



**Bright Futures  
Training**

# **Professional Development Handbook**

2023 - 2024



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# Bright Futures Training

## Summary of Courses

### 2023/2024



#### Mental Health & Wellbeing

|   |              |      |
|---|--------------|------|
| Adult Mental Health First Aid Two Day   | Face to face | £325 |
| Adult Mental Health First Aid Refresher   | Online       | £150 |
| Youth Mental Health First Aid Two Day   | Face to face | £325 |
| Youth Mental Health First Aid One Day   | Face to face | £190 |
| Eating Disorders CPD  | Online       | £40  |
| Trauma Informed Support (with attachment)   | Face to face | £190 |
| Self Harm CPD   | Online       | £40  |
| Domestic Abuse and the Impact on Children and Young People                                    | Face to face | £175 |
| An Introduction to Supervision Skills   | Online       | £190 |
| Emotion Coaching  | Face to face | £190 |
| Helping Children and Young People Manage Anxiety  | Online       | £45  |
| Childhood Bereavement   | Online       | £75  |
| Customer Service and De-escalation  | Online       | £45  |
| Menopause Training (Making Every Contact Count)   | Online       | £65  |
| Headteacher and SLT Mental Health; Discussing the Real Issues that Affect many Senior Leaders | Face to face | Free |

#### Safeguarding

|                                       |              |      |
|---------------------------------------|--------------|------|
| Designated Safeguarding Lead Training | Face to face | £125 |
| Working With Families (2 day)         | Face to Face | £250 |
| Single Central Record Training        | Online       | £95  |
| Safer Recruitment Training            | Face to face | £110 |
| Child on Child Abuse (Primary)        | Face to face | £95  |
| Child on Child Abuse (Secondary)      | Face to face | £125 |

#### RDI

|   |              |     |
|---|--------------|-----|
| How to Include Race, Diversity, and Inclusion into your Curriculum Design                     | Face to face | £65 |
| An In Depth look at how Race, Diversity and Inclusion is Embedded into your Curriculum Design | Face to face | £65 |

#### Leadership & Coaching

|  |              |      |
|--|--------------|------|
| Take Control of your own Ofsted Inspection                     | Online       | £45  |
| Preparing for Ofsted as a Curriculum Leader                    | Online       | £45  |
| Change the Narrative - How Coaching can Support School Culture | Face to face | £190 |
| Coaching Phase 1- Foundation                                   | Face to face | £560 |
| Coaching Phase 2- Coaching in Context                          | Face to face | £625 |
| Coaching Phase 3- Higher Level                                 | Face to face | £675 |
| Pupil Premium Reviewer Training                                | Online       | £270 |

## Teaching & Learning

|   |              |      |
|---|--------------|------|
| Handling History  | Online       | £110 |
| Getting a Grip on Geography   | Online       | £110 |
| Improving Design and Technology through Deepening Teacher Knowledge and Understanding | Face to face | £110 |
| Being a Highly Effective Teaching Assistant   | Online       | £35  |

## Behaviour & Culture

|  |              |      |
|--|--------------|------|
| Getting Started with Restorative Practice                      | Face to face | £190 |
| NOCN Level 3 Certificate in Forest School Programme Leadership | Face to face | £900 |

## EYFS

|                         |        |      |
|-------------------------|--------|------|
| Understanding the World | Online | £110 |
|-------------------------|--------|------|

## SEND

|   |              |      |
|---|--------------|------|
| Dyscalculia and Maths Anxiety                   | Online       | £95  |
| Get it Right for Dyslexia- Get it Right for All | Face to face | £110 |
| Tools for Developing an Inclusive School        | Face to face | £110 |
| Supporting ADHD in School                       | Face to face | £110 |
| Supporting Autism in School                     | Face to face | £110 |
| Girls and Autism                                | Online       | £95  |

## EAL

|                                |        |      |
|--------------------------------|--------|------|
| EAL Primary Training Programme | Online | £225 |
|--------------------------------|--------|------|

Flip the page to  
find out more  
information  
about each  
course!







# **Mental Health & Wellbeing**



## Adult Mental Health First Aid Two Day

### Course Description

Stress, anxiety and depression are the biggest cause of sickness absence in our society and mental ill health is responsible for 91 million working days lost every year. Our course aims to promote positive wellbeing in the workplace - aiming to create a culture of support and open discussion around Mental Health allowing colleagues to feel more supported.

Our quality assured MHFA instructors deliver training that has been designed to fit into four manageable chunks:

- Mental Health First Aid, mental health, and depression
- Depression (cont.) and suicidal crisis
- Anxiety, personality disorders, eating disorders and self harm
- Psychosis, schizophrenia and bipolar disorder

In each section you'll learn how to spot the early signs of a mental health issue, feel confident helping someone experiencing a mental health issue, provide help on a first aid basis, help prevent someone from hurting themselves or others, help stop a mental health issue from getting worse, help someone recover faster, guide someone towards the right support, reduce the stigma of mental health issues and improve staff well-being.

The sessions will be a mix of presentations, discussions and group work activities. Our instructors provide a safe learning environment and are trained to support you throughout the whole course. Everyone who attends the course will receive a copy of the MHFA manual and workbook, and a certificate to confirm that you are a trained Mental Health First Aider.



#### AUDIENCE

Suitable for anyone aged over 16- no mental health experience is necessary



#### DATE & TIME

29th & 30th November 2023 9AM - 5PM  
or  
15th & 16th May 2024 9AM - 5PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£325

## Adult Mental Health First Aid Refresher

### Course Description

If you have trained as a Mental Health First Aider through a 2 day course, or are a MHFA Champion having completed a 1 day course, then you have skills for life that help with mental health and wellbeing for yourself and the people around you. At Bright Futures Training, we share the same view as that of MHFA England - mental health should be treated equally to physical health. Therefore, just like for physical first aid training, Mental Health First Aid training should be kept up to date. As such, completing refresher training every three years is recommended.

This refresher training is comprised of a mix of presentations, group discussions and workshop activities. Like all MHFA training courses, there is a limit on participant numbers to ensure that the instructor can fully engage with those in attendance, keeping them safe and supported while discussing some difficult subject matter.

The four hour MHFA Refresher course will support those in attendance to:

- Keep your awareness of mental health support current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan, and keep your knowledge of this fresh

Please note that this MHFA Refresher session is only for people who have completed an Adult MHFA Two Day or One Day course.



