

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 1

CPD and TRAINING OPPORTUNITIES

The resources, training and CPD opportunities, listed below 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.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

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

Susan

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RSHE and PSHE

PSHE Association and Future Learn

Helping Children Navigate a Complex World is a 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 [Helping Children Navigate a Complex World](#)

MENTAL HEALTH and WELLBEING

Anna Freud Centre

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

[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](#)

Berkshire CAMHS

Psychological Perspectives in Education and Primary Care (PPEPCare) training has been designed to help staff/volunteers in the CYP workforce to recognise and understand mental health difficulties in children and young people and offer appropriate support and guidance to children, young people and their families using psychoeducation and relevant psychological techniques.

PPEPCare is FREE and delivered by local specialist CAMHS, Getting Help Service and Mental Health Support Team colleagues alongside education psychologists from Slough Borough Council. PPEPCare training for all modules (listed below) is currently being delivered virtually. Face to face delivery will resume as soon as it is safe to do so in line with COVID-19 restrictions. If you are starting to plan your CPD input for next academic year, please use booking form and the MHST/GH team will contact you to discuss your needs.

[Psychological Perspectives in Education and Primary Care \(PPEPCare\)](#)

To book a session please use the online form available [here](#).

Charlie Waller Trust

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

Department for Education

Senior Mental Health Leads Training with Funding Grant Opportunity, the DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage [HERE](#) including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training.

More information and details of how to apply for a Senior Mental Health Leads training grant can be found [HERE](#)

[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](#)

Frimley CCG (NHS)

[Children and young people's mental health training offer for professionals and volunteers](#)

Emerging Minds

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

Education Support

[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](#)

MindEd

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

NSPCC Learning

[INFORMATION WEBPAGES: Supporting children with mental health](#)

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

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

Place 2 Be

Mental Health Champions Foundation Programme online training course aims to enhance professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities. This course is suitable for people working with children and young people of any age, including primary and secondary and is a five-week programme of 1-1½ hours per week that can be completed at any time convenient to you:

[Mental Health Champions Foundation Programme](#)

Public Health England and Future Learn

[ONLINE COURSE: Psychological First Aid \(PFA\) for Children and Young People](#)

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

Slough Borough Council– Educational Psychology Team

[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](#)

Hampshire Thames Valley NHS

[WEBINAR: Trauma informed practice](#)

RELATIONSHIPS & SEX EDUCATION

Anti-Bullying Alliance

A new **sexual bullying** guidance document and free online training for schools and other education settings to support anti-sexual bullying work. The training topics include: definitions of sexual bullying; investigating and responding to sexual bullying; preventing sexual bullying. Access the guidance document and training here: [Sexual Bullying Prevention](#)

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](#)

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

PSHE Association

RSHE Ready is a free podcast series from the PSHE Association about the DfE RSHE requirements, what they will mean for teachers and how schools can make sure they are 'RSHE ready': [RSHE Ready](#)

ONLINE SAFETY

Contextual Safeguarding Network

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

The Children's Society

Information for education staff from The Children's Society about the meaning of the dark web, how young people might use it and what to do if you have safety concerns:

[INFORMATION WEBPAGES: What is the Dark Web?](#)

National Online Safety

A free comprehensive online safety app for parents, carers and educators packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online:

[National Online Safety App](#)

HEALTH EDUCATION

The Royal Society of Public Health

Free online courses, webinars, videos and podcasts on a variety of health topics including understanding sleep, finding balance on and off-line, allergies and understanding and responding to gambling harms:

[Online Courses on Health Topics](#)

HYGIENE, INFECTION & PREVENTION

Public Health England eBug Programme

[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