

## Wellbeing for Education Return Briefing document

### What is the WER?

Funded by the Department for Education and Department for Health and Social Care and developed and delivered in close collaboration with Health Education England, Public Health England, and NHS England, the Wellbeing for Education Return is a package of training and resources intended to support education staff to promote children and young people, teachers and parents and carers' mental wellbeing and resilience and aid mental health recovery, in light of the impact of COVID-19 and lockdown.

Wellbeing for Education Return aims to support staff working in schools and colleges to respond to the additional pressures that some children and young people may be feeling as a direct result of the pandemic, as well as to any emotional response that they or their teachers may be experiencing from bereavement, stress, trauma or anxiety over the past months.

Links attached for your information:

<https://www.minded.org.uk/Component/Details/662137#:~:text=Wellbeing%20for%20Education%20Return%20Description%3A%20Wellbeing%20for%20Education,stress%2C%20trauma%20or%20anxiety%20over%20the%20past%20months.>

<https://www.gov.uk/government/news/8m-programme-to-boost-pupil-and-teacher-wellbeing>

### Who is it for?

Sessions are aimed at nominated school or further education staff who will then, supported by the HeadStart Newham Team and EPS, cascade the resources and materials within their own settings

### Is there a cost?

There is NO cost attached to any of the sessions

### Sessions available (to attend centrally or request to be delivered to your setting):

1. Wellbeing for Education Return: A whole school approach
2. The implementation and principles of whole school recovery
3. Neuroscience: stress, trauma and attachment
4. Anxiety, low mood and loss
5. Staff wellbeing
6. Follow on reflective sessions with the Educational Psychology Service in December (dates TBC)

### Session dates (via Eventbrite):

Date	19/10/20	20/10/20	22/10/20	23/10/20	2/11/20	3/11/20	5/11/20	6/11/20
<b>Theme</b>	<b>Wellbeing for Education Return: A whole school approach</b>				<b>The implementation and principles of whole school recovery</b>	<b>Staff wellbeing</b>	<b>Neuroscience: stress, trauma and attachment</b>	<b>Anxiety, low mood and loss</b>
<b>Session Times</b>	1.00 – 3.00 pm	9.30 – 11.30am	1.00 – 3.00 pm	9.30 - 11.30am	1.00 – 3.00 pm	1.00 – 3.00 pm	1.00 – 3.00 pm	9.30 - 11.30am
(sessions are repeated)	4.00 - 5.45pm	4.00 - 5.45pm	4.00 - 5.45pm	-	4.00 - 5.45pm	4.00 - 5.45pm	4.00 - 5.45pm	1.00– 3.00 pm

For further information please contact [HeadStart.programmeteam@newham.gov.uk](mailto:HeadStart.programmeteam@newham.gov.uk)