

**Time to Reflect (Primary) 2020**

***Responding to the mental health needs of***

***Primary Students***

Travancore School in partnership with the Royal Children’s Hospital Mental Health (RCHMH), would like to offer staff working in primary schools the opportunity to be a part of a unique professional development series.

*‘Time to Reflect’* will introduce the theory and framework of Reflective Practice and provide opportunities for participants to reflect on their current professional practice in a safe and supported learning environment.

Each session focuses on a specific mental health disorder and shares practical positive support strategies that may be implemented to support students experiencing mental health difficulties. The research based framework *Prevent-Teach-Reinforce* (PTR) is used as a tool to develop Individual Positive Support Plans.

Over 5 sessions, topics will cover: working with mental health services, engaging families, trauma and attachment, anxiety, autism spectrum disorders, challenging behaviours & staff self-care. Each session will be delivered by an experienced Travancore Outreach Teacher and a RCH Senior Mental Health Clinician.

This training is suitable for anyone with an interest in student wellbeing, people new to wellbeing positions or those wanting an opportunity to meet staff working in similar roles and share best professional practice e.g. classroom teachers, wellbeing/welfare co-ordinators & SSSOs (see registration form).

**When:**

**Session 1: Fri 24th April 9.00am – 12.00 noon (Introduction to Reflective Practice)**

**Session 2: Fri 8th May 9.00am – 12.00 noon (Depression and Anxiety in Primary Aged Children)**

**Session 3: Fri 22nd May 9.00am – 12.00 noon (Autism Spectrum Disorders)**

**Session 4: Fri 5th June 9.00am – 12.00 noon (Attachment Theory, Trauma and Self Care)**

**Session 5: Fri 19th June 9.00am – 12.00 noon (Behaviours of Concern & Crisis Planning)**

***\*Participants are required to attend all 5 sessions.***

**Where:** VISY CARES HUB

80**B** Harvester Rd, Sunshine VIC 3020

**Cost:** $66.00(GST incl.) to cover catering and materials for all sessions.

**Registration:** Pleasecomplete the attached form and email to the Travancore School at: [travancore.sch@edumail.vic.gov.au](mailto:travancore.sch@edumail.vic.gov.au)

Confirmation of places will be provided by return email. Places are limited.

**For enquiries please contact:**

**Contact us about future professional learning opportunities:**

* TTR Secondary (Term 3)
* Youth Mental Health First Aid

Poppy Nixon

Email: [Nixon.poppy.e@edumail.vic.gov.au](mailto:Nixon.poppy.e@edumail.vic.gov.au)

Travancore School

Ph: 9345 6053

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| **Time to Reflect (Primary)**  ***REGISTRATION FORM***  **Please enrol me in the Time to Reflect (Primary) Program.**  **Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Please tick as many as applicable:**  **Roles:  Classroom Teacher  Wellbeing/ Welfare Co-ordinator**  **Level Co-ordinator  SSSO**  **Leading Teacher  School Nurse**  **Assistant Principal  Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Contact Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Contact E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Dietary Requirements: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Postal Address (for Billing):**  **Email completed form to the Travancore School at** [**travancore.sch@edumail.vic.gov.au**](mailto:travancore.sch@edumail.vic.gov.au)  **Registrations close 20th March, 2020** |