

# SCHOOL IN REACH PRIMARY OFFER

The School In-Reach team is part of Cardiff and Vale University Health Board's Emotional Wellbeing and Mental Health service for children and young people. We are a team of mental health practitioners and professionals working alongside school communities to provide a whole school approach to emotional and mental wellbeing. School In-Reach work with education settings across Cardiff and the Vale of Glamorgan.

## 1. RESOURCES

### TRANSITION AND TRAUMA INFORMED RESOURCES



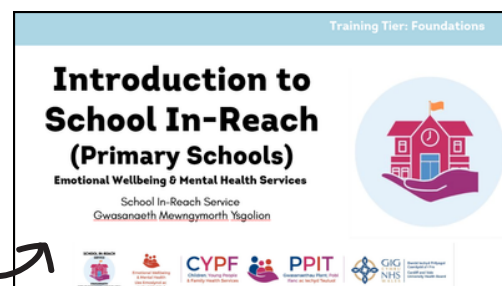
Hand outs to support learners, parents and schools with the year 6 > 7 transition, as well as resources giving tips on working in a trauma informed way in the classroom.

### BITE SIZE VIDEOS



Brief, pre-recorded introductions to emotional wellbeing and mental health topics for education staff.

Watch this video to find out more about the School In Reach Service and how we work with schools in Cardiff & the Vale



For further advice and signposting (and to access resources) scan the QR code to access our website:

<https://cavyoungwellbeing.wales>



The best way to stay up to date with School In-Reach is by signing up to our termly newsletter - scan the QR code above to sign up or visit:

<https://forms.office.com/e/yCng5JH60S>



## 2. TRAINING

- Embedding PACE in the classroom
- PACE in practice
- Responding to behaviour with two hands
- Managing transitions and endings well
- Sensory needs in the classroom

All primary staff are able to sign up to attend our in-person termly training. This can be accessed by individual members of staff.



<https://forms.office.com/e/iP1WrXa0PG>

The listed training may also be requested in person to be delivered at your school. Post training, up to two additional consultation slots can be offered to hold specific young people or themes in mind. Our universal offer may benefit all staff in a school, while targeted staff training may be more appropriate for those in specific roles ie. ALNCo, Pastoral staff, wellbeing leads, key adults.

## 3. GROUPS

We offer interactive workshops that build skills and knowledge to co-deliver emotional wellbeing interventions for learners alongside School in Reach staff. Get in touch to find out more!

- Feelings Are Funny Things
- Tree of Life

### SPECIAL INTEREST GROUP



For education staff supported or trained by School In-Reach who wish to discuss key primary school issues, give feedback, join pilot projects, and stay updated on the service.

If you are interested in accessing any of our free training for your school, please email: [schoolinreach.cav@wales.nhs.uk](mailto:schoolinreach.cav@wales.nhs.uk) and a member of the team will get back to you.