

SESSION OUTLINES:

PLENARY SESSION: Mindfulness for Stress Management

Julie Liddle, Psychology Educator, The MIND less FULL

The warm-up act to ease you into the day. An interactive session where we will explore why adopting a mindfulness practice might just help reduce symptoms of stress and most importantly, how to do it...without the need for any special cushions, bells or hareem pants. An open mind and a willingness to have a go is all that is required.

KEYNOTE: Update on the DfE programme and Senior Mental Health Lead Funding

Mark Dunne-Willows, Strategic Lead - Regional Mental Health Delivery (North), Department for Education

An update on the Department for Education's mental health programme and the Senior Mental Health Lead training (funded by DFE).

KEYNOTE: Understanding the drivers of pupil wellbeing: insights from one of England's largest school-facing research projects

Beth Williams, School Partnerships Officer & Dr Chris Wilson, Director, ImpactED

This session will discuss the findings from ImpactEd's national research focusing on the key drivers of wellbeing in England from over 80,000 pupils. Chris and Beth will look to provide evidence-informed, practical recommendations for teachers around how they might integrate lessons from this research into their own school practice.

KEYNOTE: How to look after yourself when looking after challenging pupils and people

John D'Abbro, Behaviour Advisor, Department for Education

John's talk will focus on how to look after yourself when looking after challenging pupils and people and the impact that managing behaviour has on an individual and a team.

Having your cake and eating it!

Paul Crittenden, Schools Advisory Service

5 key personal skills that improve resilience and wellbeing whilst also uplifting performance.

Developing a whole system approach to improve student and staff health, well-being and learning

Wendy Mitchell & Ryan Houghton, Sunderland City Council

Developing a whole system approach that contributes to improving your student and staff health, wellbeing and learning by building on existing knowledge, skills, and community assets. This session will cover how Sunderland developed a successful Healthy Setting framework combining healthy policies, environments, education, wellbeing activities and initiatives. How to bring together key stakeholders in the city to work in partnership with schools to achieve shared and common goals. Using a capacity building framework and peer education Health Champions programme to develop an action plan based on the needs of an individual school and the community to reduce health inequalities.

How does mental health affect behaviour in schools and what can we do to understand and support pupils?

Christina Jones, CEO, River Tees Multi Academt Trust

Self Regulation - Exploring Evidence

Sarah Stock, Newcastle Research School

The importance of relationship building

Stephanie Fenwick, Emotional and Wellbeing Lead, River Tees Multi Academy Trust

Behaviour and Mental Health in School

Charlotte Rainer, Coalition Lead, The Children and Young People's Mental Health Coalition

The Children and Young People's Mental Health Coalition are launching a new inquiry on behaviour and mental health in school. Our members have long been concerned that too often children and young people get punished for behaviour that is linked to their mental health, and that responses to behaviour, like the use of isolation rooms and exclusion, can further harm young people's mental health. Through our inquiry, we will explore the links between mental health and behaviour, how current school policies on behaviour are impacting young people and their families, and what can be done to create a school culture that promotes positive behaviour and mental health. This session will provide an overview of key concerns and findings so far from the inquiry.

'I have had less sleep in the last 12 months than I've ever had' Exploring the health and wellbeing of school staff in NE England during the COVID-19 pandemic

Steph Scott, Lecturer in Public Health and Qualitative Methods, Newcastle University

Presentation focusing on school staff health and wellbeing over the course of the pandemic. We have conducted qualitative interviews in 2020 and followed up staff one year later in 2021. This session will focus on the thoughts and experiences of staff during this time.

Tackling the Mental Health Tsunami - How to set up, and sustain, an effective Mental Health Support Network in school

Dan Crosland, Assistant Headteacher & Nicola Airey, School Psychotherapeutic Counsellor, Whickham School

Dan & Nicola will talk about how they have attempted to tackle the Mental Health crisis in schools by adopting a multi-agency approach and through dealing with prevention, early triage and intervention, training non-specialists and parental engagement.

Transforming Reactive Behaviours

Christopher King & Jo Bradley, Mindfulness Practitioners, Alliance Psychology

Jo and Chris will be sharing some of the practical mindfulness tools and techniques from the WellBeings Programme which can be easily implemented directly into the classroom environment. The speaking session will include an interactive examination of mentally and emotionally-fuelled reactive behaviour and methods of transforming it into safe, and appropriate responsive action. We include relevant brain based neuroscience, physiological responses and emotional awareness.

Provision of School-based Counselling in England

Simon Mason, Campaign Leader & Michael Thompson, Tyne & Wear Citizens

Through testimony from students this session will demonstrate the need for the provision of counselling in schools and further education colleges in England. Focusing on the North East, school and college leaders will be asked to commit to joining the campaign whether they currently provide counselling in their education establishment or aspire to do so.

How can we help children who have experienced trauma settle to learn within a culture of wellbeing, intervention and whole school practice?

Clare Williams, Author & Creator, Hamish & Milo - Wellbeing Intervention

This session will explore a trauma-aware framework to develop a culture of wellbeing and whole school practice, as well as a programme of enhanced intervention that promotes and protects children's mental health whilst inspiring learning and achievement.