

Newcastle EPS Resource Library

A collection of guidance, videos and leaflets produced by the Educational Psychology Service for use by a variety of audiences.

Educational Psychology Service



Key for Audience:

- Schools
- Parents
- Children/ Young People

Video: The Role of the Educational Psychologist

Information about what an Educational Psychologist is, the different roles they may take and their perspective on the role.

BitePsych Videos



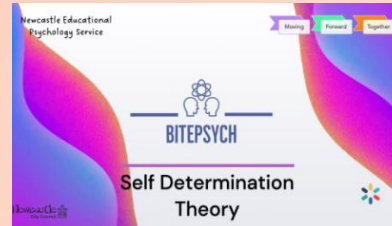
Energy Accounting

This video introduces the concept of energy accounting and how it can support individuals to manage the demands of a day.



Art for Wellbeing

This video explores how choice led art can improve emotional wellbeing and support the development of relationships within the classroom.



Self Determination Theory

Self Determination Theory, is a model developed by Deci and Ryan, which explores an individual's motivation to complete tasks and activities.



Zones of Regulation

This video introduces the theory behind Zones of Regulation and explains how it may be used within a school setting.



The Strength of Weak Ties

Everyday interactions matter and this video highlights the benefits of the small connections we make with others across our day.

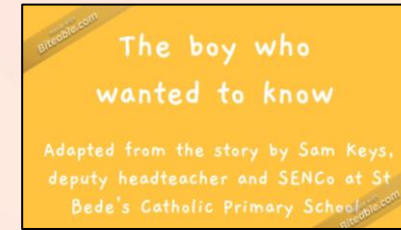
Worry



Let's Talk About Worry
Guidance document for adults supporting young people with worries and strategies to support them.

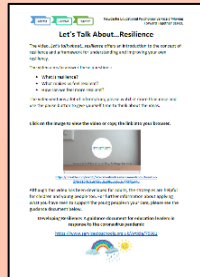


Video: Let's Talk About Worry
Short video explaining the main features of worry and how to support young people effectively.



Video: Worry for children
A story explaining what worry may look and feel like and how to manage worrying feelings.

Resilience/ Coping



Let's Talk About Resilience Video Guidance
Leaflet explaining the Resilience video and details for further guidance.



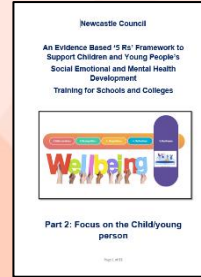
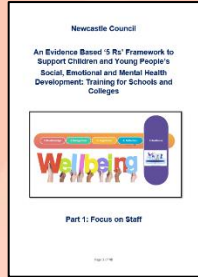
Video: Let's Talk About Resilience
Video giving brief overview of what resilience means and how to support young people becoming more resilient.



Developing Resilience: A Guide for Education Leaders
Guidance for education explaining how to identify their own good practice and supporting themselves and those they work with to be resilient following the pandemic.

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5 Rs Framework for supporting staff

Linked to the SEMH Training Offer, this guidance discusses how to support staff so they feel psychologically ready to support children and young people.

5 Rs Framework for Supporting Young People

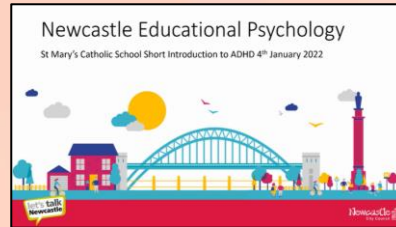
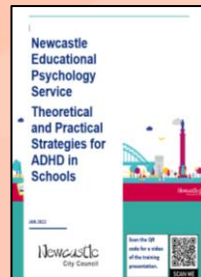
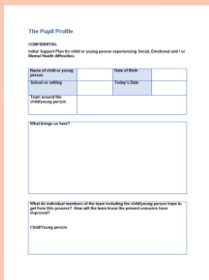
Linked to the SEMH Training Offer, this guidance explains how schools can build on existing foundations to support the SEMH needs of children and young people they work with.

Video: How to Navigate the SEMH Document

This video describes how to get the most from the two SEMH Training documents (The 5 Rs) and who they might be most appropriate for.

Video: Newcastle 5 Rs Framework

Explanation of the 5 Rs, which are referenced throughout the SEMH Training documents. Also explains the importance of connectedness.



SEMH Profile

The document provides guidance for a meeting and subsequent action plan around a young person with SEMH needs.

ADHD Training

Background, features of ADHD and information about toolkit strategies to be used by professionals.

Video: ADHD Training

Follow on training video detailing descriptors of ADHD and practical support strategies.

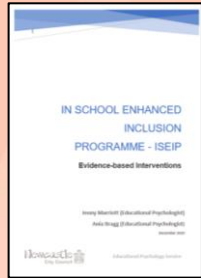
Video: What is a Designated Mental Health Lead?

Information about the Mental Health Lead Training and the training offer supported by Newcastle EPS.

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Inclusive Practice



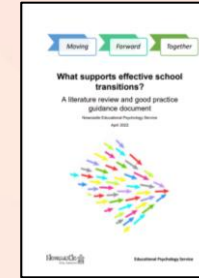
In School Enhanced Inclusion Programme

An introduction to universal and targeted support interventions for use in schools with young people.



