

ANXIETY & TRANSITION

Date:
25th
March
2024

Time:
09:45-12:45

Cost:
£45 per delegate

**Refreshments are
included**

SEMH

**MIDAS, Meadowfield School, Swanstree Avenue,
Sittingbourne, ME10 4NL**

Presented By
Jonathan Smeeton, Meadowfield STLS

Target Audience

All staff working in primary and secondary settings particularly, those who may be working in a one to one capacity.

Workshop Objectives

This **half-day** workshop will consider approaches, ideas and strategies to support student welfare and wellbeing in school.

Workshop Content

- The importance of a relational approach to ensure positive relationships
- Understanding stress and anxiety and how it drives behaviour
- Effectively using pupil voice
- Overview of EBSA (Emotionally Based School Avoidance) with resources and strategies to support
- Use of the STLS part time timetable resource
- Self-harm: supporting pupils, families and engaging with other services
- Using CBT informed strategies to support pupils
- Opportunity to look at and engage with relevant texts and resources

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

