



CONFERENCE 2023

Friday 3 February 2023 | from 0830 to 1545

Buckfast Abbey Conference Centre | [Northwood Lane, Buckfast, Devon TQ11 0EG](#)
#wellbeingconf2023

Wellbeing Conference

Keynote Speakers



Nicola Harvey | Author, Wellbeing & Education Consultant | Harvey Heals
Practical Strategies to Support Students Experiencing Anxiety.



Faye McGuinness | Director of Programmes | Education Support Partnership
Wellbeing: a hopeful future for education staff.

Workshop Highlights

- Leadership in Action: cultivating cultures to support better mental health
- Staff Wellbeing: a practical approach
- Mindfulness in Schools and Education
- Mindfulness and Movement: a Taster Session for Teachers & Leaders
- Improving Staff Wellbeing with Movement and Physical Activity
- Supporting Pupils' Health and Wellbeing Through Targeted Interventions and Whole School Approaches using the Power of Physical Activity and Movement
- Proactive Student Wellbeing in Education
- A Holistic Approach to Pastoral Care for Student Wellbeing

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Information about Morning Keynotes & Afternoon Workshops

0900 - 0945

Wellbeing: a hopeful future for education staff

FAYE MCGUINESS | DIRECTOR OF PROGRAMMES | EDUCATION SUPPORT PARTNERSHIP

Keynote Session

The Covid-19 pandemic has exacerbated many of the challenges facing the education workforce, including the impact on staff mental health and wellbeing.

But what has the pandemic taught us about purpose, connection, optimism and resilience that can help us to view staff wellbeing through a different lens and how can this new awareness provide a more hopeful future for the wellbeing of education staff?

This keynote will explore these questions and share their perspectives on what a more hopeful future can look like.

Bio

Faye is responsible for the development of Education Support's mental health and wellbeing services and programmes, with oversight of their Department for Education and Welsh Government funded programmes and is passionate about supporting better workplace mental health and making an impact across the education sector.

Previously, Faye was Head of Workplace Wellbeing Programmes at the mental health charity, Mind and led on the development of Workplace Wellbeing programmes, including the Mentally Healthy Universities Programme with responsibility for the development of the Mental Health at Work website and the "Our Frontline" campaign in response to Coronavirus and also led Mind's response to the Stevenson-Farmer 'Thriving at Work' review.

1140 - 1230

Practical Strategies to Support Students Experiencing Anxiety.

NICOLA HARVEY | AUTHOR, WELLBEING & EDUCATION CONSULTANT | HARVEY HEALS

Keynote Session

Learn how to spot anxious students in the classroom, the psychoeducation behind anxiety, and how to develop practical strategies to support the emotional health and wellbeing of students.

Bio

Nicola Harvey is a former senior teacher and pastoral lead with a specialism in Special Educational Needs and mental health. She is also a published author, and has worked with many teachers, parents and students to support their mental, physical and emotional health and wellbeing.

Her published books, "Mindful Little Yogis" and "Self-Care Activity Book for Kids," explore the importance of integrating inclusive emotional wellbeing strategies both inside and outside the classroom.

1315 - 1400

Why it is important to talk about student wellbeing

MEGAN HORNBY | MENTAL HEALTH AND WELLBEING LEAD | LIFE CHANCE GROUP

JULES SANDERS | HEAD OF MULTI-DISCIPLINARY TEAM | LIFE CHANCE GROUP & SCHOOL FOR INSPIRING TALENTS

Workshop Sessions

All schools are aware that optimum healthy student wellbeing equals a happier school with a better chance of achieving successful outcomes and this keynote will look at school context and a shared definition of wellbeing within the national context. It will guide consideration of what your school is doing to support student wellbeing and ultimately, why it is important to talk about student wellbeing.

Bios

The Life Chance Multi-Disciplinary Team is a skilled team of school staff, therapists and practitioners incorporating a range of disciplines to provide a holistic approach for children and families.

Jules is an experienced teacher and SENDCo supporting children with Special Educational Needs and Disabilities (SEND), specialising in social, emotional and mental health (SEMH), trauma and inclusion. During her time in education Jules has developed her experience within primary settings; particularly those in areas of high need and deprivation, and within specialist SEMH settings and Alternative Provision in various leadership roles.

