Brighton & Hove Virtual School
for Children in Care & Previously in Care

Training & Activities Offer

2019-20
Academic Year
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For non-school professionals (multi-agency training)

- **Attachment Aware Brighton & Hove: 1 day course**

  Delivered by the Educational Psychology Service (EPS), this multi-agency training is open to all non-school colleagues, including those working with Brighton & Hove Children in Care (CiC) and Previously in Care (PiC). The training is based on the Secure Base Model (which is already used in various teams across the Children’s Workforce - e.g. in Fostering & Adoption) and is part of the programme to promote increased Attachment Awareness across the city.

  **Attachment Aware Brighton & Hove:**

  - **Tue 08 Oct 2019, 09.30- 16.30- Volks Room, Bartholomew Square, Brighton Town Hall**
  - **Tue 17 Mar 2020, 09.30-16.30- Volks Room, Bartholomew Square, Brighton Town Hall**

  Please see the new Brighton & Hove Learning Gateway for detailed flyer and to book yourselves on directly: [https://learning.brighton-hove.gov.uk/cpd/portal.asp](https://learning.brighton-hove.gov.uk/cpd/portal.asp)

- **Emotion Coaching: 1 day course**

  Delivered by the Educational Psychology Service (EPS), this multi-agency training is open to all non-school staff, including those working with Brighton & Hove Children in Care (CiC) and Previously in Care (PiC).

  **Emotion Coaching:**

  - **Tue 03 Dec 2019, 09.30-16.30 - Volks Room, Bartholomew Square, Brighton Town Hall**
  - **Wed 18 Mar 2020, 09.30-16.30 - Volks Room, Bartholomew Square, Brighton Town Hall**

  Emotion Coaching has been found to help children and young people better understand their emotions, as well as regulate, improve and take ownership of their behaviour. Emotion Coached children and young people:

  ✓ Achieve more academically in school
  ✓ Are more popular
  ✓ Have fewer behavioural problems
  ✓ Have fewer infectious illnesses
  ✓ Are more emotionally stable
  ✓ Are more resilient

  (Gottman 1997)

  Emotion Coaching can also help practitioners to be more sensitive to the needs of children and young people, create more consistent responses to behaviour, feel more ‘in control’ during incidents, and promote positive relationships between adults and children.
Please see the new Brighton & Hove Learning Gateway for detailed flyer and to book yourselves on directly: [https://learning.brighton-hove.gov.uk/cpd/portal.asp](https://learning.brighton-hove.gov.uk/cpd/portal.asp)

**NB:** For school staff Attachment Aware and Emotion Coaching training, please see page 4

**For Teaching Assistants, Mentors, Key Teachers, Senior Managers & Designated Teachers:**

- **Termly Designated Teacher Networks**

  Primary and Secondary networking opportunity for Designated Teachers to meet termly with the Virtual School to discuss current national and local issues around the education of CiC.

  **Tue 15 Oct (Secondary & Primary), 15.30 – 17.00, Conf Rm 5, Moulsecoomb Hub South- BHISS**

  **Thu 27 Feb (Primary & Secondary) 15.30 – 17.00, Conf Rm 5, Moulsecoomb Hub South – TLC Live & Reach2Teach app demo**

  **Tue 19 May (Primary) 15.30 – 17.00, Conf Rm 5, Moulsecoomb Hub South – Subject TBC**

  **Thu 21 May (Secondary) 15.30 – 17.00, Conf Rm 5, Moulsecoomb Hub South – Subject TBC**

  Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details.

- **Attachment Aware training for schools in Brighton & Hove**

  In Brighton & Hove we promote Attachment Aware approaches in schools to support Social, Emotional and Mental Health (SEMH) inclusion and positive Emotional Mental Health and Well-Being (EMHWB) across the whole school.

  Guidance has been published *(September 2018)* to support all schools across the city to develop an **Attachment Aware Behaviour Regulation Policy**, with the support of the school’s link Educational Psychologist (EP). This also details the whole school **Attachment Aware** training offered by the Educational Psychology Service (EPS), which draws upon the latest research on the brain and is based upon the **Secure Base Model** (which is used in various teams across the Children’s Workforce - e.g. in Fostering & Adoption). It promotes a **graduated approach**, where: **all pupils** benefit from Attachment Aware (and Trauma Informed/ TI) whole school practice; **some pupils** require targeted support; **a few** pupils will need specialist attachment support. It also emphasises the importance of reflective practice for staff working with children and young people (CYP) in a variety of settings.

  The Educational Psychology Service (EPS) also offers whole school training on **Emotion Coaching**, which is an evidence-based approach and builds on Attachment Theory and research on neuroscience to provide a practical framework for supporting emotional regulation.

