

# Becoming Trauma- Informed

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**Network for Chaplains and Church of England Schools**

September 2022 – July 2023



THE CHURCH  
OF ENGLAND  
EDUCATION OFFICE

FOUNDATION FOR  
EDUCATIONAL  
LEADERSHIP



## WHY DO WE WANT TO SEE SCHOOLS BECOMING TRAUMA-INFORMED?

At the Church of England Foundation for Educational Leadership (CEFEL), we believe that ‘leaders in education are called to pursue social justice and wellbeing of all, showing love for the disadvantaged, marginalised and vulnerable’<sup>1</sup>. Indeed, church schools were set up originally for this very purpose! Over the last year, the impact of trauma on our children and young people has been highlighted as never before – bringing into focus the critical need for schools to be informed about the sorts of trauma that create barriers both to accessing learning and to wider flourishing in life. For some children, trauma has resulted from their earliest childhood experiences, for others it may be a one-off traumatic incident; we also know that for a large number of children, the challenges of COVID19 have heavily impacted upon their wellbeing, both through isolation and/or bereavement. We have a vision to see church schools leading the way in:

- demonstrating **wisdom** by upskilling staff with the evidence-informed knowledge to support these children as best they can
- building **communities** that collaborate to ensure flourishing for all – particularly the most vulnerable
- seeing the innate **dignity** in each and every child thus putting their needs first
- becoming beacons of **hope** so that ‘bad experiences need not have the last word’<sup>2</sup>

<sup>1</sup> David Ford & Andy Wolfe *Called, Connected, Committed* (2020)

<sup>2</sup> Church of England Vision for Education *Deeply Christian, Serving the Common Good* (2016)

## WHAT WILL THE NETWORK INVOLVE?

Drawing on expertise (both from academics and practitioners) from across the field of trauma-informed practice, we are offering this new year-long network. It is aimed at trust and school leaders, Chaplains, Designated Leads for Safeguarding and Looked After Children, SENDCos and teachers who want to know how to make their school more attuned to the needs of children and young people who have experienced trauma. In this pilot year, we will be running these networks through local dioceses and diocesan trusts, as well as a national secondary network.

This programme draws upon direct teaching from experts: Professor Eamon McCrory (UCL/ Anna Freud), Rebecca Brooks (Adoption UK), Louise Bomber (Touchbase), Kiran Gill (The Difference), David Trickey (UK Trauma Council) and Deborah Barnett (TLG). These sessions will be on Zoom, bi-monthly.

Alongside the expert-led sessions will be network support for practical application – putting the knowledge into practice. One of the key benefits of this network is connecting schools with experts in the field who have their own programmes, resources and materials which schools could then access to deepen their knowledge of these topics in much greater depth.

Session	Date (all 4-5pm)	Topic	Speaker
Introduction to the Programme	Thursday 6 <sup>th</sup> October	Join Zoom Meeting <a href="https://us06web.zoom.us/j/88336373871?pwd=RnN0WlIpeDBpTXJFd0tFZnBvcVo5UT09">https://us06web.zoom.us/j/88336373871?pwd=RnN0WlIpeDBpTXJFd0tFZnBvcVo5UT09</a> Meeting ID: 883 3637 3871 Passcode: 316244	
Pre-recorded Input Session 2		What is trauma? Different types of trauma young people may experience, including single event, chronic and adverse childhood experiences (ACEs)	Louise Bomber
Network Session 2 (led by Diocese):	Thursday 3 <sup>rd</sup> Nov	What is trauma? Different types of trauma young people may experience, including single event, chronic and adverse childhood experiences (ACEs) Join Zoom Meeting <a href="https://us06web.zoom.us/j/84942006377?pwd=VlpSQUg0U2hSVVYzbURWeTVuSGh1UT09">https://us06web.zoom.us/j/84942006377?pwd=VlpSQUg0U2hSVVYzbURWeTVuSGh1UT09</a> Meeting ID: 849 4200 6377 Passcode: 037466	Led locally on zoom
Pre-recorded Input Session 3		How can we support children and young people who have experienced bereavement and the impact of grief and loss?	David Trickey -
Network Session 3 (led by Diocese):	Thursday 8 <sup>th</sup> Dec	How can we support children and young people who have experienced bereavement and the impact of grief and loss? Join Zoom Meeting <a href="https://us06web.zoom.us/j/87213264824?pwd=U2ZTeHg4OHMvd2VuODB0c0MrLzU5UT09">https://us06web.zoom.us/j/87213264824?pwd=U2ZTeHg4OHMvd2VuODB0c0MrLzU5UT09</a> Meeting ID: 872 1326 4824 Passcode: 874658	Led locally on zoom

