

## **GHLL 2019 Conference**

# **Leading Ways to Wellbeing: Are we there yet?**

**Thursday 27<sup>th</sup> June 2019**

**Cheltenham Chase Hotel, Shurdington Road, Brockworth GL3 4PB**

**The cost of the day will be £40.00, including lunch and refreshments.**

- 08:30 - 08:55**    **Registration and Refreshments**
- 09:00 - 09:15**    **Welcome, Introduction and Launch**  
Fiona Quan, Lead for GHLL  
Beth Bennet-Britton, Consultant, Public Health
- 09:15 – 09:25**    **Chris Spencer, Director of Children’s Services**
- 09:30 - 09:40**    **Helen Ford, integrated Care System Lead for Children’s Mental Health and Maternity Future in Mind and Better Births Programme, NHS Gloucestershire Clinical Commissioning Group**
- 09:40 - 09:45**    **Fiona Quan**  
Introduction to Dick Moore
- 09:45 - 10:45**    **Keynote Speaker: Dick Moore**
- 10:45 - 11:10**    **Coffee and Marketplace**  
An opportunity for delegates to network and browse a range of relevant displays
- 11:15 - 12:00**    **Workshop 1**  
Delegates attend their first workshop
- 12:10 - 13:25**    **Lunch and Marketplace**
- 13:25 - 13:30**    **Fiona Quan**  
Introduction to Paul McGee
- 13:30 - 14:30**    **Keynote Speaker: Paul McGee**
- 14:30 - 15:30**    **Workshop 2**  
Delegates attend their second workshop
- 15:35-16:00**    **Marketplace, Networking and Close**

**To book a place, please complete and return the separate booking form via email to:**

**[GHLL@gloucestershire.gov.uk](mailto:GHLL@gloucestershire.gov.uk)**

**Please indicate your 1<sup>st</sup> and 2<sup>nd</sup> choices for both the morning and afternoon workshop sessions. Information about the workshops is overleaf and place will be allocated on a ‘first come, first served basis.’**

# Workshops

Please find below workshop details

**Workshop places are limited, therefore, allocations will be on a first come first served basis. We ask you to please choose a first and a second choice for the morning workshop, and a first and a second choice for the afternoon workshop. Please enter these on the booking form. As indicated, not all workshops will run twice.**

Ref:Activity	<b>How Physical Activity can have an Impact on the Mental Well-being of Every Pupil in your School</b>	Running am & pm
Leader:	Chris Powell, GHLL Lead teacher and Tom Hall, Active Gloucestershire	
Target Audience:	All Phases	
Details:	<p>How can physical activity have an impact on the mental wellbeing of every pupil in your school?</p> <ul style="list-style-type: none"><li>• This interactive workshop will set you up to evaluate in greater details, and with increased confidence, how much of an impact physical activity is having on the mental wellbeing of your pupils.</li><li>• Using research-based approaches, such as the 5 ways to wellbeing, we will give you the knowledge and tools to then go back to school to use interventions, and funding such as the PE and Sport Premium, in a more effective, informed way.</li><li>• We will be exploring, and sharing, best practice interventions including the Daily Mile, Forest School Provision, Girls Active, GHLL interventions and some other key drivers that may form part of your current PE/PHSE curriculum.</li></ul>	
Ref:Stonwall	<b>An Introduction to Tackling Homo-phobic, Biphobic &amp; Transphobic Bullying &amp; Language</b>	Running am & pm
Leaders:	Holly Green, Stonewall	
Target Audience:	All Phases	
Details:	<ul style="list-style-type: none"><li>• 45% of LGBT young people have experienced homophobic, biphobic and transphobic (HBT) bullying at school or college. We can change this.</li><li>• Stonewall provide CPD-accredited training to help teachers and education professionals develop the skills, tools and confidence to tackle this kind of bullying.</li><li>• At this introductory workshop, you'll learn about the experiences of LGBT young people in education, develop an understanding of the legal and statutory context for schools and have a chance to practice responding to incidents of HBT bullying.</li></ul>	

Ref:SelfHarm

## Attention Seekers? What is self-harm really about?

Running  
am & pm

**Leader:** Satveer Nijjar, Independent Trainer

**Target Audience:** All Phases

**Details:** This session will act as a brief introduction to self-harm covering:

- A definition, triggers and functions
- What to say/not to say when presented with self-harm
- Tips on supporting someone who is self-harming
- The benefits of a whole school/college approach of education around self-harm awareness

Ref:CyberHu

## Cyber Hub School

Running  
am only

**Leader:** Alan Johnson, Headteacher, Newent Community School and Sixth Form

**Target Audience:** All Phases

**Details:**

- Improving diversity, developing entrepreneurial and cyber savvy students.
- We all have a duty to keep children safe and yet without a radical change of direction I believe there is a very real danger that schools will fail generations of young people and their families.
- In December 2017 Newent Community School and Sixth Form Centre became the first standalone Cyber Hub in partnership with the National Cyber Security Centre (part of GCHQ). Since then we have been at the forefront of developing bespoke curriculum for young people aged 9 to 19 that equips them with the skills they need to stay safe in a connected world
- By incorporating the latest developments in cyber safety into our already internationally renowned personal, social, health and emotional (PSHE) curriculum we successfully tackled the thorny issue of gender diversity in this area.
- Newent is now recognised as a beacon of excellence in this area and as a result we regularly host visits from schools, post-16 providers and other organisations to learn how to secure outstanding outcomes in this critical area.

