

Wolverhampton Education Wellbeing Network Bulletin (January 2025)



Happy New Year! We hope you had a restful break and that 2025 has started well for you.

Dates for your diary- upcoming Wellbeing Network Meetings

Please see below the upcoming dates for the Wellbeing Network Meetings (all 1-3.30pm):

- Thursday 6th February 2025 – Fordhouses Cricket Club
- Thursday 3rd April 2025 - venue TBC
- Thursday 22nd May 2025 - venue TBC
- Thursday 3rd July 2025 - venue TBC

Five to Thrive- Online Training

Five to Thrive is an exciting training opportunity that focuses on how relationships are crucial for health, wellbeing and development. [Click here](#) to book on to the and see more information in the flyer attached on the next page.



FREE Harmful Sexual Behaviour Traffic Light Tool online Training



This is a reminder about the FREE Harmful Sexual Behaviour Brook Traffic Light tool training that has been funded by Wolverhampton Safeguarding Together for all partners, including schools/settings to access.

All schools will need to make sure at least one member of staff has completed the e-learning training before the end of March 2025 so that they have access to the online Traffic Light tool which is needed to follow the updated HSB partnership guidance and support pathway. This will be launched with schools from January 2025.

The training is free for unlimited numbers, so schools can choose to train as many staff as they want. It could be through a dedicated whole school training session, or targeted for key groups such as DSL and DDSLs, pastoral leads, SENCo, Designated Teachers, year group leads or form tutors.

The training is accessed online (see link for access below) at a time to suit individuals and takes approximately 60 minutes to complete. For details of how to access the Brook Traffic Light Tool training please click [here](#).

WYSA App Please Promote with 11-18 year-olds

- Wysa is a clinically validated app, commissioned by Black Country CAMHS, which uses AI to provide an effective early intervention.
- Wysa gives young people a non-judgmental space to explore their emotions, and to normalize talking about emotional wellbeing.
- Wysa is completely anonymous, available on virtually any smartphone and provides unlimited support 24 hours a day, 7 days a week.



EBSNA Training

The Emotionally Based School Non-Attendance (EBSNA) Pathway is being used across Wolverhampton to support children, young people and their families to re-engage with education. We are running free *Introduction to the EBSNA Pathway workshops* to support you to implement it in your setting. They will be led by Michelle Dudley (EBSNA Coordinator) and Elaine Perry (Senior Educational Psychologist).

More information & booking here:

1. 29th January 9.30am – 12pm (Priory Green Building, Pendeford, WV9 5NJ)
<https://www.wves.wolverhampton.gov.uk/Event/255811>
2. 21st May 9.30am – 12pm (Graiseley Family Hub)
<https://www.wves.wolverhampton.gov.uk/Event/255812>

five to thrive

Respond • Engage • Relax • Play • Talk



Five to Thrive - Wolverhampton

The course aims to ensure that attendees fully understand the science behind the Five to Thrive messages and are confident in using the elements in their work.

What is Five to Thrive?

The model is a way of understanding how connected relationships are crucial for health and wellbeing and help us to build resilient communities. The five to thrive building blocks describe a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout life.

What topics are covered

- How communities can build and maintain resilience
- How brains can develop and function at their best
- How challenging behaviour can be supported and improved
- How we can understand and manage emotions
- How we can support vulnerable children and families
- How we can promote staff wellbeing and mitigate the impact of secondary trauma



Who can attend the training?

The course is available to all staff who work and engage with families, children and young people. The approach helps local authorities, health trusts, schools and children's centres to deliver a consistent, effective message in working with parents, carers and young children themselves.

Training Dates 2025

29th January 2025, 9.30am-12pm: Five to Thrive in Context

4th February 2025, 2pm-4.30pm: Five to Thrive in Context

11th March 2025, 2pm-4.30pm: Five to Thrive: Reflecting on Practice

26th March 2025, 9.30am-12pm: Five to Thrive: Reflecting on Practice

Click here to
[book now](#)