

# “Same Storm, Different Boats”

## Weathering the Storm!

### Mental Health and Wellbeing in Schools



**FREE Training for ALL School Staff; Governors and colleagues supporting MH & WB in schools**

The Educational Psychology Service, working with colleagues in Headstart and beyond, have localised materials provided by the DfE and integrated best practice across Cornwall into a practical and flexible resource to help **YOU**, the wider school community and children and young people to **‘Weather the Storm’** and navigate safely to calmer waters...

Our **introductory Webinar (1 hour and 15 mins)** is open to all and will provide an introduction to wellbeing and resilience. It will look at a Whole School Approach to wellbeing and highlight the wide-ranging support available in Cornwall. **There will opportunities to hear from you about your experiences and to share what further support would be helpful.**

**Further sessions including Staff Wellbeing; Bereavement & Loss; Anxiety & Low-Mood and Trauma & Stress will be offered in phase 2.** There will also be additional topics available based on **YOUR** feedback.

Delegates will be able to access all the training materials and additional resources / information to support you cascade /offer further training back in schools.

**All sessions will be online (Microsoft Teams)**

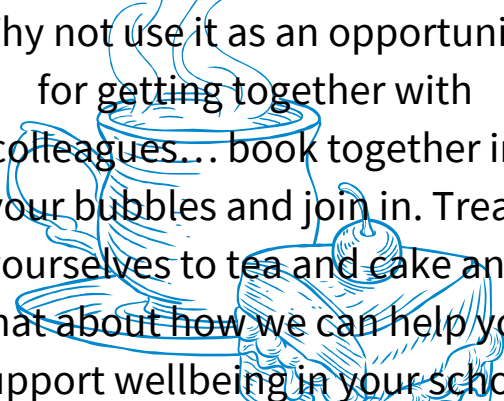
### Webinar 1 Dates Available

#### November

Tuesday	<b>10/11/20</b>	15.30 – 17.00
Wednesday	<b>11/11/20</b>	15.30 – 17.00
Thursday	<b>12/11/20</b>	15.30 – 17.00
Tuesday	<b>17/11/20</b>	15.30 – 17.00
Thursday	<b>26/11/20</b>	15.30 – 17.00

#### December

Wednesday	<b>02/12/20</b>	15.30 – 17.00
Monday	<b>07/12/20</b>	15.30 – 17.00
Tuesday	<b>15/12/20</b>	15.30 – 17.00



Why not use it as an opportunity for getting together with colleagues... book together in your bubbles and join in. Treat yourselves to tea and cake and chat about how we can help you support wellbeing in your school

**Book Now** [www.headstartkernow.org.uk/calendar](http://www.headstartkernow.org.uk/calendar)