

Staff Menu

The following items are all available to support staff health and wellbeing and can be offered as twilight training sessions, usually lasting 90 minutes:

- **Let's talk about your Wellbeing:**
Put your own Oxygen Mask on first'. This session offers practical ideas and tips to support positive wellbeing.
- **Let's talk about Attachment:**
Looking at some of the theory about Attachment and what behaviour you could see in school; this session looks at adopting a whole school initiative using the P.L.A.C.E. approach with practical ideas for the classroom and then individually as the adult in that classroom.
- **Let's talk about ACE's: (Adverse Childhood Experiences)**
Based on the idea 'It's not what's the matter with you, it's what's happened to you' - you can't change a child's behaviour you need to change the way you react. This session offers practical suggestions to build resilience.
- **Let's talk about Anxiety:**
Understanding anxiety and its effects plus top tips to cope with anxiety and how to support a young person in your classroom.
- **Let's talk about Mental Health:**
Looking at some of the most common difficulties you may come across in school, how to recognise them, things that may help and where to go for support.
- **Let's talk about Menopause:**
A guide to the signs and symptoms with practical advice and suggestions about how to cope with living through the menopause (men!) as well living with the menopause (women!).
- **Let's talk about Medical Conditions:**
Covering advice about the management of pupils with Asthma, Epilepsy and Allergy Awareness including administration of emergency medication.
- **Top Tips for Teaching RSE:**
With over 20 years' experience delivering RSE across all year groups we offer practical tips about managing boundaries, dealing with difficult questions and potential content.

The following items are available as a 1:1 session:

- **Staff Drop-in:** For staff to talk about their own wellbeing or talk about concerns for a child's wellbeing.
- **Supervision:** A safe space offering time to reflect, review and discuss difficult scenarios in a non-judgemental environment.