

# SEPTEMBER 2024



## STAFF & PUPIL PINCH POINTS

- Transition back to school or to new school/classes
- Staff workload - particularly for new staff
- Forming of new relationships



“It’s my personal approach that creates the climate. It’s my daily mood that makes the weather.”

Haim G. Ginott

| MON                                                                                                                                                                                                                                                                                                                                           | TUE                                                                                                                                                                                            | WED                                                  | THU                                                                   | FRI                                   | SAT | SUN |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------|-----|-----|
| <ul style="list-style-type: none"><li>EMHT Termly Meetings - speak to your practitioner MHST or Seedlings Practitioner to see what is available this term.</li><li>Growing Stronger ACE Awareness workshops from School Improvement Liverpool</li><li>Kooth Assemblies - <a href="mailto:hjackson@kooth.com">hjackson@kooth.com</a></li></ul> |                                                                                                                                                                                                |                                                      |                                                                       |                                       |     | 1   |
| 2<br>Inset<br>Livestream<br>Sessions -<br>various times                                                                                                                                                                                                                                                                                       | 3                                                                                                                                                                                              | 4                                                    | 5                                                                     | 6                                     | 7   | 8   |
| 9                                                                                                                                                                                                                                                                                                                                             | 10<br>Wave 11<br>MHST<br>(secondary)<br>induction 1                                                                                                                                            | 11                                                   | 12                                                                    | 13                                    | 14  | 15  |
| 16<br><u>WSA Senior<br/>Mental Health<br/>Lead Session 1</u>                                                                                                                                                                                                                                                                                  | 17                                                                                                                                                                                             | 18<br><u>YPAS<br/>Parent/Carer<br/>Coffee Event.</u> | 19<br><u>Youth Mental<br/>Health Day</u><br><u>#controlyourscroll</u> | 20                                    | 21  | 22  |
| 23<br>WSA Senior<br>Mental Health<br>Lead Session 2                                                                                                                                                                                                                                                                                           | 24                                                                                                                                                                                             | 25<br>WSA Steering<br>Group 15:30-<br>17:00          | 26<br><u>Now Festival<br/>Launch Event</u><br><u>17:00</u>            | 27<br><u>LLP Maths<br/>Party Day.</u> | 28  | 29  |
| 30<br>WSA Senior<br>Mental Health<br>Lead Session 3                                                                                                                                                                                                                                                                                           | Parenting Courses Starting this Month:<br>Teen Triple P (MHST), Incredible Years (YPAS), Riding the Rapids (YPAS). Speak to your MHST Practitioner about how to sign up or contact <u>YPAS</u> |                                                      |                                                                       |                                       |     |     |

# OCTOBER

## 2024

### STAFF & PUPIL PINCH POINTS

Curriculum delivery

Staff told us that this was one of their less-pressured months. How can you make the most of this time to promote self-care and wellbeing?

Pupils in transition years may be feeling the pressure of next-step choices

Resilience is the process of being able to adapt when faced with challenges, adversity, trauma and stress. It's not about being stress-proof but having the superpower to overcome it.

[Resilienceframework.co.uk](https://Resilienceframework.co.uk)

| MON                                                       | TUE                                                           | WED                                       | THU                                                         | FRI                                                                                                                                                                                 | SAT | SUN |
|-----------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
| Black History Month                                       | 1<br><u>REACT Anxiety TTT</u><br>Secondary only               | 2                                         | 3                                                           | 4                                                                                                                                                                                   | 5   | 6   |
| 7<br><u>ROAR SEND Training</u> full day<br>SMHL Session 4 | 8                                                             | 9<br><u>ROAR Trauma Informed Practice</u> | 10<br><b>World Mental Health Day</b><br><u>ROAR Primary</u> | 11                                                                                                                                                                                  | 12  | 13  |
| 14<br>WSA Senior Mental Health Lead Session 5             | 15<br><u>ROAR Secondary Training</u><br>‘Schools’ Parliament? | 16                                        | 17<br>WSA Networks                                          | 18<br>WSA Networks                                                                                                                                                                  | 19  | 20  |
| 21<br>WSA Senior Mental Health Lead Session 6             | 22                                                            | 23                                        | 24                                                          | 25                                                                                                                                                                                  | 26  | 27  |
| 28                                                        | 29                                                            | 30                                        | 31                                                          | Parenting Courses Cont..<br>Place2Be announced theme for CMHW 2025<br>Bereavement Training from the Bobby Collieran Trust.<br><u>BITESIZE Trainings</u> offered throughout the year |     |     |