#### AUDIENCE

Anyone aged 16 or over. Particularly useful for staff who are line managers



#### DATE & TIME

11th March 2024 9AM - 1PM



#### VENUE

Online via zoom



#### COST

£150



## Youth Mental Health First Aid Two Day

### Course Description

Record levels of young people are struggling. Academic pressure, social media, bullying, poverty, lack of availability of professional mental health support – all have been named as contributing to this epidemic of poor mental health in our young people. Key figures in a young person's life such as parents, family members, teachers, tutors, carers or youth workers can often spot when a young person is struggling but may not know how best to help.

Our Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18. We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

The 2 days will be split into 4 sessions covering:

- Youth Mental Health First Aid
- Depression and Anxiety
- Suicide and Psychosis
- Self-harm and Eating Disorders

Everybody who completes the 2 day course will receive a copy of the MHFA manual and workbook, and a certificate to confirm that you are a trained Mental Health First Aider.

**AUDIENCE**  
Any adults working with children and young people in any capacity

**DATE & TIME**  
1st & 2nd November 2023 9AM - 5PM  
or  
28th & 29th February 2024 9AM - 5PM

**VENUE**  
Altrincham Grammar School for Girls

**COST**  
£325

## Youth Mental Health First Aid One Day

### Course Description

Similar to our 2 day Youth Mental Health First Aid (MHFA) course, the 1 day training is for anyone who works with, lives with or supports young people aged 8-18. We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

Our Youth MHFA One Day course qualifies you as a Youth Mental Health First Champion. Youth Mental Health First Champions have:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Learning takes place through a mix of presentations, group discussions and workshop activities. When you complete the course you will get a Youth MHFA manual and workbook to refer to whenever you need it and a certificate of attendance to say you are a Youth MHFA Champion.

**AUDIENCE**  
Any adults working with children and young people in any capacity

**DATE & TIME**  
13th December 2023 9AM - 5PM

**VENUE**  
Altrincham Grammar School for Girls

**COST**  
£190



## Eating Disorders CPD

### Course Description

This three hour session will offer a comprehensive introduction, covering topics such as:

- what an eating disorder is
- current state of play re eating disorders
- personal experience, with Hope sharing her story to bring them in to the mindset of someone who has had an eating disorder
- how to have a conversation with someone
- how to spot the signs
- practically what we can do to make sure the right messaging is out there, that the right people are getting support and how to prevent more people developing an eating disorder

This session will be led by Hope Virgo. For four years, Hope managed to keep it hidden, keeping dark secrets from friends and family. But then, on 17th November 2007, Hope's world changed forever. She was admitted to a mental health hospital. Her skin was yellowing, her heart was failing. She was barely recognizable. Forced to leave her family and friends, the hospital became her home. Over the next year, at her lowest ebb, Hope faced the biggest challenge of her life. She had to find the courage to beat her anorexia



#### AUDIENCE

Particularly useful for those working with children and young people



#### DATE & TIME

8th May 2024 9:30AM - 11:30AM



#### VENUE

Online via zoom



#### COST

£50

## Trauma Informed Support (With Attachment)

### Course Description

Why do some children behave the way they do and how can we help them? This is fantastic Mental Health training for education staff working with Adopted, Looked After or Vulnerable Pupils. It would be beneficial to complete our Mental Health First Aid training first, but not essential.

The core aims of the programme are to:

- Explain how trauma and abuse impacts on a child's mental health
- Explore how events in childhood affect lifelong mental health
- Explain how children who have experienced trauma and abuse may behave in school
- Explore ways schools can support the mental health of their students who have experience early trauma

The content of this course is a mixture of up to date theory and research on attachment and neuroscience, which will help participants understand the often contradictory and difficult behaviour of some pupils. It also provides an opportunity to learn and identify a range of practical and tried and tested strategies, which can be adapted to different educational settings to help children who have been adopted, looked after or who remain in difficult home environments. The course also provides an interactive opportunity for participants to bring their own individual case studies, to help identify bespoke strategies for their pupil/s.



#### AUDIENCE

Any staff working with any young people. Particularly relevant for Adopted, Looked After or Vulnerable Pupils



#### DATE & TIME

31st January 2024 9AM - 4PM  
or  
24th June 2024 9AM - 4PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£190





## Self Harm CPD

### Course Description

Attention Seekers or something more? What is self-harm really about?

The session will cover:

- Definition
- Triggers
- Functions
- Relationship between self-harm and suicide
- Broaching suspected self-harm
- Language use
- Best practice response to disclosures

A full pdf will be made available post session and a CPD certificate



#### AUDIENCE

Anyone working with children or young people



#### DATE & TIME

Tuesday 7th May 2024 9:30AM - 11:30AM



#### VENUE

Online via zoom



#### COST

£50

## Domestic Abuse and the Impact on Children and Young People

### Course Description

Coronavirus and the subsequent lockdowns have had a dramatic impact on all our lives. However, one area that has been impacted the most is domestic abuse. There were more than 40,000 calls and contacts made to the National Domestic Abuse Helpline during the first three months of lockdown, most by women seeking help. This represents an 80% increase on the same time last year, says the charity Refuge, which runs the helpline. As well as an increase in calls, Domestic Abuse organisations have also seen a 54% increase in women needing to flee their abusers.

This Domestic Abuse training course helps people who work with children to understand what domestic violence is, how it may begin, who perpetrates abuse, and how to identify when it may be happening. The course outlines the impact that domestic violence and abuse has on victims and children, and assists colleagues to understand how to respond appropriately to their concerns. Witnessing domestic violence – whether first hand, overhearing it, or only observing the after-effects – is considered a form of significant harm under safeguarding children guidance.

This is a two-part course. The first half of the day is designed so you can identify the signs that a child or young person is living in a home where there is domestic abuse. It will equip you to know how to respond and how to risk assess and refer victims to the appropriate services including those who are at high risk of homicide. The second half of the day is an exploration of how domestic abuse impacts on children and young people at different ages, how we can identify those children who are living with domestic abuse and how we can help them on the journey to recovery.



#### AUDIENCE

Anyone working with children and young people



#### DATE & TIME

29th January 2024 9AM - 5PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£175



## An Introduction to Supervision Skills

### Course Description

There continues to be increasing demand on education staff to support children, young people, and their families on a regular basis. Many of these children have complex social and emotional issues. In addition, some services are experiencing cuts. Dealing with risk, trauma and uncertainty for school staff can have a negative impact on stress levels and if left unattended can lead to absence and burn-out. If you are interested in providing safe, supportive, and effective supervision for your team, this course is for you.

