
WHOLE SCHOOL APPROACH CHAMPIONS

24/25 Review



WSA CHAMPIONS

Michelle (West)

Alix (North)

Nadya (City)

Imogen (City)

Habibah (South)

Along with your managers we help coordinate and support the planning and delivery of WSA work in the team.

We are passionate about WSA and finding the most effective, impactful, research backed ways of working with our schools!

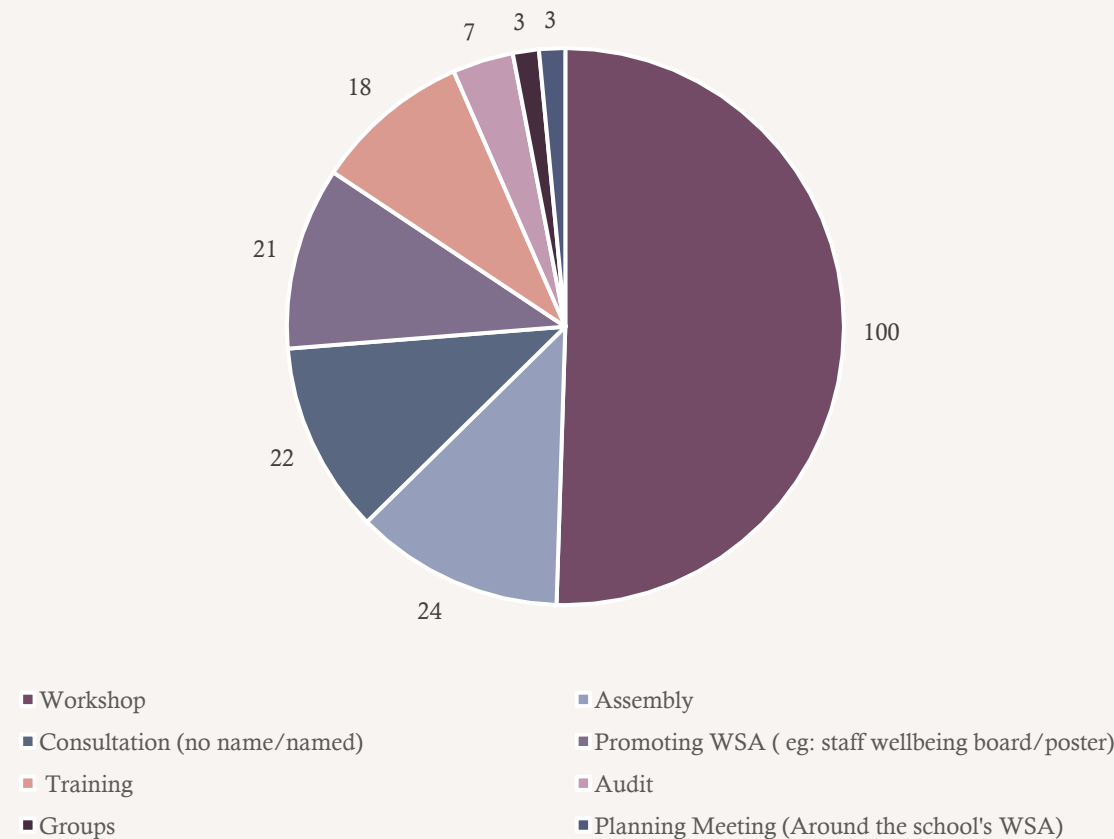
AGENDA

- Highlights from 24/25 WSA data
- Sharing feedback from CYP, parents and schools
- Results from staff survey and a chance to feed back
- Discussing our plans as WSA Champions for 25/26
- Questions/thoughts
- WSA SIP

2024/2025 WSA ACTIVITY

203

Logged Activities



HOW MANY CYP DID WE REACH
DIRECTLY?

Any guesses??



HOW MANY CYP DID WE REACH
DIRECTLY?