# NOVEMBER

## 2024

### STAFF & PUPIL PINCH POINTS

- Mock Exams & Assessment points
- Friendship difficulties - particularly in transition years
- Darker nights

“Every interaction is an intervention”.

Find out more on positive wellbeing strategies in the classroom [here](#).

| MON                                                                                                                                                                                        | TUE | WED                                                                      | THU                                     | FRI | SAT | SUN |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------------------------------------------------------------|-----------------------------------------|-----|-----|-----|
| Parent Talk Teens (YPAS South) begins 11th Nov<br>Youth Connect 5 (YPAS Central) begins 11th Nov<br>School Health Yr 6 Questionnaire running Sep-Dec<br>Anti-bullying week (11th-15th Nov) |     |                                                                          |                                         | 1   | 2   | 3   |
| 4                                                                                                                                                                                          | 5   | 6<br><u>REACT Body Image TTT</u>                                         | 7<br><u>ROAR ACEs training</u>          | 8   | 9   | 10  |
| 11<br>WSA Senior Mental Health Lead Session 7                                                                                                                                              | 12  | 13<br><u>ROAR Early Years</u> multiple days<br><u>World Kindness Day</u> | 14<br><u>Critical Incident Training</u> | 15  | 16  | 17  |
| 18<br>WSA Senior Mental Health Lead Session 8                                                                                                                                              | 19  | 20<br>World Children’s Day                                               | 21                                      | 22  | 23  | 24  |
| 25<br>WSA Senior Mental Health Lead Session 9                                                                                                                                              | 26  | 27                                                                       | 28                                      | 29  | 30  |     |

# DECEMBER

## 2024

### STAFF & PUPIL PINCH POINTS

Christmas plays & Christmas hype

Families in need

Winter fuel bills

"I had a teacher in Year 9 – she would just give us five minutes' meditation time, and she would put on like a piano piece. And honestly it helped me get through quite a few days."

Student

| MON                                                                                                                                                      | TUE | WED                                                                                                                                                                                                                                            | THU                                    | FRI | SAT | SUN |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-----|-----|-----|
| Parent Talk Teens (YPAS South) begins 11th Nov<br>Youth Connect 5 (YPAS Central) begins 11th Nov<br>Kooth Assemblies focusing on support during holidays |     |                                                                                                                                                                                                                                                |                                        |     |     | 1   |
| 2<br>ROAR<br>Response to<br>Racial<br>Trauma                                                                                                             | 3   | 4<br>Building<br>Schools'<br>Resilience<br>training                                                                                                                                                                                            | 5<br>International<br>Volunteer<br>Day | 6   | 7   | 8   |
| 9<br>WSA Senior<br>Mental Health<br>Lead Session<br>10                                                                                                   | 10  | 11<br>WSA<br>Collective<br>Event &<br>EMHT<br>Celebration                                                                                                                                                                                      | 12                                     | 13  | 14  | 15  |
| 16                                                                                                                                                       | 17  | 18                                                                                                                                                                                                                                             | 19                                     | 20  | 21  | 22  |
| 23                                                                                                                                                       | 24  | 25                                                                                                                                                                                                                                             | 26                                     | 27  | 28  | 29  |
| 30                                                                                                                                                       | 31  | CAMHS 24/7 Crisis Line: <a href="tel:08081963550">0808 196 3550</a> or <a href="tel:01512933577">0151 293 3577</a><br>WISH: <a href="#">YPAS Walk In Support Hub</a> will be open throughout the holidays for<br>young people needing support. |                                        |     |     |     |