By the end of the one and a half days you will:

- Have a greater understanding of the purpose of supervision
- Have strengthened your communication skills for supervisory practice
- Have had a go at putting into practice a model of supervision
- Be more confident to offer a basic level of supervision to pastoral and support staff in your organisation

The one and a half day course uses a mixture of theory as well as practical, hands on and experiential learning. A must do for anyone who is interested in supporting staff to be the best they can for the children and young people they work with. This is a really useful course which compliments many of the other mental health courses we run.

NB This does not aim to replace specialist supervision which some staff may access, it is simply an introduction to supervision skills to help provide better daily support.



#### AUDIENCE

Anyone working with children and young people



#### DATE & TIME

Day 1- Tuesday 5th March 2024 9:30AM - 4PM  
Day 2- Wednesday 6th March 2024 9:30 - 1PM



#### VENUE

Online via zoom



#### COST

£190

## Emotion Coaching

### Course Description

This course is the PERFECT follow on from our MHFA and Trauma Informed Support courses.

Emotion Coaching provides a value added dimension to behaviour management strategies and creates opportunities for long term solutions to children's wellbeing and resilience. It uses moments of heightened emotion and resulting behaviour to guide and teach the child or young person about more effective responses. It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective behavioural strategies. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

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



#### AUDIENCE

Any staff who work with children and young people. This course also benefits adults who are parents



#### DATE & TIME

11th December 2023 9AM - 4PM  
or  
13th May 2024 9AM - 4PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£190



## Helping Children and Young People Manage Anxiety

### Course Description

Anxiety is the most common mental health issue with children and young people. This has been exacerbated with the current pandemic, with many more children feeling anxiety and those who already experienced it, finding their symptoms increasing. Our children's return to school is very likely going to present many of these issues in the classroom.

Help prepare yourselves to help your students. This is a very practical, hands on course that you will immediately be able to put into practice. It is filled with activities and techniques that you can use with both individuals and groups of students.

By the end of the course you will be able to:

- Have an understanding of the physiological effects of anxiety on our physical health, our emotions and importantly for our children and young people, how it impacts on their behaviour
- Use grounding techniques to ease anxiety overwhelm
- Effectively Talk to students about emotions and feelings
- Discuss specific anxiety around Covid-19
- Use creative and imaginative ways of helping our students understand their anxiety and how to help themselves



#### AUDIENCE

Anyone working with children or young people



#### DATE & TIME

22nd January 2024 9am-11am  
or  
18th June 2024 9am-11am



#### VENUE

Online via zoom



#### COST

£50

## Childhood Bereavement

### Course Description

On average, 1 in every 29 children will be bereaved of a parent. That's one in every class. This is before the Covid-19 Pandemic. Now we have a situation with many children having lost someone they love recently, including lots of grandparents. Children and young people need support from the school community to ensure that they can cope with their grief. That's why it's vital that teachers and staff understand how to support the grieving children and young people in their school.

Our online bereavement training course will help you understand:

- What is childhood bereavement?
- How grief affects a child or young person
- The stages of grief
- How you can help them cope with bereavement in schools

Aimed at both primary and secondary school teachers, the course will cover:

- The importance of communication
- Planning and preparation
- When to seek further support
- Help, support and self-care
- Useful strategies to help



#### AUDIENCE

Anybody looking to improve their knowledge and skills to better support bereaved children and young people



#### DATE & TIME

23rd November 2023 9AM - 1:30PM



#### VENUE

Online via zoom



#### COST

£75





## Customer Service and De-escalation

### Course Description

We are pleased to be working with 2 experienced facilitators from Marketing and Mental Health backgrounds to deliver valuable training around De-escalation techniques and customer service.

All school staff, but significantly receptionists and front line pastoral staff, have to have so many conversations with parents. Sometimes these conversations can be sensitive or difficult to manage, and not all front line staff have had high quality training on how to get the best out of every conversation.

Every interaction the school has with parents is an opportunity to deepen relationships and really engage. This session will maintain a valuable focus on staff wellbeing while working in a busy school environment, and will use aspects of Emotion Coaching and some Transactional Analysis to help staff manage conflict and difficult conversations.



#### AUDIENCE

Suitable for all school staff working with parents!



#### DATE & TIME

7th March 2024 9:30AM - 11:00AM



#### VENUE

Online via zoom



#### COST

£50

## Menopause Training (Making Every Contact Count)

### Course Description

Traditionally, menopause is viewed as a specialist medical and clinical condition and as such, most people at the frontline of running support services or initiatives within the health system, the community and workplaces, do not routinely ask about menopause. It is not surprising that women are reluctant or feel unable to talk about menopause and its impact on their lives.

Through the Making Every Contact Count (MECC) approach, participants will be able to challenge this culture and openly have menopause related conversations with friends, family, a colleague or with an individual accessing a service. Using the 3A's (ASK, ASSIST, ACT) framework, participants will be able to explore the physical, emotional and social impacts of menopause, and provide information about how to access information and local support through menopause cafes, GPs, lifestyle services, online resources and apps.

During this 3 hour session, participants will be able to:

1. Review their knowledge of menopause
2. Reflect on the relevance of menopause as part of their organisation's work
3. Discuss recognition of menopause and associated risks of missed diagnosis
4. Make action plans on what they can do to progress practice within their service/organisation

At the end of the programme, all participants will receive a certificate of attendance with 2 CPD points.



#### AUDIENCE

All staff members, no matter their gender



#### DATE & TIME

25th January 2024 9:30AM - 12:30PM  
OR  
27th June 2024 9:30AM - 12:30PM



#### VENUE

Online via Zoom



#### COST

Online- £65



## Headteacher and SLT Mental Health; Discussing the Real Issues that Affect many Senior Leaders



### AUDIENCE

Headteachers and senior leaders



### DATE & TIME

1: 1st Nov 2023 9:30AM - 11:30AM  
2: 1st March 2024 9:30AM - 11:30AM  
3: 1st May 2024 9:30AM - 11:30AM



### VENUE

Kings Road Primary School



### COST

Free

### Course Description

Darren Morgan, Headteacher at Kings Road Primary, will be delivering a series of three free Headteacher and SLT Mental Health sessions. We would encourage you to attend all three sessions but they can also be booked individually.

