



Virtual Education Training - West Midlands Virtual Schools: Creating Chances 2026-2027

Audience - foster carers, adoptive parents, special guardians, kinship carers and those carers of children with a child arrangement order.

These **FREE** training sessions are designed to be welcoming and family friendly. There is no pressure to contribute unless you would like to, and any activities are entirely optional. Whether you choose to take part or simply listen, you will be made to feel comfortable, welcome and supported throughout.

14 FREE courses delivered twice over this academic year September 2026 to July 2027

- Moving to Reception Class
- Understanding Post 16 Options (Education and Training)
- Moving Up to Secondary School
- Helping Your Child Revise and Manage Exam Stress
- Supporting Reading in Primary School
- Understanding Attachment, Trauma and Learning (Primary)
- Understanding the Special Educational Needs Process
- Understanding Attachment, Trauma and Learning (Secondary)
- Understanding and Supporting Your Child's Sensory Needs
- Supporting Play and Development at Home
- Helping Your Child Manage Their Emotions
- An Introduction to the PACE Approach
- Supporting Reading in Key Stage 3
- An introduction to Executive Functioning Skills (Helping Your Child Manage Focus, Feelings, and Daily Life)

**FREE
Training
2 hours per
session**

Moving to Reception Class

**11th September 2026
9:00am - 11:00am**

[Click here to book your place](#)

**4th March 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand what to expect when your child starts Reception.
- Learn what "school ready" really means and how to help your child prepare.
- Know what questions to ask your child's nursery and new school in preparation for starting Reception.
- Feel confident supporting your child through the move into school.
- Discover simple activities you can do at home before school starts.

Understanding Post 16 Options (Education and Training)

**18th September 2026
9:00am - 11:00am**

[Click here to book your place](#)

**11th February 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Learn the laws about staying in education after age 16.
- Understand the education choices available after Year 11.
- Learn about different qualifications and courses.
- Understand the process for post 16 education/training if your young person has an Education, Health and Care Plan (EHCP).
- Find out about financial support that may be available.

Moving Up to Secondary School

**23rd September 2026
1:30pm - 3:30pm**

[Click here to book your place](#)

**18th March 2027
4:30pm - 6:30pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand how to apply for secondary school, including the process for children with an Education, Health and Care (EHC) Plan.
- Learn what secondary schools can offer your child.
- Understand the challenges children may face during the move to secondary school.
- Find practical ways to support your child during the transition.
- Know what to do if your child is finding it difficult to settle in.

Helping Your Child Revise and Manage Exam Stress

**8th October 2026
11:30am - 1:30pm**

[Click here to book your place](#)

**28th January 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand the impact of trauma on the brain, learning, and memory.
- To recognise how healthy habits support learning.
- Learn practical ways to support revision and study at home.
- Understand different learning styles and revision techniques.
- Discover useful websites and resources for revision.
- Help your child manage stress and anxiety during exams.
- Understand how schools apply for exam access arrangements when needed.

Supporting Reading in Primary School

**16th October 2026
9:00am - 11:00am**

[Click here to book your place](#)

**11th March 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand why reading is so important for your child's learning.
- Learn how reading is taught throughout primary school.
- Understand school reading schemes and phonics.
- Discover ways to build your child's reading confidence and understanding.
- Take away practical ideas and resources to support reading at home.

Understanding Attachment, Trauma and Learning (Primary)

**19th October 2026
1:00pm - 3:00pm**

[Click here to book your place](#)

**15th April 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Learn how early relationships shape children's emotional development.
- Understand how trauma can affect the brain, behaviour and learning.
- Recognise different attachment styles and how they may appear at primary school.
- Explore ways schools and families can support children who have experienced trauma.

Understanding the Special Educational Needs Process

**5th November 2026
4:30pm - 6:30pm**

[Click here to book your place](#)

**7th May 2027
9:00am - 11:00am**

[Click here to book your place](#)

By the end of this course, you will understand:

- What Special Educational Needs (SEN) Support means.
- What an Individual Education Plan (IEP) or a SEN Support Plan is.
- When an Education, Health and Care (EHC) Needs Assessment may be appropriate.
- How parents can request an Education, Health and Care (EHC) Needs Assessment.
- What happens during the Education, Health and Care Plan process and how long it can take.
- When specialist school placements may be considered and how decisions are made.

Understanding Attachment, Trauma and Learning (Secondary)

**20th November 2026
9:00am - 11:00am**

[Click here to book your place](#)

**13th May 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Learn how early relationships shape children's emotional development.
- Learn how trauma can impact learning, behaviour and relationships.
- Recognise different attachment styles in secondary-aged young people.
- Explore ways schools and families can support young people who have experienced trauma.

Understanding and Supporting Your Child's Sensory Needs

**3rd December 2026
5:00pm - 7:00pm**

[Click here to book your place](#)

**21st May 2027
9:00am - 11:00am**

[Click here to book your place](#)

By the end of this course, you will:

- Learn about the eight senses and how they help us understand the world around us.
- Understand how experiencing trauma can affect the way a child or young person processes sensory information.
- Explore the four key senses that are often affected by trauma.
- Discover practical ideas and strategies that can be used at home or in school to help children and young people with sensory processing differences.

Supporting Play and Development at Home (Focus Age 3 to 5 - Toddler Play)

**14th December 2026
12:00pm - 2:00pm**

[Click here to book your place](#)

**10th June 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand why play is essential for your child's development.
- Learn about the different stages and types of play.
- Discover simple, low-cost play ideas to use at home.
- Learn about therapeutic play approaches, including PACE, Play Therapy and Theraplay, and how they support children's emotional wellbeing.

Helping Your Child Manage Their Emotions

**14th January 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

**14th June 2027
11:30am - 1:30pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand the difference between co-regulation and self-regulation.
- Help your child recognise and talk about their feelings.
- Support your child to build resilience and problem-solving skills.
- Learn calming and alerting strategies to help manage emotions.
- Understand how schools use the Zones of Regulation.

An Introduction to the PACE Approach

**29th January 2027
9:00am - 11:00am**

[Click here to book your place](#)

**1st July 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand how trauma affects children's development.
- Learn about Dyadic Developmental Practice (DDP).
- Discover how the PACE approach can strengthen your relationship with your child.
- Feel confident using PACE strategies in everyday family life.

Supporting Reading in Key Stage 3

**4th February 2027
4:30pm - 6:30pm**

[Click here to book your place](#)

**9th July 2027
9:00am - 11:00am**

[Click here to book your place](#)

By the end of this course, you will:

- Understand why reading remains important throughout secondary school.
- Learn how reading supports learning across all subjects.
- Help your child develop a wider vocabulary.
- Discover ways to encourage reluctant readers.
- Learn about reading support available in schools.
- Understand how reading skills help prepare for GCSEs.
- Find practical ways to encourage reading at home.

An introduction to Executive Functioning Skills (Helping Your Child Manage Focus, Feelings, and Daily Life)

**8th February 2027
11:30am - 1:30pm**

[Click here to book your place](#)

**8th July 2027
5:00pm - 7:00pm**

[Click here to book your place](#)

By the end of this course, you will:

- Understand the skills that children use to focus, plan, organise, remember things, and manage their emotions and behaviour.
- Learn why some children find these skills more difficult than others.
- Recognise the signs that your child may be struggling with these skills.
- Understand how these challenges can affect everyday life at home and at school.
- Learn simple, practical ways to help your child build these skills and become more confident and independent.

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