

2025-2026 Autumn Term

Available to Designated Teachers and other school staff

There is no charge for training, but a charge will be made for non-attendees on in person courses.

Number	Topic	Lead	Delivery	Term and date
1	Virtual School Conference The aim of our conference is to promote positive relationships and belonging in Herefordshire schools. It is aimed primarily at senior leaders in schools. We have keynote speeches by Steve Baker & Mick Simpson, authors of the bestselling book 'A School Without Sanctions' as well as TV personality and presenter Ashley-John Baptiste who will be speaking about his experiences in care. Alongside our keynotes we have a number of workshops delivered by Herefordshire ARC Schools and specialists within the Local Authority. <i>*To be booked through the Conference Flyer link</i>	Virtual School Team	In person The Courtyard, Hereford	Autumn 1 Wednesday 17th September 8:30am-4pm
2	Introduction to Emotion Coaching This session is aimed at school staff who are interested in using Emotion Coaching and for those who are looking for a refresher. Emotion Coaching is an approach to managing behaviour based on relationships. It is aimed at helping children to manage their thoughts, feelings and behaviours.	Amanda Cotton Virtual School Senior Educational Psychologist	Virtual Microsoft Office Teams	Autumn 1 Thursday 2nd October 9:30-11am



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3	DTs and delegated users – your roles and responsibilities. Information on the role of the DT and those delegated to assist with the role including responsibilities in school, completion of the PEP document and PEP meetings. NB – DTs and anyone involved with completing the PEP meetings (including TAs) should attend this training as soon as possible after starting the role and repeat it at least once every two years.	Carly Whent Senior Virtual School Education Officer	Virtual Microsoft Office Teams	Autumn 1 Wednesday 8th October 9:30-11am
4	Attachment and Relationships This course will introduce school staff to attachment theory and how relationships with adults impact on wellbeing, learning and behaviour. We will consider how best to work with and support children experiencing attachment difficulties in school.	Emma Court Virtual School Educational Psychologist	Virtual Microsoft Office Teams	Autumn 2 Wednesday 5th November 9:30-11am
5	The Importance of Play This training will discuss the evidence-based benefits of play to child development, more broadly and for those who have experienced early adversity or trauma. We will consider the ways in which creative and play based	Emma Court Virtual School Educational Psychologist	Virtual Microsoft Office Teams	Autumn 2 Wednesday 3rd December



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	approaches can be used within school settings, to support children and young people's emotional wellbeing.			1:30-3pm
6	Developing Literacy skills This course will consider why many vulnerable children struggle to acquire literacy skills and what schools and carers can do to support them. In particular, this session will focus on emotionally based barriers to literacy engagement and progression.	Emma Court Virtual School Educational Psychologist	Virtual Microsoft Office Teams	Spring 1 Tuesday 13th January 9:30-11am
7	The Teenage Brain This course will look at the spectacular changes that occur in the teenage brain from the beginning of adolescence (in late primary school) through to adulthood (at around age 25). We will consider what these changes can mean for behaviour and emotional regulation as well as support strategies for school and home. We will also consider the impact of social media on adolescent development.	Amanda Cotton Virtual School Senior Educational Psychologist	Virtual Microsoft Office Teams	Spring 1 Tuesday 10th February 9:30-11am



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8	Building an Inclusive School Community: Managing SEMH needs and avoiding suspension and exclusion This session will look at the use of suspension and exclusion for children and young people with SEMH needs, looking closely at behaviours and their function. We will look at ways of supporting children and young people with SEMH needs using a relational approach and environmental considerations in SEMH as well as supporting strategies.	Joanna Chick Virtual School Head Teacher Amanda Cotton Virtual School Senior Educational Psychologist	In Person The HARC MAO, Hereford Jim Tonkin room	Spring 2 Tuesday 3rd March 9:30-12:30
9	DT Network Meeting Including Restorative Practice training Virtual School and DfE updates. An opportunity to discuss any issues or concerns and a chance to network with other designated teachers.	Virtual School Team	In Person HARC, Hereford	Summer 1 Wednesday 22nd April 9:30-12:30



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10	DTs and delegated users – your roles and responsibilities. Information on the role of the DT and those delegated to assist with the role including responsibilities in school, completion of the PEP document and PEP meetings. NB – DTs and anyone involved with completing the PEP meetings (including TAs) should attend this training as soon as possible after starting the role and repeat it at least once every two years.	Carly Whent Senior Virtual School Education Officer	Virtual Microsoft Office Teams	Summer 1 Tuesday 5th May 9:30-11am
11	Trauma, ACES and Resilience This course will look at what defines trauma and how it impacts on a child's development. We will consider how adverse childhood experiences (ACEs) impact on learning, wellbeing and behaviour and how schools can best support children.	Amanda Cotton Virtual School Senior Educational Psychologist	Virtual Microsoft Office Teams	Summer 1 Wednesday 6th May 9:30-11am
12	Numeracy and Looked After Children This session will explore why some care experienced children struggle to develop numeracy skills and the relationship between adversity and brain development.	Amanda Cotton Virtual School Senior Educational psychologist and Emma Court	Virtual Microsoft Office Teams	Summer 2 Tuesday 16th June 9:30-11am



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	We will also look at strategies to identify and support children with numeracy in the classroom.	Virtual School Educational Psychologist		
13	Language and Communication This training will explore the impact of trauma and/or early adversity on language development and communication skills. We will consider how difficulties in language and communication may present in the classroom and ways in which adults in school settings can support the pupils they work with.	Emma Court Virtual School Educational Psychologist	Virtual Microsoft Office Teams	Summer 2 Wednesday 1st July 9:30-11am

For further information or to book any of the Virtual School training sessions please contact Laura Palmer Education Adviser for Post-CLA and Kinship.

Email: laura.palmer@herefordshire.gov.uk

The Virtual School also offers a range of wider staff and whole school training including:



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- **Trauma and Attachment**
- **Emotion Coaching**
- **PACE**
- **Behaviour Analysis**
- **Restorative Practice**

We can tailor any of our courses to meet your specific training goals so please contact Joanna Chick, Virtual School Head Teacher, or Amanda Cotton, Virtual School Senior Educational Psychologist, if you would like further information.

Attachment Research Community (ARC)

ARC is a national organisation which aims to promote trauma-informed and attachment-aware practice in schools with the aim of improving behaviour, increasing attendance and supporting emotional wellbeing. In Herefordshire we want to recognise the work done in schools to build positive relationships, using a trauma-informed and attachment-aware (TIAA) approach. We are therefore supporting schools to complete the ARC pathway and become more relational in their practice. Details are available from the Virtual School by emailing Joanna Chick, Virtual School Head Teacher or Amanda Cotton, Virtual School Senior Educational Psychologist.

Email: Joanna.Chick2@herefordshire.gov.uk

Amanda.Cotton@herefordshire.gov.uk