#### Session overviews

#### Session One: Exploring the Issues

This is a repeated session from May 2023. Pressures for many headteachers and senior leaders are at the point of crises with severe consequences in terms of mental health and well-being. In a bid to aid senior leaders, Darren explores the pressures of Ofsted, attempting to understand the vast range and depth of responsibility involved in the process. However, he will quickly move on to the pressures that, at times seem insurmountable but are difficult to talk about, such as, parents, pupils' behaviour, loneliness and neighbours!

#### Session Two: Working Together to Support Each Other Part 1 and

#### Session Three: Working Together to Support Each Other Part 2

Building on from session 1, in these two sessions Darren will attempt to further identify issues that are affecting so many, facilitate discussion and develop a support network.



# Safeguarding

## Designated Safeguarding Lead Training



### AUDIENCE

Head teachers, senior leaders, DSLs and deputies, wider members of the safeguarding team, safeguarding governors.



### DATE & TIME

12th October 2023 9:30AM - 4:30PM OR  
7th February 2024 9:30AM - 4:30PM OR  
3rd July 2024 9:30AM - 4:30PM



### VENUE

Oct & July- Altrincham Grammar School for Girls  
Feb- The Life Centre, Sale



### COST

£125

### Course Description

Meeting the formal training requirements for designated safeguarding leads and will provide an overview of the current statutory guidance and Ofsted expectations. Delegates will have the opportunity to explore some of the more specific safeguarding issues and how to develop a strategic and proactive approach to safeguarding children.

Leaving with practical ideas about how to implement and secure effective safeguarding arrangements in their school, including:

- A good understanding of their own role, and the processes, procedures, and responsibilities of other agencies.
- Understanding and assessing risk using approaches such as signs of safety and contextual safeguarding.
- Engaging with children and families and contributing to multi-agency working.
- Effective information sharing and record keeping systems.
- Safeguarding vulnerable children and children with SEND.
- Creating a culture of listening.
- Using data to inform a strategic and proactive approach.
- Responding to specific needs and harms and understanding the impact of trauma and abuse.
- Applying the thematic learning from research and safeguarding practice reviews.
- Creating a safe culture.

## Working with Families (2-day)



### AUDIENCE

Designated teachers for looked after children and any members of staff who take an active role in supporting looked after children



### DATE & TIME

26th & 27th June 2024 9:30AM - 4:30PM



### VENUE

The Life Centre, Sale



### COST

£250

### Course Description

This two-day course is designed to support practitioners to confidently undertake effective direct work with parents and children within a safeguarding context. Informed by thematic learning from safeguarding practice reviews, this course will incorporate relational and strength-based approaches to working with families. Course content will include:

- Building and maintaining relationships with parents to support them to understand and meet the needs of their children.
- Reflect on factors that influence parenting and the parent-child relationship.
- Understand attachment and the impact of adverse childhood experiences.
- Acting with professional curiosity and holding difficult conversations.
- Using motivational interviewing techniques to support and motivate lasting change within families.
- Understanding risk, assessing need, and supporting families to access early help and specialist services.
- Developing practice to meaningfully capture the voice of the child.
- Responding to disclosures in line with achieving best evidence principles and child centred approaches.
- Practical tools and resources to facilitate direct work with children and parents.
- Developing inclusive practice to overcome barriers to supporting families.
- Effective record keeping skills.
- Developing safe and effective practice when home visiting and lone working.

## Single Central Record Training

### Course Description

Further emphasising the importance of safer recruitment, this course will support participants to understand how to complete and evidence the different pre-employment checks through the effective maintenance and quality assurance of the single central record. This half day course will support schools to ensure they are fully compliant with statutory requirements and will include:

- Overview of all pre-required checks and evidence required for staff, governors, contractors, visitors, volunteers and supply staff.
- Example single central record and quality assurance templates.
- Safer recruitment file and required evidence of pre-employment checks.
- Quality assurance of the single central record.



#### AUDIENCE

Headteachers and deputies, governors, DSLs and deputies, SBMs and those responsible for the day to day maintenance or quality assurance of the SCR



#### DATE & TIME

24th April 2024 9:30AM - 12:45PM



#### VENUE

Online via zoom



#### COST

£95

## Safer Recruitment Training

### Course Description

This one-day course accredited by the Safer Recruitment Consortium, gives those recruiting in an education setting, the information and knowledge of how to recruit safely and comply with the statutory guidance.

This course will focus on safer recruitment and the wider context of safeguarding, including:

- Prevalence of abuse and profile of abusers.
- Features of and how to plan a safer recruitment process.
- Making the right decisions.
- Setting acceptable standards of behaviour and maintaining an ongoing culture of vigilance.



#### AUDIENCE

Headteachers and deputies, governors, DSLs and deputies, HR personnel and anyone with responsibility for the recruitment and selection process



#### DATE & TIME

15th November 2023 9:30AM - 4:30PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£110

## Child on Child Abuse (Primary)



### AUDIENCE

Headteachers, deputy headteachers, governors, designated safeguarding leads and deputies, pastoral staff, and safeguarding professionals



### DATE & TIME

13th March 2024 9:30AM - 12:45PM



### VENUE

Altrincham Grammar School for Girls



### COST

£95

### Course Description

This half day course will support senior leaders to create a safe culture within their organisation supported by policies that are clear, interlinked and support both the child who has harmed, and the child who has been harmed. The course will allow professionals to consider their school environment and areas of priority by hotspot mapping and thinking honestly about the prevalence of sexual harassment and violence in school.

Course content will include:

- Statutory requirements and key messages from guidance.
- Ideas on how to incorporate a 'zero-tolerance' approach where the assumed response is not to permanently exclude.
- Recognising the responsibility to support not only child who has been harmed but also the child who has harmed.
- Exploring how we record and analyse incidents of sexual harassment and violence.
- Top tips on how to ensure that your behavioural policy, safeguarding policy and anti-bullying policy reinforce your culture and approach to managing sexual harassment and sexual violence.

Delegates will also leave with resources to help shape their policies.

## Child on Child Abuse (Secondary)



### AUDIENCE

Headteachers, deputy headteachers, governors, designated safeguarding leads and deputies, pastoral staff, and safeguarding professionals



### DATE & TIME

11th March 2024 9:30AM - 3:30PM



### VENUE

Altrincham Grammar School for Girls



### COST

£125

### Course Description

This training will include:

- what child-on-child sexual abuse looks like
- how to respond to occurrences of child-on-child sexual abuse
- what measures can be implemented to prevent occurrences



# Race, Diversity & Inclusion





## How to Include Race, Diversity, and Inclusion into your Curriculum Design

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### Course Description

Values, curriculum drivers, schema, retrieval, and prior learning. Links, threads, race, diversity, and inclusion.

