



CHILDREN'S MENTAL HEALTH WEEK

STAFF TRAINING TIMETABLE



9th - 15th February 2026



Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
9-10am Digital Wellbeing (Simon Aston)	1-3:45pm Tier 1 Trauma Informed Practice (Healthy Schools)	10-11am Staff Wellbeing (Charlie Waller Trust)	10-11am Staff Wellbeing (Charlie Waller Trust)	9-10am Emotional Literacy (Maplefields Outreach)
3:45-4:45pm Power of Language (MHST)		2-3pm Zones of Regulation (Parklands and Eastfield Academy)		1-2:30pm Supportive Environments (Assistant Education Psychologists)



CHILDREN'S MENTAL HEALTH WEEK

STAFF TRAINING TIMETABLE



23rd - 27th February 2026



Monday
23rd

1-2:30pm

10 Keys to
Happier Living
and being a
Wellbeing
Champion

**(Action for
Happiness)**

Tuesday
24th

3:45-5:15pm

Supporting
Neurodivergent
Pupils with
Anxiety

**(Rowan Gate
Outreach)**

Wednesday
25th

10-11:30am

Suicide
Awareness and
Self-harm

**(Aarti Kumari &
Kate Houghton)**

Thursday
26th

9-9:45am

WaveVR Pilot - a
Virtual Reality
(VR) Therapy
Solution

(Professor Mu)

secondaries only

Friday
27th

1-1:45pm

Showcasing
Good Practice in
Schools

**(Chelsea Buswell
-
Wellingborough
School)**



MONDAY 9TH FEBRUARY

9am-10am

Digital Wellbeing by Simon Aston:

This training session focuses on online safety, digital wellbeing and the effects these can have on mental health.



[Book here](#)

3.45pm-4.45PM

Power of Language Workshop by MHST:

Explores how positive, inclusive language shapes relationships, behaviour and school culture, with tips for effective and supportive communication.



[Book here](#)



TUESDAY 10TH FEBRUARY

1-3.30PM

Tier 1 Trauma Informed Practice by Healthy Schools:

An introduction to Trauma Informed Practice and how trauma can impact on children's behaviour, learning and wellbeing, helping staff to understand why a trauma informed approach matters in schools.

[Book here](#)





WEDNESDAY 11TH FEBRUARY

10-11AM

Staff Wellbeing by Charlie Waller Trust:

This session explores how staff wellbeing is a crucial component to a whole school approach to children and young people's wellbeing.

[Book here](#)



2-3PM

Zones of Regulation by Parklands and Eastfield Academy:

Staff at Parklands and Eastfield Academies will be showcasing good practice of implementing Zones of Regulation in schools.

[Book here](#)





THURSDAY 12TH FEBRUARY

10-11AM

Staff Wellbeing by Charlie Waller Trust:

This session explores how staff wellbeing is a crucial component to a whole school approach to children and young people's wellbeing.

[Book here](#)





FRIDAY 13TH FEBRUARY

9-10AM

Emotional Literacy, Awareness and Regulation by Maplefields Outreach:

This session provides an introduction to understanding and supporting pupils with social, emotional, and mental health needs.

[Book here](#)



9am-10:30AM

Supportive Environments by Assistant Educational Psychologists:

This session provides practical ways to support neurodivergent learners and aims to provide school staff with ideas to help create inclusive, supportive learning environments.

[Book here](#)





MONDAY 23RD FEBRUARY

1-2.30PM

10 Keys to Happier Living and Being a Wellbeing Champion by Action for Happiness:

Discover the 10 evidence based keys to happier living and how they can boost wellbeing for staff and pupils. The session will also provide an introduction to the role of a Wellbeing Champion, exploring how to promote positive mental health and happiness within your school community.

[Book here](#)





TUESDAY 24TH FEBRUARY

3.45-5.15PM

Supporting neurodivergent pupils with anxiety by Rowan Gate Outreach

This session will support school staff with understanding how anxiety affects neurodivergent pupils and provides practical strategies on how you can support pupils experiencing this.

[Book here](#)





WEDNESDAY 25TH FEBRUARY

10-11.30AM

Suicide Awareness and Self-Harm by Aarti Kumari & Kate Houghton

This session will support participants to recognise warning signs, respond with empathy, ensure immediate safety and connect individuals to the appropriate professional support.

[Book here](#)





THURSDAY 26TH FEBRUARY

9-9.45AM

**WaveVR Pilot - a Virtual Reality (VR) Therapy Solution by
Professor Mu
(*secondaries only*)**

This session introduces the opportunity to pilot the new WaveVR technology, a Virtual Reality (VR) therapy solution developed by the University of Northampton to support mindfulness and emotional regulation in school settings.

[Book here](#)





FRIDAY 27TH FEBRUARY

1-1.45PM

Showcasing Good Practice in Schools by Chelsea Buswell

Chelsea is the Wellbeing Manager at Wellingborough school and a qualified integrative children and young people's Counsellor. This session will showcase good practice of supporting Mental Health and Wellbeing in schools.

[Book here](#)