6462

FEEDBACK HIGHLIGHTS

Transition Workshops

I LIKED:

“They made me feel less nervous about going to secondary school”

“The people were really nice”

“When we drew our worry buddy”

“Everything it really helped a lot about worries”

I LEARNED:

“All emotions are valid, not to be so worried but it's okay to be worried”

“To tell a trusted adult”

“About fight flight freeze”

“How to calm my breathing down and calm myself down”

FEEDBACK HIGHLIGHT

Parent Behaviour Workshops

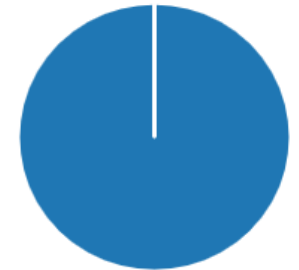
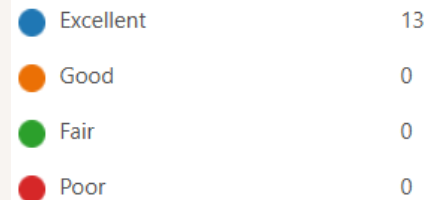
WHAT I FOUND HELPFUL:

“Different strategies for calming and holding boundaries”

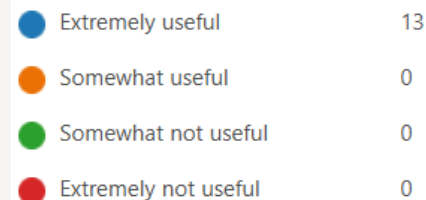
“Knowing that the school approach is the same and that rewarding the small things can have a big impact. Also nice to know you’re not alone!”

“Practical strategies and science behind behaviour”

Overall, how would you rate the workshop?



How useful did you find the information shared?



FEEDBACK HIGHLIGHTS *Staff Anxiety Training*

Following the training, what two things will you take away and put into practice?

Small steps

Muscle relaxation - try
this with my class
Research grounding

Reducing reassurance
Steps to reduce
avoidance

Reducing reassurance
Externalising for younger
chn

- It was interesting to learn
about coping and safety
behaviours. - I would like to look
at the book recommended:
Helping your child with fears
and worries

Think about how I respond to
children with anxiety making
sure I respond appropriately.
Understand that children's
worries should not be shrugged
off by telling them that
everything will be okay.

Review responses to
worries

FEEDBACK HIGHLIGHT



Feedback form

Thank you for attending our MHST workshops. We appreciate your feedback below:

How would you score how confident you felt managing your child's behaviour before today's workshop:

Least confident 1 2 3 4 5 **6** 7 8 9 10 Most confident

How would you score how confident you feel managing your child's behaviour now:

Least confident 1 2 3 4 5 6 7 8 **9** 10 Most confident

What did you find most helpful about the workshop?

Logical strategies
- with the ability to individualise & adapt

What did you find least helpful about the workshops?

^

Is there anything we can do to improve the workshops?

Keep doing what you are doing
It is making a difference, & you are appreciated

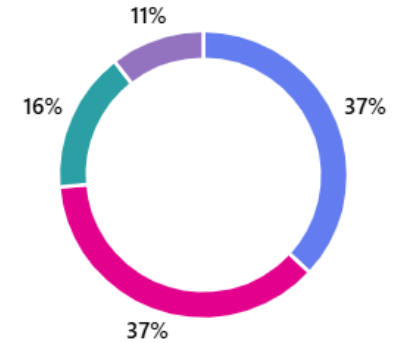
Any further comments?

Thank you

HOW MUCH TIME DO YOU SPEND ON WSA EACH WEEK?

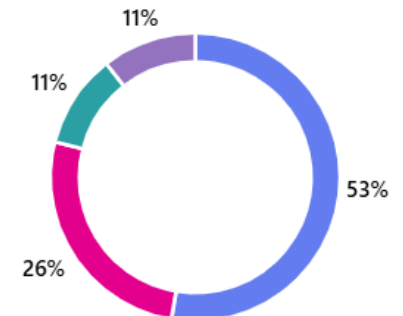
1. On average, how many hours of WSA work are you delivering each week?

● 0-1	7
● 1-2	7
● 2-3	3
● 3-4	2
● 4 plus	0



2. On average, how many hours of prep time for WSA activities are you doing each week?

● 0-1	10
● 1-2	5
● 2-3	2
● 3-4	2
● 4 Plus	0



WHAT HAVE YOU ENJOYED DELIVERING?



