

Bath & North East Somerset Council



A Whole School Approach to Mental Health in Schools: Including support for anxious learners



Outline

This one day course is suitable for school staff with an interest in improving the mental health and wellbeing of learners. The day is in two parts with the theme of a whole school approach to mental health and wellbeing running throughout both.

Session 1 builds on the B&NES Public Health: [Mental Health and Wellbeing In Schools Audit](#)

The focus will be on:-

- Identifying the mental health & wellbeing needs of children and young people
- Creating a positive environment within which mental wellbeing can flourish
- The role of the whole school community including students/ parents and carers/ senior leadership and staff
- Staff wellbeing and development
- Early intervention and targeted support and sign posting

Session 2 will embed learning through an exploration of how schools can support anxious learners. This will focus on:-

- Understanding anxiety and how it can become problematic for children and young people
- Embedding learning about anxiety and personal coping strategies as an everyday part of PSHE and the broader school curriculum

- Strategies for supporting individual children who are struggling with anxiety as an early intervention measure
- Sign posting and sources of further support

Description

The training will include:

- A whole school approach to mental health & wellbeing
- Information on current guidance and support available both locally and nationally
- An overview of problematic anxiety in children and young people
- Strategies for supporting anxious learners

Outcomes

Participants will be:-

- More confident in understanding the role a school can play in promoting the mental health and wellbeing of pupils
- Knowledgeable about the key sources of support and guidance within both B&NES and nationally
- More confident in understanding the role a school can play in supporting anxious learners

Audience (32)

- School / college staff - senior & pastoral leads, SENCOS, teachers / support staff

2019 Dates (3 options) 9.00 – 4.30

22nd January: - Aix en Provence Room: Guildhall, High Street Bath, BA1 5AW

22nd March: - Keynsham Community Space, One Stop Shop, Keynsham Civic Centre, Market Walk, Keynsham, Bristol, BS31 1FS

20th June: - Keynsham Community Space, as above

Booking Information

Cost £25 including tea and coffee

For B&NES schools please book via the Hub <http://thehub.bathnes.gov.uk>. Any difficulties email Public_Health@bathnes.gov.uk

Course information

For more details about the course content clare_laker@bathnes.gov.uk

Note: This course will be delivered by B&NES Public Health in Schools Team with partner Bath Mind