Jules also has experience at a senior level within the Health Sector as Head of the Targeted Mental Health in Schools (TaMHS) Team in Plymouth (part of Plymouth CAMHS) and has also worked as a Senior Primary Mental Health Worker with interim responsibility for the Primary Mental Health Work Team and Infant Mental Health Team. She holds additional qualifications in Family Therapy, Cognitive Behaviour Therapy, Counselling, and is a trained facilitator for parenting support programmes.

Megan works alongside young people to engage them in trauma-focused cognitive behavioural therapy interventions and is qualified and experienced in staff supervision.

A qualified social worker with experience of roles in educational settings, social care and mental health; whilst working as a mental health recovery co-ordinator in community mental health services, Megan developed a passion for supporting people who have experienced trauma and is a warranted Approved Mental Health Professional. Trained in enhanced trauma recovery pathways, attachment, and mental health leadership, Megan has an advanced knowledge of how trauma affects development.



Conference Agenda

Welcome and Registration | from 0815

Keynote Speaker | 0900 – 0945

Wellbeing: a hopeful future for education staff
Faye McGuiness | Education Support Partnership

Workshops A | 0945 – 1030

Choice of three:

Workshop 1

Leadership in action: cultivating cultures to support better mental health | Faye McGuiness (Education Support Partnership)

Workshop 2

Staff Wellbeing: a practical approach | Lisa Whitworth (Sidmouth College)

Workshop 3

Mindfulness in Schools and Education | Emily Slater (Mindfulness in Schools Project, supported by Towergate Insurance Brokers)

Break | 1030 – 1055

Workshops B | 1055 – 1140

Choice of three:

Workshop 1

Mindfulness and Movement: a Taster Session for Teachers and Leaders | Carrie McMillan (SWTT)

Workshop 2

Staff Wellbeing | Improving Staff Wellbeing with Movement and Physical Activity | Aaron Harverson & Jason Wood (Active Devon)

Workshop 3

Pupil Wellbeing | Supporting Pupils' Health and Wellbeing Through Targeted Interventions and Whole School Approaches using the Power of Physical Activity and Movement | Karen Jones & Rebecca Skinner (Active Devon)

Keynote Speaker | 1140 – 1230

Practical Strategies to Support Students Experiencing Anxiety
Nicola Harvey | Harvey Heals

Lunch | 1230 – 1315

Introduction to Workshops C | 1315 – 1400

Why it is Important to Talk about Student Wellbeing

Megan Hornby | Life Chance Group

Jules Sanders | Life Chance Group & School for Inspiring Talents

Break | 1400 – 1415

Workshops C | 1415 – 1545

Choice of two:

Workshop 1

Proactive Student Wellbeing in Education | Emily Hanbury (School for Inspiring Talents)

Workshop 2

A Holistic Approach to Pastoral Care for Student Wellbeing | Megan Hornsby and Jules Sanders (Life Chance Group and School for Inspiring Talents)

Close | 1545



Information about Workshops A | 0945 - 1030

Leadership in Action: cultivating cultures to support better mental health

FAYE MCGUINNESS | DIRECTOR OF PROGRAMMES | EDUCATION SUPPORT PARTNERSHIP

In this workshop, Education Support will focus on the role of leadership in creating mentally healthy school cultures; for all staff.

Learn about the pillars of psychological capital, how you can cultivate these within your school and what creating mentally healthy school cultures looks like in practice.

Spend time discussing what's needed to create the cultures and conditions where staff feel connected, appreciated and hopeful.

Staff Wellbeing: a practical approach

LISA WHITWORTH | PSHE LEAD | SIDMOUTH COLLEGE.

Sidmouth College have been tracking staff wellbeing for three years and have developed a system for effectively engaging with staff and addressing concerns about workload and wellbeing.

Lisa will share in this workshop some of the strategies that have been useful in keeping staff wellbeing as a priority.

