



South West School Wellbeing Conference: Ensuring Positive Outcomes for Students and Teachers

Friday 18th January 2019

Sandy Park Conference Centre | 09:30 - 16:30

09:00 *Registration, Refreshments, Networking and Exhibition*

09:30 Welcome, Introduction and Musical Performance

Anthony Boulton, Professional Lead, Behaviour Support Team and Babcock LDP Music Service

09:45 The Happiness Advantage

Dr Andy Cope, Teacher, Author and Learning Junkie

The morbid obesity of change is weighing us down with staff worn out by incessant initiatives and budget cuts. We're challenged to come up with new ways of working and most people are sick to death of being asked to 'think outside the box'. And, as the dark winter months approach, staff energy levels will dwindle even further. We plod on, counting down to the weekend or the next holiday. Then we'll be happy! But what if we've got it all wrong? What if our thinking is faulty? What if happiness doesn't come from achieving our goals or working hard? What if happiness isn't some pot of gold at the end of the emotional rainbow? Or rather, what if happiness is at the end of the rainbow but it's at our end? Right under our feet?

Andy Cope will talk about his research into happiness and flourishing and how it's a vital ingredient in times of change. Too many training sessions are additive, giving you things to do and remember. Andy describes this session as subtractive. He wants to take some weight off your mind, give you less to think about and less to do. He will focus on some wellbeing messages that are applicable to home as well as the classroom and staffroom but remember, the emphasis is on giving you less to do so here's the plot spoiler: Relax, and stop weighing yourself down.

10:45 *Refreshments, Networking and Exhibition*

11:15 Mindfulness for Schools with Breathe Outdoors

Kate Ryley, Owner of Breathe Outdoors, Mindfulness Expert

Explore how mindfulness and the outdoors can be a useful wellbeing tool for your schools teaching and learning. During this informative and experimental presentation, Kate from Breathe Outdoors will aim to take you through some simple steps to create a positive, calm and creative learning environment. This will include some guided exercises gently flexing both your mind and body muscles.

Research has suggested identifying, talking about and reflecting on feelings and thoughts is key to any young person's development. Pairing that with direct experiences with our natural world provides a wonderful learning experience. Introducing and practising mindfulness, meditation and learning through challenge and experience naturally creates a deeper sense of self-acceptance, calm and confidence, the building blocks for wellbeing.

12:15 *Lunch, Networking and Exhibition*

13:15 **Workshop 1**

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The Role of the Key Adult in Supporting Wellbeing Through Connection
Matt Jones, Advisory Teacher and Catherine Dunnett, Educational Psychologist, Babcock LDP

Looking After Ourselves'
Andy Simpson, Advisory Teacher, Babcock LDP and Jeff Cornish, Family Worker, Babcock LDP

Promoting Positive Wellbeing in the Early Years
Karen Salter – Early Years Consultant, Babcock LDP

14:15 Workshop 2

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15:20 Safeguarding Your Mental Health in the New Year

Claire Eastham, Author and Blogger of 'We're All Mad Here', Mental Health Campaigner

We spend twenty-five days in December, preparing for a single event, (Christmas). Yet, no time at all preparing for what is arguably the most depressing month of the year. January is the month in which our mental health is tested to the very limits. Blue Monday, dark nights, a hangover from the excesses consumed a decrease in finance and a decline in social interactions.

The Mental Health Foundation highlights that the 'January Blues,' affects a large percentage of the population, and a recent study conducted by Leeds Beckett University, revealed that more than half of teachers have been diagnosed with a mental health issue. Excessive workloads, underfunding and trying to deal with the emotional needs of their students, are all varying factors.

In her talk, Claire Eastham will discuss the main factors that contribute to poor mental health, both during the 'January Blues' period and in general, and provide simple yet affective ways to combat them. Nothing fancy, just comfort, humour and truth!

16:30 Close of Conference

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- The Role of the Key Adult in Supporting Wellbeing Through Connection**
Matt Jones, Advisory Teacher and Catherine Dunnett, Educational Psychologist, Babcock LDP

This workshop explores the role of meaningful connection in supporting wellbeing. Considering connection in its widest sense, including attachment and relationships with adults and peers as well as learning, place and the school community. The workshop will include an exploration of the theory and practical approaches to developing a sense of connection within the school setting.

- Looking After Ourselves'**
Andy Simpson, Advisory Teacher, Babcock LDP and Jeff Cornish, Family Worker, Babcock LDP

In these pressured times where schools are constantly being asked to do 'more with less', we as adults are at increasing risk of becoming more and more drained, and feeling like we are 'running on empty'.

This workshop will encourage us to focus on how we can better look after our own wellbeing, and will offer practical ideas and easy to learn de-stressing techniques we can put to immediate use.

These may include ideas from mindfulness practice, Energy Medicine, EFT tapping and positive touch (hand reflexology, and Massage In Schools Programme techniques).

Take some time for our own needs for a change! (Which of course helps us be in a better place to help others...)

- Promoting Positive Wellbeing in the Early Years**
Karen Salter – Early Years Consultant, Babcock LDP

"If we can enable children to have good wellbeing in the early years then we are setting them up with a solid start for their life." (Mainstone-Cotton, 2017)

This workshop will consider the importance of promoting positive wellbeing with 2-5 year olds. Raising the profile of mental wellness with young children (alongside physical good health) can help create a foundation for long term wellbeing and support successful learning across the curriculum. Strategies for fostering positive wellbeing will be shared in line with the EYFS curriculum for 'Personal, Social and Emotional development'. Key aspects will be considered such as self-awareness, self-regulation, emotional vocabulary and calming/relaxation techniques.

