

ICC Mental health and wellbeing offer – Parent workshops Academic year 2022-23

Autumn 1 2022 Sept - Oct	
Session offer	Who and how
Low Mood	Thought-Full team Recorded video – on ICC website
Teenager Brain	Thought-Full team Recorded video – on ICC website

Autumn 2022 Nov – Dec	
Session offer	Who and how
<p>Four Parent sessions on the following topics:</p> <ol style="list-style-type: none"> 1. Mental Health 2. Diet 3. Sleep 4. Exercise & human connection 	<p>Dr Eloquin (Educational Psychologist) Videos - Recorded – invite only (Password)</p> <p>Session 1 – Hosted by Dr Eloquin (Educational Psychologist) – 12noon – 1pm 23rd November 2022 – online</p> <p>Parents can then access support videos at their own convenience with a follow up session taking place on 14th December 2022 1.15pm - 2pm online, hosted by Dr Eloquin (educational Psychologist)</p>
Exam Stress (Parents)	Progress Review Day - 25 th November 2022 Thought-Full team face to face sessions/Online & recorded – 12.30pm
<p>Exam Stress (students)</p> <p>Dr Eloquin – Educational Psychologist</p> <p>Dr Kirkwood – Occupational Therapist</p>	<p>Year 11 Assembly 12th Oct deliver by RKI</p> <p><u>Low Level Group</u>– Dr Rob Kirkwood- 9th Nov Group sessions for students Progress leader Directed</p> <p><u>Moderate Level for a 1 off session – Dr Eloquin</u> 2nd, 9th & 16th November 2022 Group sessions for students Progress leader Directed</p> <p><u>High Level Students 3 sessions – Dr Eloquin</u> 2nd, 9th & 16th November 2022 Group sessions for students Progress leader Directed</p>

Spring 1 2023 Jan – Feb	
Session offer	Who and how
Anxiety	Thought-Full team Recorded video – on ICC website
Resilience	Thought-Full team Recorded video – on ICC website

Spring 2023 March – April	
Session offer	Who and how
Emotional regulation	Progress Review day – Wednesday 22 nd March 2023 2 sessions delivered by Dr Eloquin (educational Psychologist) 9.15am and 11am both online and in person.
Zones of regulation & Social media and impact	Progress Review day – Wednesday 22 nd March 2023 2 sessions delivered by Dr Kirkwood (Occupational Therapist) 10am and 12noon both online and in person.
(Resilience 2.0) video (Parents)	Dr Eloquin (Educational Psychologist) Pre-recorded video
Troubleshooting- ADHD- ASD-	Parent session - 1 st March 1.15pm – 2.15pm, online video session with Dr Kirkwood (Occupational Therapist) Follow up parent session - 29 th March – 1.15pm to 2.15pm, online video session with Dr Kirkwood (Occupational Therapist)

Summer 1 2023 May – June	
Session offer	Who and how
Re Launch Exam Stress	Thought-Full team Recorded video – on ICC website

Summer 2 2023 June- July	
Session offer	Who and how
Positive & Growth Mindset	Progress Review day – Wednesday 12 th July 2023 2 sessions delivered by Thought-Full team for parents In person/online/recorded timings TBC.
Sensory challenges	Dr Kirkwood -Video / in person dates/timings TBC