

# Care to Know More

A training offer from the West Sussex Virtual School



In recognition of the incredible work that you do to support the learning of West Sussex children and young people, the Virtual School is thrilled to invite you to our webinars designed exclusively for Foster and Kinship Carers.

Colleagues from across West Sussex will deliver the following sessions on Microsoft Teams:

## **PACE (Playfulness, Acceptance, Curiosity and Empathy)**

Delivered by our Educational Psychologist colleagues, this workshop will introduce you to the principles of Dan Hughes' PACE. This is a relational approach that helps to build trust and connection with children of all ages who have been impacted by developmental trauma. We will finish with a brief opportunity to think through your own PACEful responses with the young people you care for.

**13 Mar 2026, 19:00 – 20:15**

**15 Apr 2026, 13:00 – 14:15**

## **When School Feels Overwhelming: Building Safety and Confidence Together**

Delivered by our Educational Psychologist colleagues, this webinar will explore morning worries and why school can feel overwhelming for Children We Care For. We will share gentle and practical strategies to help build trust and routine, utilising moments of connection across the morning and throughout the transition into school, to support the child to feel calm and confident, and to feel safe to separate from their foster carers.

**25 Mar 2026, 10:00 – 11:00**

**25 Mar 2026, 13:00 – 14:00**

## **Readiness for Learning and Study Skills in Key Stages 3 and 4**

Join this Virtual School led webinar to explore how best to support adolescents to build confidence, be ready to learn and move towards developing independent study skills. Discover how to support KS3 and KS4 learners with strategies that build confidence, readiness to learn, and independent study skills. Gain practical tools to reduce overwhelm, strengthen motivation, and make home learning feel achievable for adolescents.

**21 Apr 2026, 13:00 – 14:00**

**21 Apr 2026, 19:00 – 20:00**

## **Supporting Literacy and Numeracy in the Early Years**

Delivered by our Virtual School colleagues, this workshop will provide an overview of what is meant by early years education, why it matters, and whether children really need to be able write their own name before they start school?

Join us as we unpick what education looks like for our youngest children! Together we will explore how activities, interactions and experiences that carers provide in their home environment can support children's holistic development. We will pay particular attention to the development of literacy and numeracy skills, sharing how some of our favourite books, songs and already-in-the-cupboard resources can spark playful interactions that enable children to learn and grow.

**22 Apr 2026, 13:00 – 14:00**

**22 Apr 2026, 19:00 – 20:00**

## **Supporting Literacy and Numeracy in Key Stages 1 and 2**

The primary school years are brimming with new learning experiences in a range of subjects. Join Virtual School colleagues in this webinar, to take a closer look at numeracy and literacy during these years and how children can be supported with their learning in these subjects at home and in their wider world. We'll explore useful resources and ideas to support the development of skills, creativity and enjoyment!

**3 Jun 2026, 13:00 – 14:00**

**3 Jun 2026, 19:00 – 20:00**

## **How to Teach and Communicate English with Newly Arrived Asylum Seekers**

Do you support a child or young person whose first language is not English? Some may have recently arrived seeking sanctuary. In this session, colleagues from EMTAS will focus on language and multilingualism, as well as the importance of culturally responsive care which celebrates the rich identity of each Child We Care For.

**29 Apr 2026, 13:00 – 14:00**

**14 Jun 2026, 19:00 – 20:00**

## **Promoting Self-Regulation – Zones of Regulation**

Delivered by our colleagues from the Learning Behaviour Advisory Team and the Autism and Social Communication Team, this workshop will explore the Zones of Regulation commonly used in schools to encourage children to identify and manage their emotions. This session will explore the developmental stages of self-regulation, why it is important for young people and the role of the adult in supporting its development.

**2 Jun 2026, 13:00 – 14:00**

**4 Jun 2026, 19:00 – 20:00**

## **Supporting Neurodiverse Learners**

Delivered by our colleagues from the Learning Behaviour Advisory Team and the Autism and Social Communication Team, this webinar provides an overview of what neurodiversity means, and how best to support neurodiverse learners. You will learn practical strategies focusing on supporting sensory needs, language, and organisation to remove perceived barriers to engagement in learning.

**17 Jun 2026, 13:00 – 14:00**

**1 Jul 2026, 19:00 – 20:00**

To book a place email [fostering.training.coordinator@westsussex.gov.uk](mailto:fostering.training.coordinator@westsussex.gov.uk) and include the name, date and time of the webinar you wish to attend.

To find out more about the work of the West Sussex Virtual School, please take a look at our website [www.westsussex.gov.uk/virtualschool](http://www.westsussex.gov.uk/virtualschool) or scan the QR Code.

