**Mental Health and Well Being Package in association with Leeds Beckett University- Carnegie School of Education and Minds Ahead**

| **Title** | **Focus and content** | **Dates and venue** |
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| **Governor package**  2 day course attendance at both required | Creating and assigning link governor roles to individual members of a governing board is an effective way to ensure governance remains strategic and focussed on key issues.    Day One will focus on the importance of establishing a robust mental health provision in school and how the governing board can support the school strategically to ensure that pupil and staff’s wellbeing is supported from a governor’s strategic perspective and how the governing board can support and ensure that there is an accountability structure in place.    Between Day One and Day Two, governors will undertake a Governing Board Self-Assessment Diagnostic with either a full governing board or with a pastoral committee.  Day Two will focus on the outcomes of the self-assessment diagnostic, ensuring that each governor or governing board have developed an action plan to further support the school. | Day 1- Tuesday 4th February 2020  Day 2- Tuesday 24th March 2020  Venue:  St Mary & St Thomas CE Primary School  Barton Close  St Helens  WA10 2HS  NW Learning Partnership Pod (rear of school car park) |
| **Pastoral leadership programme for middle leaders**  2 day course attendance at both required | This programme is for the middle-level or departmental leaders who have responsibility for pastoral care and mental health of students.  This will enable pastoral leaders to locate their role in supporting the whole school approach to mental health and improve mental health practice across their area of influence.  Delegates will have with a clear understanding of school mental health and the steps that they can take to plan for, evaluate and implement mental health improvement strategies across their area of leadership.  It is ideal for the pastoral colleagues seeking to improve student mental health across their area of responsibility. | Day 1- Tuesday 14th January 2020  Day 2- Thursday 5th March 2020  9-3.30pm  Venue:  The Mercure St Helens Hotel  Linkway West  St Helens  WA10 1NG |
| **Leadership Programme for School Mental Health lead (Designated officer)**  2 day course attendance at both required | The whole school programme includes:  A detailed school research project to understand the current level of mental health support within the school.  The development of a school mental health policy or guidance document which can subsequently be approved by the school’s board of directors or governors if required. | Day 1- Monday 3rd February 2020  Day 2- Tuesday 3rd March 2020  9-3.30pm  Venue:  The Mercure St Helens Hotel  Linkway West  St Helens  WA10 1NG |
| **Yoga and Meditation** session for children | Delivered as an assembly by a qualified yoga teacher and meditation practitioner | 1 session to be arranged to suit the needs of the school |
| **Staff Well-being**  Yoga and meditation session | Breathing and anxiety reduction techniques to create a more positive environment with staff in school. | 1 session to be arranged to suit the needs of the school (twilight or staff inset) |
| **NWLP MHWB Termly Network Meeting**  **1pm - 3pm** | Termly Network Meetings to provide updates on local and national initiatives.  As Strategic Partners with the Carnegie Centre of Excellence in School Mental Health, schools will be invited to participate in research projects. | **Autumn** – Tuesday 10th December 2019 @ 1-3pm  **Spring** – Friday 28th February 2020 @1-3pm  **Summer** - Thursday 11th June 2020 @ 1- 3 pm  Venue:  St Mary & St Thomas CE Primary School  Barton Close  St Helens  WA10 2HS  NW Learning Partnership Pod (rear of school car park) |
| **School Mental Health Award**  12 month programme | This covers 8 areas:  Leadership and Strategy  Organisational structure and culture- Staff  Organisational structure and culture- Pupils  Support for staff  Support for pupils  Staff professional development and learning  Working with parents and carers  Working with external services | Individual schools to register through the package  One year programme with allocated Coach from Carnegie Centre of Excellence in School Mental Health |
| **TOTAL COST = £1,000\***  *10% discount for all North West Learning Partnership Network Members*  6 days training which includes planning, preparation, delivery, all course materials, refreshments and ongoing support.  Two in-school yoga/meditation sessions one for children and one for adults.  12 month programme with a Coach from Carnegie Centre of Excellence In School Mental Health working towards the School Mental Health Award.  Member of the North West Learning Partnership Mental Health and Well-being Termly Network Meetings | | |

In addition: please also see other training opportunities in the CPD Brochure