

Health and Wellbeing Training 2018/2019



Healthy Schools

Our aim is to help you promote health and wellbeing in your school, and we offer a number of training sessions and additional advice to support you in four core areas of PSHE, Physical Activity, Nutrition, and Emotional Health and Wellbeing. All of our training is **FREE** and is available to **all** schools in the county. We are able to deliver training as part of an inset or as a twilight session with your school or MAT, and we also hold various open sessions throughout the year. Please contact us to discuss your requirements.

For our open session training dates and venues, please look on our website:

www.cornwallhealthyschools.org

Or contact us:

healthy.schools@cornwall.gov.uk

01209 615600

PSHE

- Cornwall School Council Workshop
- Online Safety
- Thinkuknow Online Safety
- Teaching Relationships & Sex Ed/Drugs & Alcohol with Confidence
- Speakeasy Cornwall

Wellbeing

- Resilience & Self-Esteem Toolkit (ReSET)
- Whole School Approach to Good Mental Health
- Staff Wellbeing

2018/
2019

Nutrition

- SUGAR SMART in School

NEW nutrition sessions coming September 2018!

Physical Activity

- This Girl Can in Your School
- Active School Workshop

PSHE

- **School Council Workshop (Primary and Secondary: open, whole day)**
Come along to our workshop to learn how to start or improve your school council and share best practice and ideas. Information on our new Learner Participation Award will be included.
- **Online Safety Awareness Raising Session (Primary and Secondary: twilight or inset, 2hrs)**
A short but informative session to help your staff and governors think about the ways young people are using the digital world, and how to stay safe online.
- **ThinkuKnow Introduction Course - Online Safety (Primary and Secondary: twilight or inset, 3hrs)**
This course is run by our CEOP Ambassador for all school staff in Cornwall and covers an introduction to CEOP and reporting, children and young people online, online sexual abuse, nude selfies: what professionals need to know.
- **Teaching Relationships and Sex Education/Drug and Alcohol Education with Confidence (Primary and Secondary: twilight or inset, 2hrs)**
These sessions support educators to build confidence and expertise in delivering an RSE and/or Drug & Alcohol education programme. Based on Christopher Winter Project (CWP) resources, which have Quality Assurance marks from the PSHE Association, there are opportunities to explore the stimulating, interactive resources and activities.
- **Speakeasy Cornwall**
We provide free training for foster carers, special guardians, adopters, schools, children's services and parents to talk about the best ways to chat with their children, whatever their age, about growing up, body changes, sex and relationships. Visit www.healthycornwall.org.uk for more information.

Wellbeing

- **Resilience & Self Esteem Toolkit – ReSET (Primary/Secondary: open, twilight or inset, 2 hrs)**
An interactive workshop, exploring emotional literacy, self-esteem and coping strategies. This training gives you an opportunity to view the ReSET resources, explore the support materials and try out some of the activities.
- **Whole School Approach to Good Mental Health (Primary/Secondary: Twilight or inset, 2 hours)**
An informative and interactive workshop aims to raise your awareness of mental health. It includes information about risk and resilience factors and ideas for school-based support and resources.
- **Staff Wellbeing (Primary/Secondary: twilight or inset, 2hrs)**
A fully interactive and fun workshop designed to increase your understanding of ways to support wellbeing within your school. Our training also provides an opportunity to reflect on how you can tailor support in your setting.

Nutrition

- **SUGAR SMART (Primary/Secondary: open, twilight or inset, 1.5 hours)**
A short, but not so sweet, guide to sugar consumption. This session covers current nutrition guidelines, reading nutritional labels, the impact of sugar on health, and steps to being SUGAR SMART in school!

New and revised nutrition support coming soon for September 2018!

Physical Activity

- **This Girl Can in Your School (Primary/Secondary: Open Session, 3hrs)**
The 'This Girl Can in Your School' training session will give you an insight of the barriers that girls face to be active and identify the different things that you can do to help break down these barriers in a school setting and in every day to day life!
- **Active School Workshop (Primary Schools: Open Session, 3hrs)**
This workshop identifies how being an active school can positively influence not only the pupils, but the whole school community! Delegates will receive advice and guidance on how they can ensure that pupils are active for at least 60 minutes across the school day and receive free helpful and informative resources.

Please contact your Healthy Schools Delivery Advisor for more information or to book.