Pre-recorded Input session 4		Neuroscience – how does trauma affect children’s brains and what can we learn from this?	Professor Eamon McCrory – UCL/ <a href="#">Anna Freud</a>
Network session 4 (led Diocese):	Thursday 26 <sup>th</sup> Jan	Neuroscience – how does trauma affect children’s brains and what can we learn from this? Join Zoom Meeting <a href="https://us06web.zoom.us/j/83501061740?pwd=ZlJnMFJRM1grQVR2dmRHUVJ5VHloZz09">https://us06web.zoom.us/j/83501061740?pwd=ZlJnMFJRM1grQVR2dmRHUVJ5VHloZz09</a> Meeting ID: 835 0106 1740 Passcode: 670338	Led locally on zoom
Input session 5 (virtual):		Overcoming barriers to learning - practical classroom strategies to support children whose physical, cognitive, and social and emotional development has been adversely impacted by traumatic early life experiences.	Rebecca Brooks – <a href="#">Adoption UK</a>
Network session 5 (led by Diocese):	Thursday 2 <sup>nd</sup> March	Overcoming barriers to learning - practical classroom strategies to support children whose physical, cognitive, and social and emotional development has been adversely impacted by traumatic early life experiences. Education Team is inviting you to a scheduled Zoom meeting. Join Zoom Meeting <a href="https://us06web.zoom.us/j/83403821105?pwd=MmYvb2hsL0ZOcXR1Qzk4Mk1vdmVxUT09">https://us06web.zoom.us/j/83403821105?pwd=MmYvb2hsL0ZOcXR1Qzk4Mk1vdmVxUT09</a> Meeting ID: 834 0382 1105 Passcode: 385496	Led locally on zoom
Input session 6 (virtual):		Supporting social functioning and relationships, leading to more positive interactions and behaviour in school; how understanding trauma can help link more constructively with home and families.	Deborah Barnett – <a href="#">TLG</a> (Transforming Lives for Good)
Network session 6 (led by Diocese):	Thursday 30 <sup>th</sup> Mar	Supporting social functioning and relationships, leading to more positive interactions and behaviour in school; how understanding trauma can help link more constructively with home and families. Join Zoom Meeting <a href="https://us06web.zoom.us/j/83403821105?pwd=MmYvb2hsL0ZOcXR1Qzk4Mk1vdmVxUT09">https://us06web.zoom.us/j/83403821105?pwd=MmYvb2hsL0ZOcXR1Qzk4Mk1vdmVxUT09</a> Meeting ID: 834 0382 1105 Passcode: 385496	Led locally on zoom
Input session 7 (virtual):		Supporting children whose trauma is negatively impacting upon their behaviour, including those at risk of exclusion; exploring pathways and possibilities	Kiran Gill – <a href="#">The Difference</a>
Network session 7 (led by Diocese):	Thursday 4 <sup>th</sup> May	Supporting children whose trauma is negatively impacting upon their behaviour, including those at risk of exclusion; exploring pathways and possibilities Join Zoom Meeting <a href="https://us06web.zoom.us/j/84562778504?pwd=bGQrME1yZG84K1NxL3ZnMjhHVWpQZz09">https://us06web.zoom.us/j/84562778504?pwd=bGQrME1yZG84K1NxL3ZnMjhHVWpQZz09</a> Meeting ID: 845 6277 8504 Passcode: 079157	Led locally on zoom

## Intended Learning Outcomes:

- improved understanding of what trauma is, and how it impacts children/ young people in a range of different ways
- understanding of the difference between single event trauma and long-term sustained trauma (e.g. as experienced by looked after children) and how that might present in our students at school
- For school or trust leaders, to be taking steps to embed a trauma-informed culture across a whole school or trust
- For practitioners, to be utilising a range of strategies to recognise and support children who have experienced/ are experiencing trauma
- evaluated and reviewed policies and procedures for managing behaviour, identified and implemented positive actions to impact upon student wellbeing and outcomes
- feeling equipped to obtain appropriate external advice and support from a range of agencies and organisations (including those signposted by the network)

**Ultimately, we want to see children and young people in our schools, who have experienced some form of trauma, more able to access their learning because they are understood, supported and nurtured to thrive.**

This is dependent on schools who are led and staffed by adults who demonstrate particular mindsets and therefore behaviours. Therefore, our network principles, which we are seeking to develop in participants (with the intention of effecting long-term change) are:

- A willingness to learn and admit any gaps in knowledge
- The courage to seek help and make difficult decisions
- Empathetic listening which seeks to understand
- Open-mindedness to different approaches and ideas
- Non-judgemental engagement with others
- Commitment to action in service of children/ young people

Each network session will build on the learning from the expert instruction. There will be an expectation that participants will engage with that learning, considering how to apply it to their own context. Gap tasks will ask participants to try out/ explore a particular activity or strategy in their own school and report back at the next network session.

## EVALUATION

We are seeking to evaluate the effectiveness of the network to help shape future policy and intervention in this area, looking specifically at shifting culture, changing adult behaviour in schools and ultimately impacting upon children and young people who have experienced trauma. We expect this to be through

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