

Supporting Vulnerable Learners KS3/4

Understanding and responding to the mental health needs of vulnerable learners
Session One: 'Using a resilience approach to improve mental health'

This training day is part of a series of free CPD events for schools, delivered by The Charlie Waller Memorial Trust, that aim to help school staff better identify and address the emotional wellbeing and mental health needs of Wiltshire children and young people. More information can be found here:

<https://www.wiltshirehealthyschools.org/partnership-projects/cwmt-school-mental-health-network/>

Designed for: Secondary school staff including support staff, SENCOs, School Health Nurses, Parent Support Advisers, PSHE Coordinators and Teachers

Course Organiser: Nick Bolton, PDE Adviser, Wiltshire Council

Training delivered by: Megan Kash-MacDonald from The Charlie Waller Memorial Trust

Date Time Venue: **Thursday 2nd March 2017 (09:00 - 12.00)**
St Johns Conference Centre, 2 Wingfield Road,
Trowbridge, Wiltshire, BA14 9EA.

Price: **Free for all schools in the Wiltshire LA and surrounding areas**

Closing Date: Thursday 23rd February 2017

By the end of the two sessions you will have:

- Developed your understanding of the importance of teaching children and adolescents resilience skills as a means for preventing mental health difficulties in their future
- Gained knowledge of self-care strategies to use with young people, as well as cognitive tools such as developing your inner coach
- Learned about ways to promote a resilient growth mindset within your pupils

To apply:

Please book online through Eventbrite: <http://bit.ly/2gY61h9>

For general enquiries about this series of courses: helen.drown@wiltshire.gov.uk

Supporting Vulnerable Learners KS3/4

Understanding and responding to the mental health needs of vulnerable learners
Session Two: 'Supporting anxious learners'

This training day is part of a series of free CPD events for schools, delivered by The Charlie Waller Memorial Trust, that aim to help school staff better identify and address the emotional wellbeing and mental health needs of Wiltshire children and young people. More information can be found here:

<https://www.wiltshirehealthyschools.org/partnership-projects/cwmt-school-mental-health-network/>

Designed for: Secondary school staff including support staff, SENCOs, School Health Nurses, Parent Support Advisers, PSHE Coordinators and Teachers

Course Organiser: Nick Bolton, PDE Adviser, Wiltshire Council

Training delivered by: Andrew Caress from The Charlie Waller Memorial Trust

Date Time Venue: Thursday 2nd March 2017 (13:00 - 15.30)
St Johns Conference Centre, 2 Wingfield Road,
Trowbridge, Wiltshire, BA14 9EA.

Price: Free for all schools in the Wiltshire LA and surrounding areas

Closing Date: Thursday 23rd February 2017

By the end of the two sessions you will have:

- An understanding about anxiety in young people
- Learnt about practical tools and approaches to help young people to recognise and overcome anxious feelings
- Considered how schools can promote and develop a positive environment to make learners feel supported and safe

To apply:

Please book online through Eventbrite: <http://bit.ly/2gY61h9>

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