This session will focus on what and why it is important, showing staff how they can introduce and celebrate more diversity into their curriculum across all phases. An insight into how Stanley Grove Primary Academy have designed and implemented a rich and diverse curriculum

 **AUDIENCE**  
Curriculum Leads/ Senior Leaders

 **DATE & TIME**  
TBC

 **VENUE**  
Stanley Grove Primary Academy

 **COST**  
£65

## An In Depth look at how Race, Diversity and Inclusion is Embedded into your Curriculum Design

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### Course Description

Values, curriculum drivers, schema, retrieval, and prior learning. Links, threads, race, diversity, and inclusion.

This will focus on the curriculum currently being delivered in your school. You will be asked to bring your curriculum or sections you need support with, this in effect will be ran as curriculum surgery. Stanley Grove have designed a booklet on Race, Inclusion and Diversity which we will share to participants to draw from. This will include a range of examples for Art and DT, Science, History and Geography.

 **AUDIENCE**  
Curriculum Leads/ Senior Leaders

 **DATE & TIME**  
TBC

 **VENUE**  
Stanley Grove Primary Academy

 **COST**  
£65



# Leadership & Coaching

The background of the slide features a blurred photograph of several hands interacting with large wooden gears on a light-colored wooden table. The hands are positioned around the gears, some touching them, suggesting a collaborative effort to move or align them. The overall tone is professional and focused on teamwork and strategy.

## Take Control of your own Inspection

### Course Description

How to make the Ofsted process work for you and how to make sure that you feel confident with the new framework and all the demands.

This session is being run by Linda Emmett who has previously worked as an Ofsted Inspector and now helps schools prepare for Ofsted.



#### AUDIENCE

Headteachers and Senior Leaders



#### VENUE

Online via zoom



#### DATE & TIME

TBC



#### COST

£45

## Preparing for Inspection as a Curriculum Leader

### Course Description

If you want to feel more confident about the subject deep dive process or a deep dive into a theme e.g. reading then this course is for you.

We will take you through the kinds of questions you will need to think about, the best way to structure your answers, how to evidence answers and what the expectations will be on you as a subject leader and other teachers in the different phases.

This session will be run by Linda Emmett who has previously been an Ofsted Inspector and now supports schools to prepare for Ofsted.



#### AUDIENCE

Curriculum Leaders



#### VENUE

Online via zoom



#### DATE & TIME

TBC



#### COST

£45

## Change the Narrative - How Coaching can Support School Culture

### Course Description

The goal of this course is to support leaders to overcome the complexities of school leadership and keep hold of their humanity, values and love of the profession.

To achieve this we:

- Start where you are.
- Empower you to be courageous and develop the personal and professional tools needed for success.
- Explore how a coaching culture can help you create a thinking environment and support appraisal, challenging conversations and through listening identify patterns of thinking, feeling, behaving that may be limiting your progress.

This course comprises of one full day training and one afternoon follow up around 6 weeks later.



#### AUDIENCE

Headteachers, Deputy Headteachers, School Business Managers



#### VENUE

Altrincham Grammar School for Girls



#### DATE & TIME

5th February 2024 & 18th March 2024  
Day 1- 9:30AM - 4:00PM  
Day 2- 1:00PM - 4:00PM



#### COST

£190

## Coaching Phase 1- Foundation

### Course Description





A programme for those who are seeking to develop their expertise and experience in coaching within a small group environment, coaching is one of the key ways to promote better levels of organisational effectiveness within schools. It can increase confidence, motivate staff and develop core leadership skills. It is open to all staff working within an educational establishment.

This course forms part of our coaching pathway – a trilogy of courses.

Part 1 focuses on specific outcomes in terms of your skills, knowledge and understanding:

- being able to work with a range of Coaching styles and approaches for different purposes
- understanding the place of emotional intelligence in the human interactions and processes of the workplace
- being able to improve such processes
- being able to help with the performance, learning and development of others
- being able to apply highly-developed skills of listening, attending, enabling and challenging
- developing professional reflection, learning and enquiry

Participants are offered guided and structured coaching skills development in small groups and are given first-hand experience of working with a coach. Opportunities are provided for developing observation and feedback skills, and reflective practice is encouraged.

|  |   |
|--|---|
|  <b>AUDIENCE</b><br>Leaders in education at all levels wanting to develop their own leadership potential and that of others |  <b>VENUE</b><br>Altrincham Grammar School for Girls |
|  <b>DATE &amp; TIME</b><br>20th, 21st November & 6th December<br>OR<br>17th, 18th June & 11th July<br>9AM - 4PM each day    |  <b>COST</b><br>£560                                 |

## Coaching Phase 2 – Coaching In Context

### Course Description

This programme is the second of our trilogy and is aimed at those who have completed the Part 1 Foundation Coaching Programme and now wish to develop a personal style and confidence in coaching, particularly in a leadership role.

Part 2 focuses on the skills, knowledge and understanding for:

- Establishing sound contracting arrangements appropriate to context and purpose
- Coaching in a leadership role for learning, performance and accountability attending to the ethics and boundaries of coaching
- Reflecting on and critiquing your own coaching practice
- Contributing to team and organisational learning in this field.

The coaching gives attention to the development of personal, values-based practice. Participants are offered guided and structured skills development on coaching for specific roles and purposes. Opportunities are provided for extended working on observation and feedback, and reflective practice is encouraged.

|  |   |
|--|---|
|  <b>AUDIENCE</b><br>Leaders in education at all levels wanting to develop their own leadership potential and that of others |  <b>VENUE</b><br>Altrincham Grammar School for Girls |
|  <b>DATE &amp; TIME</b><br>20th, 21st March & 23rd April<br>9AM - 4PM each day  |  <b>COST</b><br>£625                                 |

## Coaching Phase 3- Higher Level

### Course Description

This programme is the third of our trilogy and is aimed at those who have completed both Part 1 Foundation and Part 2 Coaching in Context Programmes and wish to apply their coaching skills and knowledge to strategic leadership.

