

**Worcestershire Virtual School News**  
**for Designated Teachers**  
**Issue 3 (Spring Term)**  
**Academic Year 2022-23**

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**Designated Teacher Training**

We are pleased to be able to offer two ‘Psychology in Action’ workshops this term run by WCF Education Psychology Service.

**Psychology in Action Workshop: Managing Change for and with CLA and PLAC**

**1st February 2023, 3-4.30pm (search code: SCH10305)**

This workshop will enable DTs to consider how to shift the conversation with CLA and PCLA young people, and the adults working with them, to a solution finding position rather than deficit model. An application of how to use this with children and young people in a creative way will also be shared to consider use for direct work with LAC and PLAC C/YP.

**Psychology in Action Workshop: Managing Change for and with CLA and PLAC**

**7th March 2023, 3-4.30pm (search code: SCH10306)**

This workshop will help Designated Teachers consider the impact of change on their CLA and PLAC populations. It will provide a reflective space as well as opportunities to consider tools that could help C/YP manage change.

These courses can be booked through this link [Courses Search \(worcestershire.gov.uk\)](https://www.worcestershire.gov.uk/courses-search) using the codes shown above.

## Worcestershire Virtual School Designated Teacher Training

Sessions will be run on Tuesday 21<sup>st</sup> March at 1.30 and 3.30pm via Teams. Topics and booking will be available shortly.

### Early Years Designated Teacher Training: Self-Regulation

Wednesday 1<sup>st</sup> February 2023 from 4pm-6.30pm (Virtually via zoom)

Worcestershire Virtual School are excited to invite you to join us for a virtual training session by Diana Lawton, one of the specialist trainers from Inspired Children

[www.inspiredchildren.org.uk](http://www.inspiredchildren.org.uk) / [www.facebook.com/inspiredchildrentraining](https://www.facebook.com/inspiredchildrentraining)

Self-regulation is the fundamental ability to understand and manage your emotional and behavioural responses and while the neurological circuitry is not complete until about 26 years old, children need support developing self-regulation from birth. This session is not about teaching obedience or self-control but about building the neurological architecture that will enable the child to regulate their own responses to the world and create effective and successful strategies to respond to and interact with the world. Effective self-regulation will underpin personal and social success and will support children to manage the expectations of the school environment. It goes much deeper than that though and underpins life-long mental health and emotional well-being which are the key things we all want for our children especially in today's social climate. This session will help practitioners understand their role in building strong and robust neurological circuitry and offer a wealth of insights, practical skills, and ideas to ensure all your children get the best possible start in life. This course is the difference between children that manage and children that fly!

### **Diana Lawton**

Diana is a senior consultant and trainer for Inspired Children. She has a degree in Psychology and an MA in Early Childhood studies with a near encyclopaedic knowledge of child development theory and early years procedure. She is also the owner manager of a group of settings in Leicestershire and Derbyshire. She is currently working on her first textbook and is an accomplished trainer having delivered a huge range of training for Inspired Children and being responsible for all in-house training at her settings. She is frequently asked to take part in panels for the Nursery World Business Conference and sits on several early years focus groups.

### **Who is the training for?**

All early year's practitioners from nursery and pre-school settings, childminders, reception teachers and teaching assistants, senior leads, social workers with early years children on their caseloads. And it's **FREE!**

### **How do I book on?**

Please email [virtualschool@worcschildrenfirst.org.uk](mailto:virtualschool@worcschildrenfirst.org.uk) to book your place.

## Green Fingers

Please find attached details of the 10-week group Forest School and Outdoor Nature Green Fingers sessions for Looked After or Previously Looked After Children.

The Forest School sessions are for young people aged 3 – 8 and the Outdoor Nature based sessions are for young people aged 9 plus. The sessions start the week beginning the 16<sup>th</sup> January. To book or for further information please contact the Green Fingers Team on **01905 845818**.

Booking is essential – to book a young person on please email [greenfingers@worcschildrenfirst.org.uk](mailto:greenfingers@worcschildrenfirst.org.uk)

## WCF EP Drop-in sessions

We have availability before half-term on:

- 31<sup>st</sup> January
- 2<sup>nd</sup> February
- 7<sup>th</sup> February
- 9<sup>th</sup> February
- 14<sup>th</sup> February
- 16<sup>th</sup> February

Please e-mail referral forms to [virtualschool@worcschildrenfirst.org.uk](mailto:virtualschool@worcschildrenfirst.org.uk).

## Introduction to Education sessions for parents/carers of Previously Looked after Children

These sessions on 7<sup>th</sup> March and 20<sup>th</sup> March 2023 run by Worcestershire and Warwickshire Virtual Schools are to help enhance parents and carers understanding of how they can support their child with their education and broaden their understanding of the support that could be available.

## Teaching Resources

### Building Self-Regulation skills

Early Years lecturer Wendy Geens, gives an introduction to self-regulation. She covers changing how to understand children's behaviour, how to support the development of self-regulation, and helping parents do the same.

### [The Family Interview: Wendy Geens | Family](#)

Dr Mine Conkbayir and Ursula Krystek-Walton are starting a self-regulation revolution. Find out why self-regulation is a critical part of child development, and why we should be focusing on it in our settings.

### [A Self-Regulation Revolution - Why we should focus on it \(family.co\)](https://www.family.co.uk/self-regulation-revolution)

Learn why self-regulation is a critical part of child development, and why we should be focusing on it.

### **What Happened to You? Conversations on Trauma, Resilience, and Healing. Oprah Winfrey and Dr Bruce Perry (Bluebird)**

Oprah Winfrey and renowned brain development and trauma expert, Dr Bruce Perry, discuss the impact of trauma and adverse experiences and how healing must begin with a shift to asking, 'What happened to you?' rather than 'What's wrong with you?'

Through wide-ranging and often deeply personal conversation, Oprah Winfrey and Dr Perry explore how what happens to us in early childhood – both good and bad - influences the people we become.

Buy the book from Amazon

<https://www.amazon.co.uk/What-Happened-You-Conversations-Resilience-ebook/dp/B08PVQNZ3W>

Buy the book from Waterstones

<https://www.waterstones.com/book/what-happened-to-you/oprah-winfrey/dr-bruce-perry/9781529068467>

Article: Dr. Bruce Perry Discusses Trauma and Healing

<https://www.shondaland.com/inspire/books/a37515292/dr-bruce-perry-discusses-trauma-and-healing/>

### **Mental health and wellbeing calendar: Spring Term 2023 : Mentally Healthy Schools**

Anna Freud Centre have produced a Spring Term 2023 mental health calendar, to help you plan your mental health and wellbeing for the term ahead. The calendar covers the entire spring term, with suggested themes and resources for dates including Children's Mental Health Week, Safer Internet Day and secondary school places being offered. Here is the link to the calendar.

[Mental health and wellbeing calendar: spring term 2023 : Mentally Healthy Schools](https://www.annafreud.org/mental-health-and-wellbeing-calendar-spring-term-2023-mentally-healthy-schools)

**We are here to support you and our children looked after/previously looked after. Please call or email, using the details below or visit our website.**

**Virtual School Helpline 01905 844913 [virtualschool@worcschildrenfirst.org.uk](mailto:virtualschool@worcschildrenfirst.org.uk)**

**<https://www.worcestershire.gov.uk/virtualschool>**

