- Understand the importance of equipping pupils with the information that they need to make good decisions about their own health and wellbeing.
- Be able to provide clear, planned curriculum opportunities to promote resilience, support social and emotional learning and opportunities for pupils to participate in activities to build their confidence and self-esteem.
- Understand that we all have mental health but when issues arise pupils know to seek support as early as possible from appropriate sources.

Phase

Primary
Secondary

Audience

Senior Leadership Team
SENCO
Pastoral Leaders
Mental Health Champions
Teachers

Trainers

Alice Ndiaye
Anna Sims

PRIMARY

16/03/2021
3.45 pm – 5.00 pm
EAey-0321-T010

SECONDARY

23/03/2021
3.45 pm – 5.00 pm
EAey-0321-T011

To maximise the benefit of attending this session it is recommended delegates also attend –

Nurturing wellbeing: A whole organisation approach to social and emotional learning
9 March 2021
3.45 pm – 5.00 pm
EAey-0321-T009

The training will take place via Zoom; however, you do not need to have this application on your laptop. If you do not, then the training will open in an internet browser.

Places can be booked online at – www.s4s.norfolk.gov.uk

