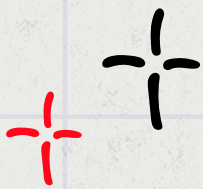


CROYDON SCHOOLS TEAM WHOLE SCHOOL APPROACH SUPPORT

In addition to 1-1 interventions, the Croydon Schools Team can support schools to develop and embed a whole-school approach to wellbeing and mental health, working with staff, pupils, parents, and leaders to create a positive and supportive environment where everyone can thrive.



WSA Support

For Children/Young People

We can offer targeted or universal groups on a range of topics including;

Friendships
Self-Care
Managing Worries/Anxiety
Emotional Regulation
Online Safety
Exam Stress
Managing Big Emotions
Transitions
General Wellbeing
Healthy masculinity

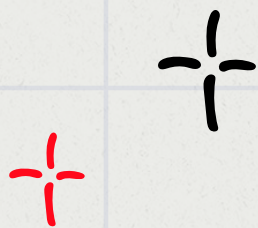
If you have any other topic ideas please speak to the team.



TALK TO US

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THE RECORD**

WHOLE SCHOOL APPROACH CONTINUED



For Staff

We can support school staff with the following:

Supporting use of wellbeing audit and identifying areas of need
Providing consultations or guidance with mental health leads
Understanding children's mental health
Supporting Children's Emotional Regulation
Staff Wellbeing
Working with adverse childhood experiences
Trauma Informed Approach
Understanding what's behind behaviour
Understanding Self-Harm

For Parent/Carers

Areas we can support parent/carers with:

Common Behavioural Difficulties
Creating positive time with your child
Managing Big Emotions
Helping your young person manage anxiety
Supporting school attendance (EBSNA)
Understanding ADHD and ASC
Helping your young person with Low Mood
Running coffee mornings for parents/carers on particular topics
Supporting school transitions



TALK TO US

OFF
THE **RECORD**