

## 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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### RSHE and PSHE

#### **REGIONAL RSHE HUB—SUBJECT FACILITATOR TRAINING**

As part of the Department for Education support for schools with the implementation of compulsory Relationships, Sex and Health Education, Regional RHSE Hubs have been created. The Hubs are lead by selected National Teaching Schools and have been appointed to deliver the RSHE subject facilitator training programmes. Slough comes under the North West London & South Central England Hub.

**Primary and Secondary Funded Subject Facilitator Training** is now available. Please contact Susan Dyer for further information or see the [Slough School Health & Wellbeing Project training page](#)

#### **HELPING CHILDREN NAVIGATE A COMPLEX WORLD—PSHE TRAINING**

This free online course from the PSHE Association and Future Learn covers the historic and international picture of PSHE education, how the subject has developed or is approached differently in different countries, safe practice principles in PSHE education, how to teach PSHE education safely for all pupils and effective lesson planning for PSHE education, including assessment. You can access the course [HERE](#)

### MENTAL HEALTH & WELLBEING

#### **ANNA FREUD CENTRE**

[WEBINAR: 5 Steps to Mental Health & Wellbeing - leading change](#)

[Wellbeing INSET Day Toolkit](#)

[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**

[TRAINING MATERIALS: Training staff to teach about mental wellbeing](#)

[WEBINAR: Supporting pupil and student mental wellbeing](#)

[WEBINAR: Local systems supporting education settings with children and young people's mental health and wellbeing](#)

**EAST BERKSHIRE CCG NHS**

[Children and young peoples mental health training offer 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](#)

**EVIDENCE FOR LEARNING**

[VIDEO & SLIDES: A Recovery Curriculum Part 1 \(Loss and Life for our children and schools post pandemic\)](#)

**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](#)

**PUBLIC HEALTH ENGLAND & FUTURE LEARN**

[ONLINE COURSE: Psychological First Aid \(PFA\)](#)

**SLOUGH BOROUGH COUNCIL INTEGRATED SUPPORT SERVICE**

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

**TES**

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

**VITUAL 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](#)

[PODCAST SERIES: Sex Ed Diaries - Relationships and Sex Education in schools](#)

**CONTEXTUAL SAFEGUARDING NETWORK**

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

**DEPARTMENT FOR EDUCATION**

[WEBINAR: Relationships, Sex & Health Education for pupils with SEND](#)

**FAMILY PLANNING ASSOCIATION**

[WEBSITE: Sexwise- up to date information about contraception](#)

**FUTURE LEARN**

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

**LEARNING POSITIVE**

[VIDEO TUTORIALS: Teaching about HIV](#)

**MERMAIDS**

[Information, CPD and training on gender diversity and supporting gender diverse children and young people](#)

**NSPCC LEARNING**

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

[PODCAST: Supporting young people with SEND using the Love Life resources](#)

[INFORMATION: Healthy sexual development of children and young people](#)

**SERVICES FOR EDUCATION**

[WEBINAR SERIES: Developing RHE at primary and RSHE at secondary](#)

**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](#)