

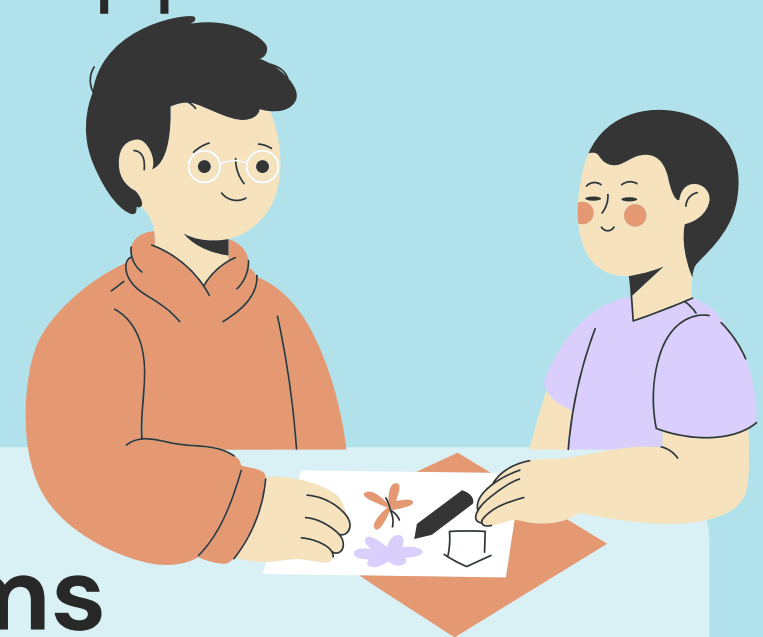


Emotionally Based School Non-Attendance

A relational approach to supporting EBSNA

Emotionally based school non-attendance (EBSNA) occurs when students experience a significant difficulty in attending school (consistently) due to specific emotional distress.

We are delivering whole-school training designed to support those at risk of EBSNA, through trauma-informed approaches.



Target Audience

Primary and Secondary Schools

Dates

Thursday 19th November 2026
(9am–12am, virtual session
on Teams)

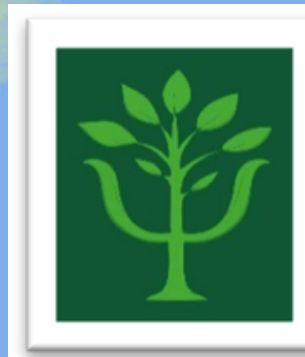
£150 per person

Bookings

Please enquire with the below email:
sandwell_wellbeingchartermark@sandwell.gov.uk

Aims

- To develop an understanding of relational approaches to support children and young people at risk of EBSNA.
- Discussion with other schools to reflect on whole-school approaches and support at an individual level.
- Gain resources and knowledge to enhance the relationships of children and young people at risk of EBSNA.



Trusted Adult Relational Approaches

*A whole-school relational approach to supporting
pupil mental health and wellbeing*

Trusted Adult Relational Approaches (TARA) is a continuation of the former Trusted Adult Training, the recognised approach to supporting children and young people in schools across Sandwell.

We are delivering whole-school training to educate staff on understanding pupil wellbeing and provide strategies to support pupil behaviour and wellbeing.

Target Audience

Primary and Secondary Schools

This is a completely free offer!

Location: Coneygre Centre Tipton

Dates: Whole day training (9-4.30)

Primary:

Monday 9th November 2026

Monday 8th February 2027

Monday 19th April 2027

Secondary:

Thursday 12th November 2026

Thursday 11th February 2027

Thursday 22nd April 2027

Aims

- Continue to widen and develop the understanding of children and young people's wellbeing and behaviour.
- Influence school practice and policies in proactive and reactive ways.
- Help staff manage their own wellbeing when faced with challenging young people.
- Enable staff to utilise skills to effectively meet the needs of young people.

Bookings

Please enquire with:

sandwell_wellbeingchartermark@sandwell.gov.uk

Secondary Wellbeing Toolkit Training

SIMPLE WAYS TO SUPPORT SECONDARY STUDENTS' MENTAL HEALTH

In 2022, the Early Intervention Foundation (EIF) and the Anna Freud National Centre for Children and Families developed the secondary wellbeing toolkit, which aims to provide guidance on practical steps that teachers and other adults in secondary schools can take to promote and support mental health through their everyday interactions with students.

It was designed with both teachers and young people to ensure that it reflects the reality of school life and the wider social context. Sandwell EPS have used the toolkit to design and create this training. It will be an interactive session, allowing space for staff to reflect on their current practice and school environment.