A word cloud of various workshop topics. The most prominent words are 'Parent workshops' and 'group'. Other visible terms include 'primary school', 'anxiety workshops', 'regulation workshop', 'behaviour workshops', 'workshops IY', 'transitions workshop', 'Staff Training', 'Workshops with children', 'CYP workshops', 'Regular workshops', 'schools with both parents', 'young people', 'stress workshops', 'parent anxiety', 'workshop with year', 'EBSA for parents', 'parents and students', and 'Parent workshopsStaff'.

parents and students
stress workshops
young people
parent anxiety
Parent workshopsStaff
primary school
workshop with year
EBSA for parents
anxiety workshops
regulation workshop
behaviour workshops
workshops IY
transitions workshop
Staff Training
Workshops with children
CYP workshops
Regular workshops
schools with both parents

WHAT WORK DO YOU FEEL IS MOST IMPACTFUL?

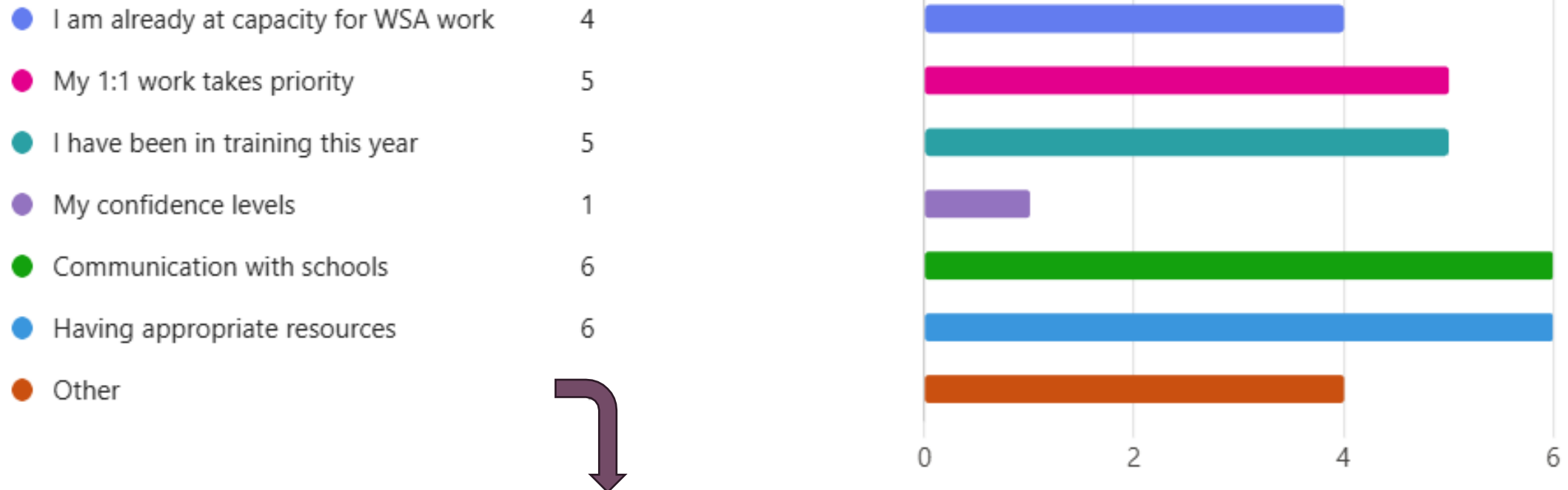
- Parent workshops – behaviour, anxiety, emotional regulation
- Transition workshops with CYP
- Exam stress workshops
- Workshops with CYP and parents together

....it's a triad of support which works most impactfully ie. staff training, parent workshop & pupil workshop focusing on 1 subject in particular = high impact

WHAT CHALLENGES HAVE YOU FACED?

