

Mental Health & Behaviour Support Information Sheet

Clear Sky's Mental Health & Behaviour Support training for schools focuses on the importance of relationships and provides staff with play-based strategies that can be implemented throughout school to support children's social, emotional and mental health needs to positively impact on behaviour.

Mental Health & Behaviour Support uses a whole-school approach to children's mental health and emotional wellbeing. This is universal and can be used with all children, by all members of staff. However, it is most powerful when staff feel fully supported by their senior leadership team.

Course Outline

Option 1

- Open session at Clear Sky HQ for individual members of school staff
- £125 per person (to be reimbursed if subsequently arrange a whole school INSET)

Option 2

- Group training delivered as an INSET day in the school setting
- There is scope to tailor the session to any particular needs the school might have, which will be discussed in an initial consultation over the phone
- £1,250 for up to 16 members of staff

Course Aims

- To provide theoretical understanding of trauma and attachment and strategies to support these children in the classroom
- To give staff confidence to put in place kind yet firm boundaries that children respond to
- To advise how to mindfully set up a classroom based on the needs of individuals to create an optimum learning environment
- To provide insight and understanding of how to respond to behaviour as a form of communication
- To give staff the practical skills required to help children develop emotional intelligence and self-regulation
- To bring playfulness into teaching and other interventions

Research reviewed by the Department for Education shows children with better emotional wellbeing make more academic progress in primary school and are more engaged at secondary school.

FAQ's

How do I go about setting up a course?

Open Mental Health & Behaviour Support courses will be scheduled to take place at Clear Sky HQ. Please check the [website](https://www.clear-sky.org.uk) for upcoming course dates.

If you are interested in running Mental Health & Behaviour Support as an INSET day at your school for the whole staff team, please do not hesitate to get in touch by emailing info@clear-sky.org.uk. INSET days can be tailored to meet the specific needs of children and staff within your school and will allow the approach to become embedded throughout school culture.

How can we use Mental Health & Behaviour Support after we have done the training?

You can use the skills that you have learned in Mental Health & Behaviour Support in every interaction you have with a child! These skills are transferrable in many situations with children and are brilliant to use in challenging situations. This will also inform how schools support emotional wellbeing through school culture and how to gear teaching and behaviour management based on the needs of the children.

Who should attend?

This training is for teachers and support staff. However, it is most effective when a top-down approach to supporting children's emotional wellbeing is adopted within the senior leadership team.

Do we get a certificate?

Clear Sky give all attendees a certificate of attendance with the Clear Sky stamp of approval.

What evidence is there that Mental Health & Behaviour Support helps professionals to support children in their care?

- 95% of delegates rated Mental Health & Behaviour Support training as 'very good' or 'excellent'.
- 100% of delegates rated trainer's knowledge and expertise as 'excellent'.

“Informative, relevant and mind opening” - *Teaching Assistant*

“A really positive and fun course” – *Teacher*

“Knowledge of the topic displayed and relayed by the trainer was mind blowing”
- *Teaching Assistant*

“I would personally recommend this course to every institution that works with children to improve social and emotional skills.” - *Teaching Assistant*

"Have enjoyed every part of the training – priceless!" - *Teaching Assistant*

We record and update our statistics continuously, so for the latest figures please refer to the [Play for Professionals](#) section of the website.

Do you offer any support for children?

We offer one-to-one Play & Creative Arts Therapy for children through schools. Please visit the [Play for Pupils](#) section of the website for further information.

Do you offer any training for parents?

Please visit the [Play for Parents](#) section of the website for further information on support for parents.