Part 3 focuses on the skills, knowledge and understanding for:

- energising organisational culture and learning
- working with the ethics of performance stimulating reflective practice and enquiry
- Nurturing group and team communication
- Improving network capability

The approach taken involves collaborative enquiry into transactional and transformational cultures. Participants are offered guided and personal skills development and taught how to handle specialised and integrative experiences of learning. There is the opportunity to explore group and team coaching strategies for organisations. Further development of personal coaching skills is integrated into the work of the group.



#### AUDIENCE

Leaders in education at all levels wanting to develop their own leadership potential and that of others



#### DATE & TIME

10th, 11th June & 4th July  
9AM - 4PM each day



#### VENUE

Altrincham Grammar School for Girls



#### COST

£675

## Pupil Premium Reviewer Training

### Course Description

The TSC Pupil Premium Reviewer Guide has been updated and written in partnership with DfE, EEF and the West Midlands Pupil Premium Reviewer Training Centre, based at The Golden Thread Teaching School Hub lead school, Painsley Catholic College in Cheadle, Staffordshire. Bright Futures Teaching School Hubs are working in partnership with the Golden Thread TS Hub to bring the Pupil Premium Reviewer training to Greater Manchester.

The training will equip reviewers to carry out reviews, share the latest guidance and best practice from DfE, and will lead to Pupil Premium Reviewer accreditation. This will enable participants to carry out accredited reviews, using a set of tools provided. Once trained, reviewers may charge schools for completing reviews.

Having completed the course participants will:

- Understand the updated TSC 6 step framework to a review;
- Explored barriers to reviews;
- Looked at effective practice and processes;
- Gained access to the online PPR resource centre;
- Be able to complete PP reviews as an accredited reviewer.



#### AUDIENCE

School Pupil Premium Leads, LLEs and NLEs, Teaching School Hub Directors and Leads



#### DATE & TIME

17th November 2023 8:45AM - 2:30PM  
OR  
26th April 2024 8:45AM - 2:30PM



#### VENUE


Online via zoom



#### COST

£270



A female teacher with curly hair, wearing a light blue button-down shirt and dark trousers, stands in a classroom. She is smiling and pointing with her right hand towards a whiteboard. The whiteboard contains the linear equation  $y = mx + b$  and a system of equations:  $2x - 7 = 14 + 2y$ , with  $+1$  and  $+2$  written below the terms. In the foreground, the backs of several students' heads are visible as they sit at a wooden desk. The desk is cluttered with various school supplies, including notebooks, papers, and pens. The top of the image features a diagonal split between orange and purple colors.

# Teaching & Learning

$$y = mx + b$$
$$2x - 7 = 14 + 2y$$
$$+1 \quad +2$$

## Handling History

### Course Description

Do you want a wealth of suggestions on how to meet the high level outcomes for children in each of the phases for History? These will be based on the very latest research, pedagogy and guidance from the Historical Association and Ofsted. These online courses are designed for class teachers (rather than subject leaders), to develop their own subject knowledge and therefore ensure secure pupil knowledge and understanding of historical substantive and disciplinary concepts. We will introduce the disciplinary knowledge of History (how historians study the past and construct accounts).

We will start by establishing your bespoke requests for which History units you cover in the appropriate phase in your school. Each session will carefully consider: the expectations for the knowledge and conceptual understanding based on the current guidance and N.C., how to build upon prior knowledge, methods to develop pupils' "mental timeline" of the past and their coherent chronological understanding over and within long and short timescales, engaging activities, local and regional historical perspectives of national and global historical contexts, the enquiry approach and how it can be used to develop and maintain interest and curiosity, creative ways for children to show what they know at the end of an enquiry in addition to extended writing, ways to assess knowledge and understanding, meaningful cross curricular links with other subjects with the History units for the phase and recommendations of appropriate resources for the stage and age of the children to support the development of the child's understanding of History and your own subject knowledge as a class teacher.



#### AUDIENCE

Class teachers



#### DATE & TIME

Year 3/4: 17th Jan 2024 9:30AM - 3:45PM  
Year 1/2: 18th Jan 2024 9:30AM - 3:45PM



#### VENUE

Online via zoom



#### COST

£110

## Getting a Grip on Geography

### Course Description

Geography is an engaging subject for children, but often as class teachers we, don't know where to start with designing meaningful activities to develop secure locational and place knowledge, map skills and fieldwork to develop a secure knowledge and understanding of places and processes. These sessions will be based on the very latest research, pedagogy and guidance from the subject associations and Ofsted. These courses are designed for class teachers to develop their own subject knowledge and ensure secure pupil knowledge and deeper understanding of geographical concepts.

We will start by establishing your bespoke requests for the geographical units you cover in this phase in your school. Each session will carefully consider the following: the scope and ambition of the National Curriculum guidance for Geography, the locational and place knowledge and vocabulary essential for pupils to learn and remember, engaging activities to develop accurate map making and ways to maximise the development of vital fieldwork skills anywhere, ways to teach the use and interpretation of a variety of geographical sources, local and regional perspectives for national and global geographical contexts, the enquiry approach, creative ways to show what they know at the end of an enquiry including extended writing, ways to assess to ensure all pupils make progress, meaningful cross curricular links of Geography with other subjects in the phase N.C. and recommended resources for the stage and age of the children to support the development of the child's knowledge and understanding of Geography and your own subject knowledge as a class teacher.



#### AUDIENCE

Class teachers



#### DATE & TIME

Year 5/6: 1st Feb 2024 9:30AM - 3:45PM  
Year 3/4: 7th Feb 2024 9:30AM - 3:45PM  
Year 1/2: 20th Mar 2024 9:30AM - 3:45PM