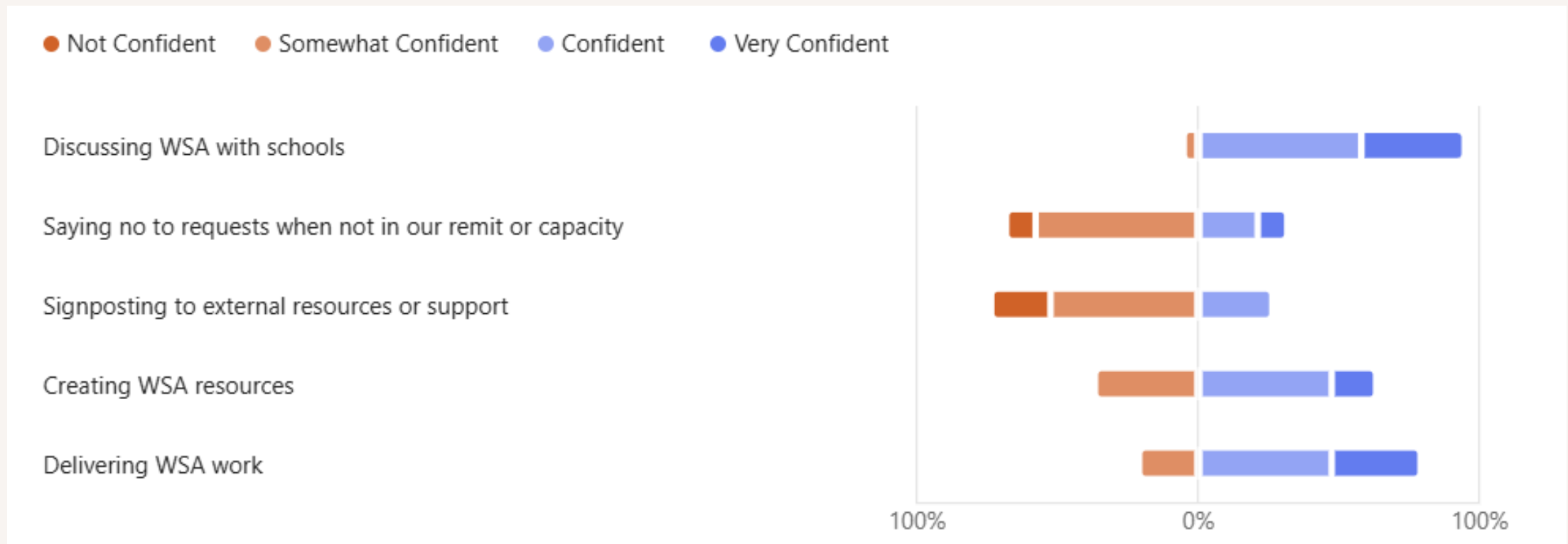
- Parental engagement and turnout
- Staff training, often dealing with burnout and stress
- Communication around planning WSA with schools
- Assemblies, are they impactful?