Target Audience

Secondary Schools

Dates

**Wednesday 28th September
2026 (9.00am-12.00pm)**

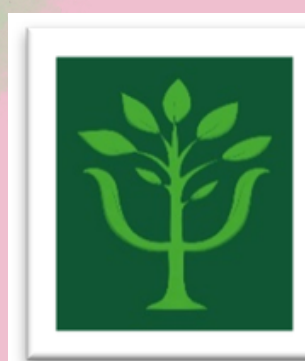
£150 Per person
Coneygre Centre

Aims

- Building supportive relationships
- Creating an inclusive environment
- Promoting good mental health (including understanding emotions)
- Responding to stress, low mood and anxiety
- Preventing bullying, cyberbullying and sexual harassment

Bookings

Please enquire with the below email:
sandwell_wellbeingchartermark@sandwell.gov.uk



Senior Mental Health Lead: Training Programme

Sandwell's Educational Psychology Team are now able to offer Senior Mental Health Lead training for schools across Sandwell. This training will be aligned to government recommended training programmes and, on completion of the programme, certification will be awarded.

The course is designed to champion efforts to promote and support mental health and wellbeing within schools. It is grounded in the 8 principles of Public Health and the Sandwell Charter Mark and schools will be able to reflect on areas such as leadership and management, pupil voice, staff development etc.

The training will be delivered across 6 half-day sessions, all of which must be attended to achieve certification:

12th October 9am–12pm

23rd November 9am–12pm

1st February 9am–12pm

15th March 9am–12pm

17th May 9am–12pm

5th July 9am–12pm

The programme is being partially funded by the virtual school and, as such, the first 20 places will be priced at £450, with all remaining places at £900.

Partaking in the training will also allow attendance to the Senior Mental Health Lead network at no extra cost (please see additional flyer for details)

*Training to take place at **Coneygre Centre** (TBC)*

For bookings or questions

Please enquire with the email below:
sandwell_wellbeingchartermark@sandwell.gov.uk

Target Audience

Senior Mental Health Leads of the School

Aims

- To understand the wellbeing principles that can be used at a whole-school level to support wellbeing and mental health.
- Development, implementation and reflection of the whole-school policy and strategy on wellbeing.
- A core focus on supporting vulnerable groups, especially those in the social care system.
- Collaborative working through group sharing, discussion and problem-solving from other Sandwell colleagues.
- Recognising how to effectively monitor and measure positive change and outcomes relating to wellbeing at a whole-school level.



Senior Mental Health Lead: Networking

The senior mental health lead networking events have been a huge success within Sandwell over the last few years. It allows SMHLs the opportunity to network, share good practice within their school and gain information about topics that are relevant to Sandwell schools.

Topics that have previously been covered include:

School Transitions

Staff Wellbeing

Exam Stress

Target Audience

Senior Mental Health Leads

Dates: All 9am – 12pm

13th November 2026

2nd February 2027

18th May 2027

This will be a free event and those who are undertaking the Senior Mental Health Lead training are also welcome

Event to take place at the
Coneygre Centre, Tipton

Aims

- To gain information regarding preventative approaches, supporting mental health and wellbeing for all members of the school community and share best practice across schools
- To have the opportunity to network and meet colleagues
- To continue to build on knowledge from session to sessions through reflections, action planning and analysing needs.
- To support new colleagues undertaking the SMHL training

Bookings

Please enquire with the below email:
sandwell_wellbeingchartermark@sandwell.gov.uk



Sandwell Educational Psychology

Working together to promote inclusion
and make a difference with compassion,
for children and young people

WELLBEING WORKSHOPS



Sandwell Inclusion Support's Educational Psychology Service have created a series of workshops for students requiring additional support with: Anxiety, Social Skills, Transitions, Self-Esteem and Exam Stress. The workshops are designed for groups of 6-8 pupils (3 for Lego Therapy) and will run for 4-6 weeks. They are delivered in school by Assistant Educational Psychologist's. If you are interested in accessing one or more of these workshops, then please contact:
sandwell_wellbeingchartermark@sandwell.gov.uk



ANXIETY

This series of workshops is designed to help those experiencing anxiety from friendships and social situations to worrying about school-related expectations. The sessions look to teach children about what anxiety looks and feels like, when they may experience it and strategies to help, from preparing for anxiety inducing situations, to dealing with it in the moment.

LEGO THERAPY

LEGO®-based Therapy is an evidence-based social development intervention that improves social interaction and communication skills. The sessions with help to enhance skills such as communication and language, joint attention, sharing/turn-taking, problem-solving, and empathy. Children work together to build a model, playing 3 different roles and developing their social interaction/communication skills.

SELF-ESTEEM

We have created an engaging and interactive workshop targeting self-esteem in children and young people. Students will learn the fundamental elements of self-esteem over 4 workshops, including what self-esteem is, how it relates to them, individual differences, self-compassion and how to help others build their self-esteem.

TRANSITIONS

This workshop is designed to support pupils who may struggle with transitioning from primary to secondary school. It consists of four one-hour long sessions covering topics such as managing change and loss, preparing for secondary school, coping strategies, and reflections. It is best suited for pupils who can access an age-related curriculum and who staff feel may benefit from extra support during this time.

EXAM STRESS

A series of workshops to help those who experience feelings of stress associated with exams. The sessions will look to help students develop skills and strategies for when they are experiencing these feelings and approach exams with a happier mindset.