Mindfulness in Schools and Education

EMILY SLATER | CEO | MINDFULNESS IN SCHOOLS PROJECT (SUPPORTED BY TOWERGATE INSURANCE BROKERS)

This workshop will dispel some of the myths of mindfulness and consider a definition of mindfulness and why we offer it in school and how the Mindfulness in Schools Project can support you to do this as effectively as possible.

Information about Workshops B | 1055 - 1140

Mindfulness and Movement – a Taster Session for Teachers and Leaders

CARRIE MCMILLAN | SCITT LEAD | SOUTH WEST TEACHER TRAINING

Resilience and wellness have never been more important for school staff.

This workshop draws on Carrie's of experience of equipping new teachers for classroom life with the history, research evidence, physiological/psychological benefits of a mindfulness practice.

There will be opportunity to share strategies that can be incorporated into your own lives and that you could share with colleagues and young people.

Improving Staff Wellbeing with Movement and Physical Activity

AARON HARVERSON | PROJECT MANAGER | ACTIVE DEVON

JASON WOOD | PARTNERSHIPS MANAGER | ACTIVE DEVON

This workshop will provide an introduction to the theory of wellbeing with practical advice on how to improve wellbeing in the workplace, using physical activity as a driver.

It will consider ways to improve the work-life balance and champion wellbeing in your school, with take away tips and tricks to help staff on their wellbeing journey.

Supporting Pupils' Health and Wellbeing Through Targeted Interventions and Whole School Approaches using the Power of Physical Activity and Movement

KAREN JONES | REBECCA SKINNER | PARTNERSHIPS MANAGERS | ACTIVE DEVON

It is well known that physical activity and movement can impact positively on young people's wellbeing and resilience.

This workshop will consider the science behind developing an Active School, showcasing examples of schools across Devon supported to embed physical activity and movement across the whole school day to support positively pupils' mental health and wellbeing, as well as wider pupil outcomes.

It will also focus on how to deliver better outcomes for young people with SEND and/or those who have experienced childhood trauma by using in-school and community-based physical activity as mediators to improved wellbeing and using reevaluation to highlight what matters to people across a complex system.

Information about Workshops C | 1415 - 1545

Proactive Student Wellbeing in Education

EMILY HANBURY | HEAD OF CURRICULUM | SCHOOL FOR INSPIRING TALENTS

This workshop will look at the research and consider the relationships, resilience and responsibility and the link between wellbeing and academic achievement from both a staff and student perspective.

It will seek to provide a guiding philosophy and look to lessons from the Nordic countries and look at managing the everyday reality within the context of the legacy and impact of Covid-19 and other global issues.

It will provide guidance on Adverse Childhood Experiences and as well as change and loss and how to support students through this.

As a whole school approach to wellbeing, the session will focus on values and culture building and a coherent approach to a wellbeing curriculum. Thinking about and how to embed wellbeing in all teaching and learning. It will explore the need for naturalness, individualisation and stimulation and developing indoor and outdoor learning spaces conducive to wellbeing.

The importance of planned transitions will be considered and as well as how to go about facilitating a positive plan and driving improvement with students at the heart.

A Holistic Approach to Pastoral Care for Student Wellbeing

MEGAN HORNBY | MENTAL HEALTH AND WELLBEING LEAD | LIFE CHANCE GROUP
JULES SANDERS | HEAD OF MULTI-DISCIPLINARY TEAM | LIFE CHANCE GROUP & SCHOOL FOR INSPIRING TALENTS

This workshop will explore the international context and correlation between wellbeing/mental health during the school years and the impact on later life and mitigating and protective factors and the link between staff wellbeing and student wellbeing.

To guide schools in how to make a commitment to prioritise wellbeing the workshop will examine the holistic approach and the link between relationships and wellbeing in order to enhance wellbeing in our school communities.

Mindful of the importance of learning from experiences and the struggles and successes, guidance will be provided to understand how we know that it is working and measure life satisfaction and improving outcomes.

Ultimately the holistic approach is achievable for everyone and will discuss mental health champions, pupil voice, satisfaction measures as a commitment to change.



Ticket Price: SWIFT Members £95 / Non-Members £150 per person (including the conference and refreshments during the day).
Contact: Jude.Owens@sw-ift.org.uk

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