  **For further details on these trainings, and how the EPS can support schools around their behaviour policy development, please liaise with your school’s link EP.**
You can also contact Sarah Ahmed, Assistant Principal Educational Psychologist and Strategic Attachment Aware Lead:

**Sarah.Ahmed@brighton-hove.gov.uk**  (01273 293481)

For other citywide and bespoke trainings, as well as a wide range of interventions offered at the whole school, group and individual level by the EPS and wider Brighton & Hove Inclusion Support Service (BHISS), **please see BEEM and the BHISS Local Offer**:


https://www.brighton-hove.gov.uk/content/children-and-education/local-offer/brighton-hove-inclusion-support-service-bhiss

- **Attachment Team Pupil Support Groups**

  To offer relationship to those who have experienced relational trauma and loss is vital for adaption and recovery. It can also be very challenging, and togetherness is equally vital to provide the relational buffering, connection and support necessary.

  These off-site half-termly support groups provide an afternoon of reflective space to build knowledge, skill you up and share experiences.

  For Teaching Assistants, Mentors, Teachers, SENCos and Senior Managers of Team Pupil who are seeking to work in an Attachment Aware and Trauma Informed (AATI) way. Teaching Assistants and Mentors who are 1:1 Key Adults are invited in to a three-year support package to facilitate permanency at school.

  **Year 1** is open to any of the team around a pupil who has experienced relational trauma and loss.
  **Year 2/3** is for those who have completed the Year 1 group.

  The **Advanced Group** is open to anyone who has completed the TouchBase Attachment Lead in Schools 7 day course, or has already attended 3 years of Team Pupil Support Groups

<table>
<thead>
<tr>
<th>Year 1 (1/2 termly)</th>
<th>Year 2/3 (termly)</th>
<th>Advanced Group</th>
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<tbody>
<tr>
<td>September 30th 2019</td>
<td>November 18th 2019</td>
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<td>November 25th 2019</td>
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<td>May 18th 2020</td>
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<td>June 1st 2020</td>
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<td>June 15th 2020</td>
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All groups are from 13.30- 15.00 at TouchBase, West Werks, 41-43 Portland Road, Hove BN3 5DQ. Contact **info@touchbase.org.uk** for places for the new academic year.
Virtual School Conference

An annual ‘Brighton & Hove Virtual School for Children in Care Conference’, involving keynote speakers and addressing key educational issues for CiC.

Fri 19 June 2020, 9.30am – 3.30pm – Bramber House, Sussex University

Contact virtualschool@brighton-hove.gov.uk for further details.

For Young People

CiC Raising Aspirations day

Following on from the previous year’s inspirational trips for B&H CiC to Cambridge and Sussex Universities, this year there will be further opportunities to experience university life as it might be and to see what great incentives are available to CiC.

Friday 1 Nov 2019, day trip to Oxford

Contact virtualschool@brighton-hove.gov.uk for further details or to book on.

Awards Ceremony

Our annual extravaganza in association with the Fostering Support Team will once again this year celebrate the achievements of 50 B&H CiC in this exclusive setting.

Fri 22 Nov 2019, 14.00- 17.00, Brighton i360 TBC

Contact virtualschool@brighton-hove.gov.uk for further details or to book on.

Virtual School Clubs

The Virtual School funds and assists weekly activities for CiC enabling them the opportunity to socialise and receive expert tuition in sport and leisure activities.

Table Tennis Club – Mondays 5.30-7.00pm, St John the Baptist Church, St George’s Terrace, Kemptown

Contact virtualschool@brighton-hove.gov.uk for further details or to book on.
For Social Workers

- **PEPs & Education Matters**

An offer to social workers to attend a 2 hour training session with Key Stage Advisor Rob Caddick to discuss education matters such as curriculum, assessment levels and SEN.

- Thu 03 Oct @ 13.00 – 15.30, Conf Rm 5, MSC
- Tue 11 Feb @ 13.00 – 15.30, Conf Rm 5, MSC
- Tue 30 Jun @ 13.00- 15.30, Conf Rm 5, MSC

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or to book on.

- **Education Update for Pods- ePEP**

One of the Virtual School Senior Leadership team will make arrangements to visit Pods at the earliest opportunity to discuss the new ePEP.

For Foster Carers

- **Foster Carer Training**

This is an opportunity for Foster Carers to develop their awareness, knowledge and skills around how to support the educational needs of CiC.

We are offering termly training dates, to enquire, please contact [robert.caddick@brighton-hove.gov.uk](mailto:robert.caddick@brighton-hove.gov.uk) 01273 296480

- **Foster Carer Conference on Education Matters**

An exciting opportunity for all foster carers to come together with the Virtual School to discuss key issues pertaining to their role in the education of young people in their care.

**Thu 19 March 2020, 10.00- 13.00, Bramber House, Terrace Room, Sussex University**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or call 01273 293992
For Special Guardianship Order Carers of Children Previously in Care and School Staff

➢ Clinics

The Virtual School has funded TouchBase to run Clinics which are free for SGO Carers who can attend on their own/as a couple and with a key member of school staff.

