



FREE Online Pupil Emotional Health & Wellbeing event

for Upper Key Stage 2 pupils

Thursday 7th April 2022, 1-3pm

This free online event for pupils to attend remotely will enable them to be an active part of a whole school approach to Emotional Health & Wellbeing. Pupils will learn more about some effective ways they can promote emotional health and wellbeing in their school.

Pupils will take part in two live online workshops from the comfort of their own classroom!

Choose two workshops (the others will be available to watch as a recording afterwards):

- **Introduction to pupil wellbeing champions/ or Top tips for schools WITH pupil wellbeing champions:** Compass Phoenix (Positive Effects)
- **The Emotion Switch Experience:** Emotion Switch
- **Stay true to you - it is ok to just be YOU:** North Yorkshire Sport and Athlete Mentor, James Kirton
- **Creating a culture of kindness in your school:** Healthy Schools team.

The event is aimed at upper Key Stage 2 pupils. When you book please let us know year groups and how many pupils will be involved – this can be whole classes, whole year groups – there is no limit on numbers! And please book your two workshops.

Pupils will just need to be able to see a screen, which connects up to the event live via Zoom and have some paper handy to work on. A Zoom link will be sent out to you on booking and a reminder with the link will be sent round nearer the time.

We ask that you are registered with the North Yorkshire Healthy Schools scheme to take part, which is free to join thanks to Public Health funding. Please register your school to join here unless you are already taking part: [Register - Healthy Schools North Yorkshire](#)

To book your free pupil places and choose your workshops click here:

<https://nyorkshealthandwellbeing.paperform.co/>

Any questions please get in touch: healthyschools@northyorks.gov.uk

