

### **Healthy Schools Offer**

- A series of on-line training to be delivered via the Healthy School Scheme
- Finer details and full details onto how to book onto courses will be circulated in September 2020

### **Staff Well-being:**

#### **Drive to Thrive delivered by Sglein**

**Purpose:** To support teachers and colleagues at Cwm Taf Morgannwg to have the opportunity to discuss the new ways of working, explore how they can work together to stay resilient, connected and drive to thrive as a team.

**Audience:** This 2-hour online session is for all employees.

#### **Aims**

- To provide participants with a sharing platform to openly discuss the positives and challenges of the new ways of working and the changing environment
- To learn about resilience, what it is, how we build it and how we maintain it
- To explore what fuel we need to drive forward, navigate and maintain our energy
- To enable participants to buddy up and keep the motivation and learning alive

#### **Sleep – are you a Lark or an Owl?** Delivered by Dr. Kate Lewis from Cardiff University

- The physiology of sleep and tips and ideas on how to improve sleep.....*more details to follow.....*

#### **Infection Control**

Fun and engaging activities for pupils using the e-Bug resources.

.....*more details to follow.....*

*Other training to be confirmed in September*