





WEST Virtual Whole School Approach Workshops

2025-2026

Summer Term	Title	Date and time	Teams link	
Staff Workshop	Supporting children and young people with low mood	Wednesday 17 th June 2026, 3:30-4:30pm	Meeting ID: 342 751 798 244 8 Passcode: Xu7Lj63X	
Staff Wellbeing Workshop	Menopause	11 th May 2026, 3:45 – 4:45	Meeting ID: 363 883 185 304 3 Passcode: Yu7Fd63U	
Parent workshop	Helping your child to sleep better.	3 rd June 2026 4pm	Meeting ID: 347 630 208 489 9 Passcode: DT7zc7mQ	

<p>Parent workshop</p>	<p>Supporting your child with transitions.</p>	<p>3rd June at 2pm 2026</p>	<p>Meeting ID: 375 469 535 484 8 Passcode: 8mZ7Sm39</p>	
<p>Parent workshop</p>	<p>Building resilience in your child</p>	<p>2nd June at 1pm</p>	<p>Meeting ID: 391 708 672 432 8 Passcode: T7wQ9ip7</p>	

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Building resilience
in your child.**

Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)

**On the 2nd of June,
Online, on Teams:**

**From:
1pm to 2pm**

Who is it for:

**Parent who want to
learn more about**

**How stress affects
children and young
people**

**How you can support
your child to build
resilience and
improve their
wellbeing.**

Join on Teams

Meeting ID:

391 708 672 432 8

Passcode: T7wQ9ip7



WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

Helping your child Sleep

Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)

Online on Teams
3rd June
2.00 - 3.00 pm

We are talking about:

Why we need sleep

Bedtime routines

Common difficulties:
including worry
and screen time

Join on Teams

Meeting ID:

347 630 208 489 9

Passcode: DT7zc7mQ



WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Supporting your
child with transitions**

**Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)**

**Online on Teams
on the
3rd June
at 4 pm**

**We are talking
about:**

**Practical ideas to
support your child
plan for
and
cope with
transitions**

**On Teams
Meeting ID:
375 469 535 484 8
Passcode: 8mZ7Sm39**