Clinics offer an informal session with Alice Mallorie, a Therapeutic Attachment Lead Specialist to explore helpful tips and strategies to support the education of children/young people previously in care.

Please Note: This is not a formal consultation or therapeutic intervention.

Autumn Term
14 Oct 2019  x 3 available sessions – 1pm, 2pm, 3pm
09 Dec 2019  x 3 available sessions – 1pm, 2pm, 3pm

Spring Term
10 Feb 2020  x 3 available sessions – 1pm, 2pm, 3pm
30 Mar 2020  x 3 available sessions – 1pm, 2pm, 3pm

Summer Term
06 July 2020  x 3 available sessions – 1pm, 2pm, 3pm

The Clinics are run on Monday afternoons at 1pm, 2pm & 3pm at Hove Methodist Church, Portland Road, Hove, BN3 5DR. Just along the road from TouchBase.

Please note: If you book a free place, we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.

For Parents of Children Adopted from Care

➢ Workshops

School can be a big ask for children and young people who have experienced relational traumas and losses, and it is not always easy knowing how best to help them. Our Workshops cover a range of topics on supporting your child through their educational journey. Come along to develop your knowledge and understanding, meet other parents who are adopters and gain new tools and strategies to help your child make the most of their educative opportunities.
The Virtual School has funded TouchBase to run the following free Workshops - written by Louise Michelle Bomber and Anne Henderson. They will be facilitated by Michael Reeves, an Integrative Child Psychotherapist and Specialist Teacher on both the TouchBase therapy and education teams.

We are running the following 1.5 hour Workshops in 2019-2020:

**21st October 2019**  Settling to Learn  
This session will focus on how we can help our children settle into their new class and new school year. How we can encourage and support them with practical strategies and attachment based advice.

**4th November 2019**  Regulation difficulties: staying calm  
We know that children who have experienced toxic stress in their early years have faulty alarm systems. Together let’s think about our children’s alarm systems and consider how we can help our children quieten them so they can be freed up to think clearly.

**16th December 2019**  Exams and Stress: How to manage  
No one is immune from stress but what can we do when we know our children already have real difficulties with regulation, especially around exam time. Come and find out about some tools and strategies that can really help.

**24th February 2020**  Friendship and Play  
Vulnerable children who have experienced a difficult or unsettled start in life, sometimes find it hard to form and sustain positive relationships with their peers in school. This session looks at how we can support our children to develop peer relationships in school.

**27th April 2020**  Moving to Secondary  
Every transition activates the stress system. For a pupil with an already fried nervous system, moving on to secondary phase could be difficult. Together we will explore tried and tested strategies that will enable your child to have a smooth transition.

**11th May 2020**  Control battles  
Powerlessness is the essence of trauma. Children who have experienced trauma and loss don’t trust grown-ups. Together we will think how we can encourage education staff and parents alike to tame these children into relinquishing control and following our lead.

We will also run a **Starting School** workshop on **18th May 2020** if there is demand for it, so please contact TouchBase if you are interested.

To book a place email: [info@touchbase.org.uk](mailto:info@touchbase.org.uk). All Workshops are on **Mondays from 1pm - 2.30pm** and are run at **Hove Methodist Church, Portland Road, Hove, BN3 5DR**.

Please note: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.
 Clinics

The Virtual School has funded TouchBase to run Clinics which are free for parents of children/young people adopted from care. Parents can attend on their own/as a couple and with a key member of school staff.

Clinics offer an informal session with Alice Mallorie, a Therapeutic Attachment Lead Specialist (and an adopter herself) to explore helpful tips and strategies to support the education of children/young people adopted from care.

Please Note: This is not a formal consultation or therapeutic intervention.

**Autumn Term**
14 Oct 2019 x 3 available sessions – 1pm, 2pm, 3pm
09 Dec 2019 x 3 available sessions – 1pm, 2pm, 3pm

**Spring term**
10 Feb 2020 x 3 available sessions – 1pm, 2pm, 3pm
30 Mar 2020 x 3 available sessions – 1pm, 2pm, 3pm

**Summer Term**
06 July 2020 x 3 available sessions – 1pm, 2pm, 3pm

Please contact TouchBase to book a Clinic space: info@touchbase.org.uk.

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Please note: If you book a free place, we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.
For Parents, Carers and School Staff

The following courses suited to parents, carers and school colleagues are run by BHISS and can be booked using this link:

https://www.brighton-hove.gov.uk/content/children-and-education/local-offer/brighton-hove-inclusion-support-service-bhiss

- Positive Interactions with Children - 12th Nov 2019
- Brain Development – understanding the baby, child and teenage brain - 28th January 2020
- Resilience - 29th January 2020
- Separation and Loss - 4th February 2020
- Solution Focused Approaches - 28th April and 5th May 2020

Contact details:

Brighton & Hove Inclusion Support Service (BHISS)
County Oak Avenue
Brighton
BN1 8DJ
Tel: 01273 293481

Email: BHISS@brighton-hove.gov.uk