#### VENUE

Online via zoom

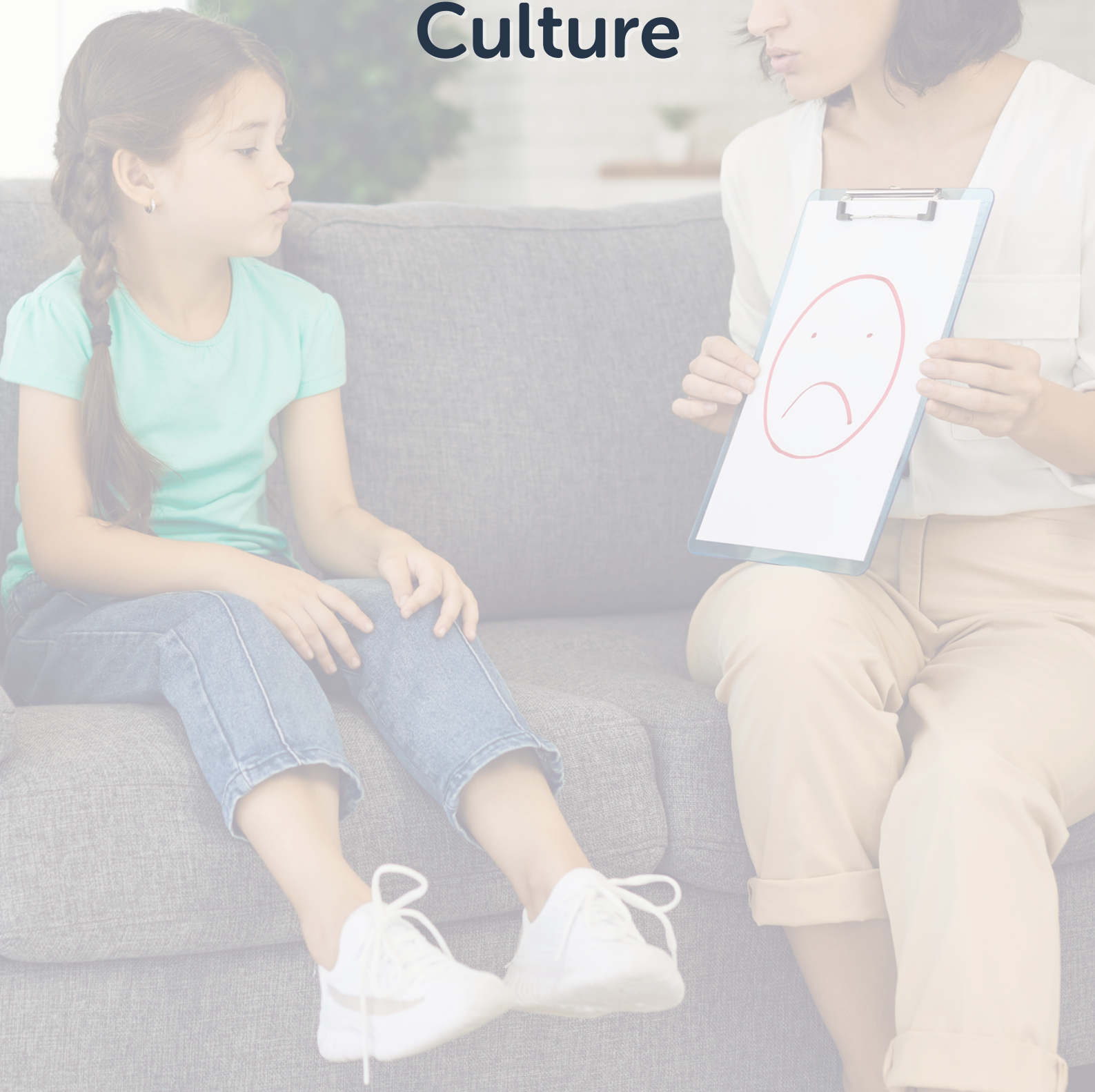


#### COST

£110



# Behaviour & Culture



## Getting Started with Restorative Practice

### Course Description

Facilitated by the Restorative Practice Training and Consultancy, Bright Futures Training are pleased to be able to offer this introduction to Restorative Practice.

The day will be split into four masterclasses:

- An introduction to Restorative Practice
- An introduction to Restorative Circles
- How to have Restorative Conversations (for low-level, low-risk conflict)
- Left-brain/Right-brain strategies

During the day you will learn:

- How restorative practice can transform your school's culture through putting people and relationships at the heart of everything you do
- The essential ingredients for the perfect circle
- How to deal with 'misbehaviour' as well as how to turn problems into solutions
- How to facilitate low-risk conferences and ensure restorative conversations are effective, impactful and behaviour changing for all involved

All participants will receive a lanyard and copies of resources that have been worked on during the day.



#### AUDIENCE

Primary and Secondary Headteachers, SLT, Teachers, Pastoral and Behaviour Staff



#### DATE & TIME

8th February 2024 9:00AM - 3:30PM



#### VENUE

Altrincham Grammar School for Girls



#### COST

£190

## NOCN Level 3 Certificate in Forest School Programme Leadership (RQF)

### Course Description

Run over a total of 10 days, this course is an opportunity to explore to a higher level different approaches to using the outdoor environment in a Forest School setting and is for those who wish to coordinate, manage and lead Forest School Sessions with children, young people or adults.

You will investigate how best to design and run a Forest School programme and look at how to approach and apply it safely and effectively within your setting.

The course content of this qualification is based on up-to-date research surrounding aspects of:

- Holistic development
- Neuroscience
- Theories of Learning and Development
- Woodland conservation, history and management
- Wellbeing and nature connection
- Risk benefit assessments



#### AUDIENCE

Those who wish to coordinate, manage and lead Forest School Sessions with children, young people or adults



#### DATE & TIME

19th - 21st March 2024 9AM - 5PM AND  
21st - 23rd May 2024 9AM - 5PM AND  
5th - 8th November 2024 9AM - 5PM



#### VENUE

Lime Tree Primary Academy, M33 2RP



#### COST

£900



# Early Years



## Understanding the World

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### Course Description

An online course for EYFS teachers on Understanding the World, to share activities for exploring the world around them, combined with developing an understanding of the past, following Development Matters guidance.

**AUDIENCE**

Early Years Class Teachers

**DATE & TIME**

30th November 2023 9:30AM - 3:00PM

**VENUE**

Online via zoom

**COST**

£110



**SEND**



# SEND

## Dyscalculia and Maths Anxiety



### AUDIENCE

Class teachers and SENCOs



### VENUE

Online Via Zoom



### DATE & TIME

13th November 2023 10AM - 2:30PM  
OR  
11th June 2024 10AM - 2:30PM



### COST

£95

### Course Description

This one day course explores the definition of Dyscalculia and how it differs from more general Maths Difficulties. You will examine the causes and impact of Maths Anxiety, before exploring practical strategies for supporting learners with Dyscalculia and Maths Anxiety.