BARRIERS TO DOING MORE WSA WORK

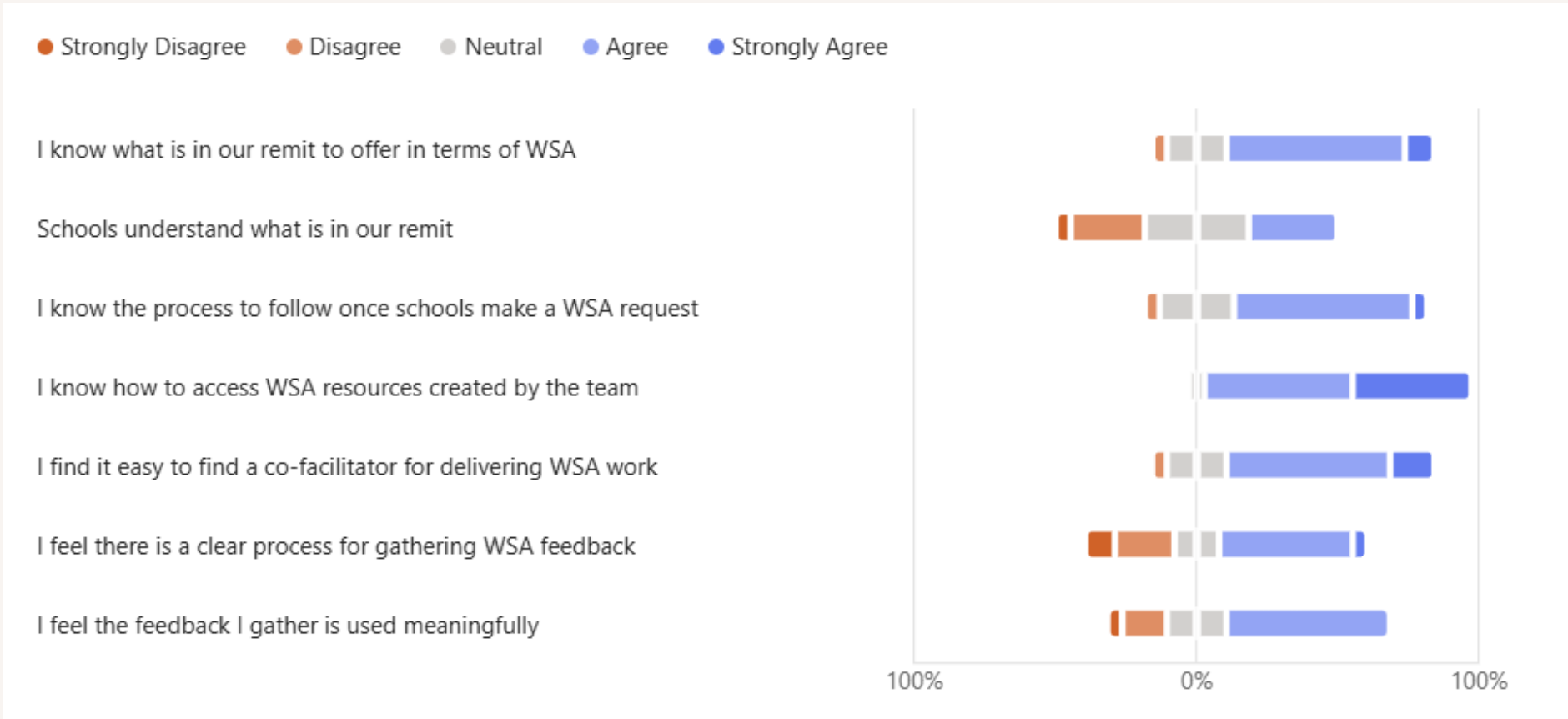


Having clearer expectations around job planning and WSA and more equality across practitioners and teams

TEAM CONFIDENCE LEVELS AROUND WSA

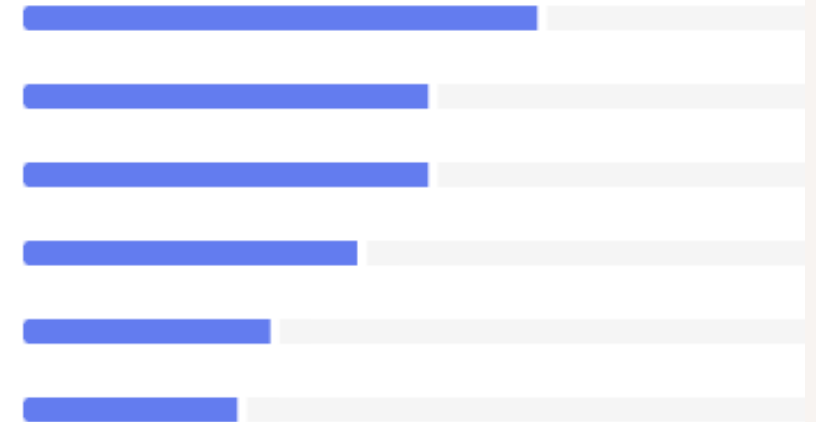


WSA PROCESSES



PRIORITIES FOR WSA CHAMPIONS

- 1 Working on our resource bank (e.g. tidying sharepoint, creating master slides, filling gaps, etc)
- 2 Establishing clear processes (e.g. flowchart of process, creating a list of offer, booking WSA in, etc)
- 3 Accessing student voice and participation within WSA
- 4 Standardised feedback procedures
- 5 Sourcing and sharing useful WSA links, updates and research
- 6 Creating links with other MHSTs



FORUMS FOR WSA DISCUSSION

WSA themed away day	9
Regular slot in business meeting	15
Teams channel to share links/updates	10
Regular slot in the clinical team meeting	10
Other	2

