

# ANXIOUS ABOUT SCHOOL UNIVERSAL OFFER

## WHAT SUPPORT IS AVAILABLE TO ALL SCHOOLS?

### HEALTH SUPPORT

- Decider Training in Primary Schools.
- Emotional Health and Resilience Service. Who offer:
  - Advice / support to schools and other professionals
  - Advice/support to Parents about their child
  - Group Sessions in school / 1:1 intervention with CYP

### STAFF CPD

Access to free professional development sessions to support staff to develop their knowledge, skills, and confidence around identifying and meeting the needs of CYP who experience anxiety

Choose from or attend all on TEAMS:-

- Identifying and Meeting the needs of CYP who are anxious
- Social anxiety
- Performance anxiety
- Separation Anxiety
- Safety Fears

<http://www.durham.gov.uk/sendcoursedirectory>

Schools can use BIPP or COL credits for whole staff sessions

### ATTENDANCE MANAGEMENT SUPPORT

- Termly target support meetings & joint planning around severely absent pupils.
- Regular attendance webinars & opportunities for groups of schools and settings to come together / collaborate and to share practice.
- Support with setting up and making best use of attendance reports to aid schools in the identification of children and young people at risk of anxiety.
- Support to use attendance systems to robustly flag and track pupils with anxiety via user defined categories to enable outcomes tracking as cohort group.
- Support to demonstrate improved practice at whole school and cohort level, with pupils with anxiety and more widely with focus on attendance. Help to evidence impact.
- Using data reports to spot patterns of absence that may be an early indicator of a wider concern.

### SUPPORT FOR FAMILIES:

- Fear-Less Family Support Programme

### TRAINING FOR CYP:

- Awareness raising workshop and assemblies.

Consultation / advice is available from the following services / teams when you identify that a CYP is presenting with anxiety in the school or home setting and / or attendance is being impacted by anxiety about school:

- Early Help Advisors
- ONE POINT
- Early Help Conversation Forums
- Emotional Wellbeing & Effective Learning Team
- Autism Social Communication & Interaction Team

