

## SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

### 1- CPD and TRAINING OPPORTUNITIES

The training and CPD opportunities, listed below by topic, are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their staff. ALL TRAINING IS FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

Susan

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## MENTAL HEALTH & WELLBEING

### ANNA FREUD CENTRE

[RECORDING: Facebook Q&A 07.05.20 – Managing unexpected endings and transitions](#)

[WEBINAR: Supporting children following traumatic events \(trauma informed practice\)](#)

[TRAINING VIDEO: Training staff in the CARE approach to supporting pupil's mental health](#)

[VIDEO SERIES: Expert advice on a variety of issues including adolescent brain development, substance misuse, anxiety, self harm and exam stress](#)

### CHARLIE WALLER MEMORIAL TRUST

[WEBINAR SERIES: Supporting children's mental health](#)

### DEPARTMENT FOR EDUCATION

[DEPARTMENT FOR EDUCATION - TRAINING MATERIALS: Training staff to teach about mental wellbeing](#)

### EAST BERKSIRE CCG NHS

[TRAINING OFFER: Children & young people's mental health training for professionals and volunteers](#)

### EMERGING MINDS

[WEBINAR SERIES: Covid-19 and children's mental health](#)

### EDUCATION SUPPORT PARTNERSHIP

[VIDEO: Bereavement & its impact on education staff](#)

### FUTURE LEARN

[ONLINE COURSE: Childhood adversity and mental health](#)

[ONLINE COURSE: Young people and their mental health](#)

[ONLINE COURSE: Supporting the social & emotional wellbeing of adolescent learners](#)

[ONLINE COURSE: Youth mental health: helping young people with anxiety](#)

[ONLINE COURSE: Anxiety in children and young people during Covid-19](#)

[ONLINE COURSE: Understanding depression and low mood in young people](#)

[ONLINE COURSE: Helping young people manage low mood and depression during Covid-19](#)

### MIND ED

[ONLINE LEARNING: Children and young people's mental health for professionals, parents and carers](#)

### NSPCC LEARNING

[ONLINE LEARNING: Supporting children with mental health](#)

[PODCAST: Returning to school post lockdown](#)

[PODCAST: The impact of Coronavirus on school staff and pupils](#)

**SLOUGH BOROUGH COUNCIL INTEGRATED SUPPORT SERVICE**

[WEBINARS: The 3Rs Resilience, Readiness, Recovery](#)

**TES**

[SEND SHOW WEBINAR SERIES: Preparing for the 'new normal'](#)

**VIRTUAL COLLEGE**

[ONLINE COURSE: Talking to children and young people about resilience and self harm](#)

**WESSEX NHS**

[WEBINAR: Trauma informed practice](#)

## RELATIONSHIPS & SEX EDUCATION

**BROOK LEARNING**

[ONLINE COURSES: Relationships and sex education topics](#)

**FUTURE LEARN**

[ONLINE COURSE: Relationships, Sex & Health Education - statutory requirements and effective teaching](#)

**NSPCC LEARNING**

[PODCAST: Harmful sexual behaviour in schools](#)

**PSHE ASSOCIATION**

[VIDEO SERIES: Ask a subject specialist \(can be accessed by non-members\)](#)

**SERVICES FOR EDUCATION**

[WEBINAR SERIES: Roadmap to RSE](#)

## ONLINE SAFETY

**CONTEXTUAL SAFEGUARDING NETWORK**

[TRAINING VIDEO: Responding to sexting in schools](#)

## HYGIENE & INFECTION PREVENTION

**eBUG**

[ONLINE TRAINING: eBug resources and lesson activities](#)

[ONLINE HEALTH EDUCATOR TRAINING : eBUG](#)

## MANAGING MEDICAL CONDITIONS

**ALLERGY WISE (ANAPHYLAXIS CAMPAIGN)**

[ONLINE TRAINING: Allergy awareness for schools](#)

**VIRTUAL COLLEGE**

[ONLINE TRAINING: Type-1 diabetes awareness](#)