## Get it Right for Dyslexia- Get it Right for All



### AUDIENCE

Teachers, Teaching Assistants, SENCOs



### VENUE

Altrincham Grammar School for Girls



### DATE & TIME

Tuesday 12th March 2024



### COST

£110

### Course Description

The principle underlying this course is “get it right for Dyslexia – get it right for all” The focus is on meeting the needs of the 20+% of learners on the dyslexia spectrum in every class, most if not all of whom will not have a formal label – and also learners who are not on the dyslexia spectrum but for whom English is a second or additional language. . Focusing on the typical questions asked by concerned colleagues, the course will provide insights, solutions and inclusive strategies to meet the needs of learners who think faster than they read, write spell, and get ideas down on paper in the inclusive classroom.

Evidence validated inclusive accommodations will be discussed and presented to address the following questions:

- Sometimes they won't even have a go - how can I motivate them to try?
- I seem to be teaching the same things over and over – how can I help them remember?
- They use subject words well in speech – how can I help them to spell them?
- How can I help them to comprehend when they struggle to decode?
- How can I help them get their great ideas down on paper when they struggle to write?

## Tools for Developing an Inclusive School

**AUDIENCE**

SENCOs and senior leaders

**DATE & TIME**11th January 2024 9:30AM - 3:30PM  
OR  
7th March 2024 9:30AM - 3:30PM**VENUE**

Delamere School

**COST**

£110

### Course Description

On 29 March 2022 the Government published the SEND Review: Right support, right place, right time, a consultation on the special educational needs and disabilities (SEND) and alternative provision system in England. The Review has heard that we need a more inclusive system in order to ensure that Children & Young People with SEND are set up to thrive and are prepared for adulthood.

Delamere School has been awarded Flagship status by Inclusion Quality Mark.

This course will support you in developing an Inclusion Action Plan for your own setting, which is central to the success of the proposals set out in the Green Paper.

## Supporting ADHD in School

**AUDIENCE**

SENDCOs, Teachers and Support Staff

**DATE & TIME**

Monday 26th February 2024 9:30AM - 3:30PM

**VENUE**

Altrincham Grammar School for Girls

**COST**

£110

### Course Description

This course is aimed at developing a comprehensive understanding of what ADHD is, how it presents, its key characteristics and the diagnosis process. The course will explore how to support learning and behaviour to help and support the pupil's engagement in learning to thrive in school.



## Supporting Autism in School

**AUDIENCE**

SENDCOs, Teachers and Support Staff

**DATE & TIME**

Thursday 1st February 2024 9:30AM - 3:30PM

**VENUE**

Altrincham Grammar School for Girls

**COST**

£110

### Course Description

This course is aimed at developing a comprehensive understanding of what autism is, how it presents and the diagnosis process. The course will explore how to support learning and behaviour to help and support the pupil's engagement in learning to thrive in school.

## Girls and Autism

**AUDIENCE**

SENDCOs, Teachers, Support Staff, Pastoral Staff

**DATE & TIME**

Thursday 14th March 2024 9:30AM - 12PM

**VENUE**

Online via zoom

**COST**

£95

### Course Description

This course will explore the presentation of girls with autism and increase awareness and knowledge of the female presentation, including key challenges. The course will explore strategies that are useful to support at home and school.



EAL

# Working with EAL Learners from Arrival to Assessment to Achievement



## AUDIENCE

EAL coordinators, SLT, primary and secondary teachers, TAs



## DATE & TIME

Friday 5th May 2024 9:30AM - 3:30PM



## VENUE

Altrincham Grammar School for Girls



## COST

£150

## Course Description

An introduction session on EAL to help you know where to start and how to support your EAL learners. This session looks at some of the basics and fundamentals of working with EAL learners with a variety of different needs. Including new arrivals processes, assessment and tracking, common barriers to learning, and a range of strategies to take away and try.

The session will cover:

- An understanding of what an EAL learner is and how long it usually takes to learn English
- An idea of what it looks like from a T&L point of view to be at different levels of proficiency and what we can reasonably expect from each level
- What it feels like to be an EAL learner and how we can remove some of the cognitive load through adaptations to equality first teaching
- An understanding of common barriers to learning and how we can help support the whole child and not just the language development

# Welcoming International New Arrivals



## AUDIENCE

Primary EAL leads



## DATE & TIME

Monday 4th March 2024 9:30AM - 3:00PM



## VENUE

Altrincham Grammar School for Girls



## COST

£125

## Course Description

This one day course will focus on developing an effective induction process for newly arrived children and provide you with a range of practical teaching and learning activities / resources to ensure International New Arrivals (INAs) are able to access the curriculum.

- Understand the diverse needs of International New Arrivals (INAs), including those seeking asylum, refugees and evacuees
- Explore the challenges and barriers experienced by INAs
- Have an increased awareness of how to ensure newly arrived learners and their families feel welcomed, safe and secure
- Guidance in developing a welcoming learning environment
- Explore processes to enable INAs to settle into school quickly and to ensure their needs are met
- Reflect on current induction and admissions procedures and share good practice
- Consider a range of effective T&L strategies and resources to support newly arrived EAL children
- Planning appropriate activities
- Explore a range of resources suitable for INAs
- Share existing good practice



A woman with short dark hair, wearing a dark top, stands in front of a whiteboard, holding a pen. She is looking towards a group of people whose backs are to the camera. The background shows a classroom with windows and blinds. The top of the image has an orange geometric overlay.

# Bespoke CPD

Are you looking for affordable, high quality CPD?

Our bespoke training courses are created and delivered specifically for you. Every school is unique, with a unique set of challenges. We can support you in identifying the CPD support that you need, whether it's a small change to one of our existing courses or a brand new programme for your staff, our experienced team will collaborate with you to explore your requirements and design the training you need.

## How can we help you:

We can develop affordable bespoke CPD for a wide range of people including:

- individuals such as: subject leaders, coordinators, heads of departments
- a team/whole department
- a network of schools/groups
- multi-academy trusts
- initial teacher education

## What we can offer:

Delivered through in-school training or live online workshops we can offer:

- consultancy
- one to one coaching (mentoring and advisory work)
- one day or series of courses
- twilight session or series of twilights

## Bespoke CPD costs:

The cost of bespoke courses vary. We design all courses around specific requirements and therefore quote individually.

So if you are looking for CPD for heads of department, classroom teachers or whole-school CPD, email Claire Critchley at [ccritchley@bright-futures.co.uk](mailto:ccritchley@bright-futures.co.uk) to find out more.

**Get in touch today.**

**[www.training.bright-futures.co.uk](http://www.training.bright-futures.co.uk)**

**[training@bright-futures.co.uk](mailto:training@bright-futures.co.uk)**

**@Training\_BF**