Ref:Destress

## tic+ De-stress Training Workshop

Running  
am & pm

**Leaders:** Katherine Mather, Senior Counsellor and Tracy Bartram, Counsellor

**Target Audience:** All Phases

**Details:**

- Teachers and school staff are on the front line supporting children and young people suffering with anxiety related issues.
- Based on the successful TIC+ De-stress workshop for young people, this workshop explores some of the reasons why young people feel anxious.
- Using simple techniques like mindfulness and relaxation, the programme gives professionals tools for helping students deal more effectively with stress and anxiety.

Ref:OccHea

## A Healthier Response to Stress

Running  
am only

**Leader:**

Richard Atkinson, Occupational Health

**Target Audience:**

All Phases

**Details:**

- With the aim of looking at the causes and symptoms of stress and burnout while encouraging attendees to develop strategies that support themselves and others
- We will look at how the body and mind react to stress based on the current understanding of neurobiology. This knowledge can lead to a more compassionate understanding of why we react as we do and help us take steps which can facilitate change and a different response.
- With an understanding of how stressors impact an individual, participants will be invited to learn simple effective exercises which can reduce stress and help restore calm.

Ref:EmotLit

## Emotional Literacy

Running  
am & pm

**Leaders:**

Dave Stewart and Ryan O'Regan, Parallax Mentoring Ltd

**Target Audience:**

All Phases

**Details:**

- If improving the mental health and emotional literacy levels of the children in your school is crucial to your school's approach, then our workshop is the one for you!
- Using our successful integrated model, that incorporates our knowledge of trauma impact, ACEs, attachment, counselling and the importance of developing emotional literacy skills to support positive mental health, we have greatly improved the psychological and emotional well-being of young children in Gloucestershire.
- Join us now and find out exactly what it's like to be in their shoes, how our programme can really help and the positive outcomes that we have already achieved in the Gloucestershire area.

Ref:RSEPri

## Putting the Guidance into Practice: Delivering High Quality Relationship and Sex Education in Primary Schools

Running  
am only

**Leader:**

Dr Polly Haste, Sex Education Forum

**Target Audience:**

Primary

**Details:**

- This workshop will guide you through the new statutory guidance and the implications for primary schools.
- We will explore the key steps in the 'Roadmap to statutory RSE' tool and how it can be used to deliver a compliant, engaging and inclusive programme of RSE by September 2020.
- Drawing on the resources available to Gloucestershire schools, participants will sample audit tools, review resources, and consider how to deliver RSE that meets the needs of staff, pupils and parents.

Ref:RSESec

## Putting the Guidance into Practice: Delivering High Quality Relationship and Sex Education in Secondary Schools

Running  
pm only

**Leaders:**

Dr Polly Haste, Sex Education Forum

**Target Audience:**

Secondary

**Aims:**

- This workshop will guide you through the new statutory guidance and the implications for secondary schools.
- We will explore the key steps in the 'Roadmap to statutory RSE' tool and how it can be used to deliver a compliant, engaging and inclusive programme of RSE by September 2020.
- Drawing on the guidance available to Gloucestershire schools, participants will sample audit tools, review resources, and consider how to deliver RSE that meets the needs of staff, pupils and parents.

Ref:NSPCC

## Safety Online

Running  
pm only

**Leader:**

Lizzie Coburn, NSPCC Schools Service Area Coordinator

**Target Audience:**

The advice and resources in the workshop can be used for all phases but would be particularly useful for primary and KS3

**Details:**

- Advice and resources for adults concerned with helping young people safely enjoy the online world.
- An introduction to the NSPCC's partnership with O2, which has been set up to combine safeguarding and technical expertise to help parents, carers and professionals keep up to date and feel confident about online safety.
- How to keep up-to-date with the latest online trends, how to have the right conversations with children and young people, how to model positive use of internet technology and how to access technical advice and support.
- All advice and resources introduced during the workshop are free to use. Primary school staff who attend will also be able to sign up for a free internet safety workshop to be held at their school for parents/family members, carers and school governors.

Ref:Winston

## Winston's Wish

Running  
am & pm

**Leader:**

Helen Fisher, Area Manager South West, Winston's Wish

**Target Audience:**

All Phases

**Details:**

- Child Bereavement: supporting children, young people and their families following a death.