Effective Intervention in Schools

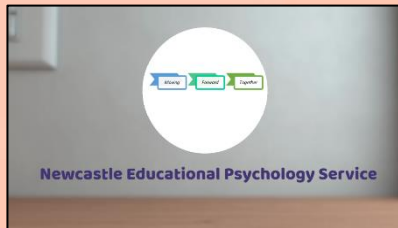
Support and guidance utilising Assess, Plan, Do, Review to support young people following the return to school after the pandemic.



What supports effective school transitions

Literature review on the features of effective transition for young people.

Tools for Support



Video: Person Centred Practice

Information on what person centred practice is and how you can apply the principles to your work.



Basic PH Model of Coping




Supports people in identifying the ways in which they best cope to deal more effectively with stressors.



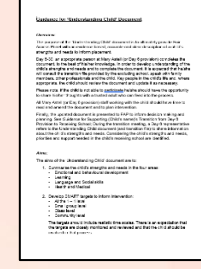
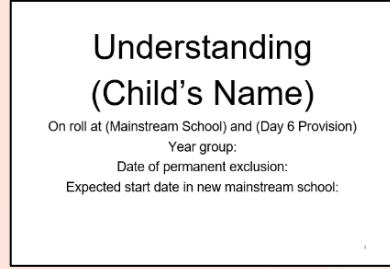
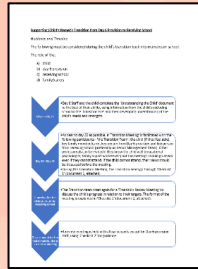
Circles of Vulnerability

Resource sheet designed to identify specific issues or areas of difficulty around an individual. Often used following critical incident or trauma.

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Day 6 Provision



Supporting Transition from Day 6 Provision
Guidance detailing the processes to follow when supporting a young person into a new educational provision.

Sixth Day Provision Transfer File
Document for schools to use when detailing the needs and support requirements of a young person.

Understanding the Child (Day 6 Provision)
Document detailing the strengths and needs of a young person in four key areas (Emotional and Behavioural, Learning, Language and Social Skills and Medical/ Health needs).

Guidance for Understanding the Child Document
Support and information for the member of staff completing the 'Understanding the Child' document.

Visual Profile for Transition
A collection of documents to enable schools to gain a good understanding of a young person as they transition from day 6 provision.

Group Supervision



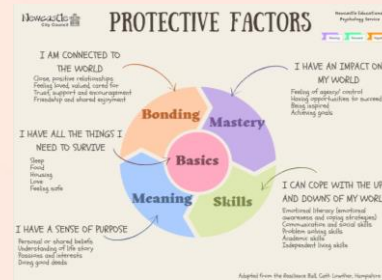
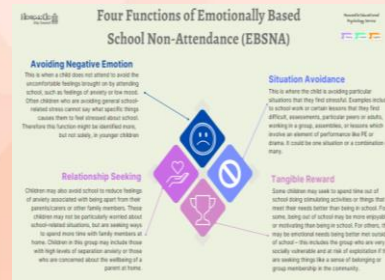
Solution Circle Flyer
Information Leaflet on the offer to schools regarding group consultations.

Video: Group Consultation
Video detailing the theory behind group consultation and explaining how the sessions will be structured.

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Emotionally Based School Non-Attendance



Formulation Sheet: EBSNA
Following on from the initial training, the formulation sheet offers a framework for practitioners to use when exploring the challenges and strengths of a young person in relation to school attendance.

Four Functions of EBSNA
Guidance around the four functions of EBSNA, as described by Christophe Kearney. Following on from the descriptors is general advice around how to support young people experiencing each function.

Protective Factors
Based on the Resilience Ball, developed by Hampshire EPS, this document explores the factors that can support school attendance and how to support families to tap into these factors.

Padlet: Emotionally Based School Non-attendance
A source of information for schools, young people and families with suggestions of tools to use, practical strategies and further reading.



EBSNA Webinar
Short version of the Emotionally Based School Non-Attendance initial training session delivered into schools.

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Infographics

Stress Response System
The stress response model explores our bodies and how they respond to stressful situations – usually through flight, fight or freeze. This model helps us to consider how to respond to stressful situations.

Self Determination Theory
Self Determination Theory considers how people are motivated to complete activities or tasks and how this can be applied to different situations to encourage competence, autonomy and relatedness.

Narrative Approaches
Narrative approaches can be a useful tool when supporting young people who feel overwhelmed by negative thoughts, feelings and experiences.

Tourettes
This information guide summarises some of the key difficulties experienced by someone with Tourettes and simple strategies that can be applied to the classroom for additional support.

PACE
The PACE model, developed by Dan Hughes, explores how to utilise Pace, Acceptance, Curiosity and Empathy to support young people and help them feel safe and build trusting relationships.

The Importance of Connection
This model explores research that suggests connection to self, others and nature can improve wellbeing. It also provides some suggestions of ways young people can be supported to achieve this.

Flow Theory
Flow is a state where a person is fully immersed in an activity. It involves engorged focus, full involvement and enjoyment. This infographics highlights how Flow can be applied in the classroom.

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Padlets



Padlet: Autism

A source of information for schools, young people and families with specific ASC resources as well as more general SEN support.



Padlet: Zones of Regulation

A source of information for schools and other practitioners who use Zones of Regulation.



Padlet: International New Arrivals




A source of information for individuals working with young people and families who are new to Newcastle.



Padlet: Critical Incidents

A source of information for schools and organisations following on from a critical incident.

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