

Enhance your school wellbeing provision and create a safe, secure, and engaged environment for your whole school community.

**9
Nov
2023**

ILEC Conference
Centre, London

**16
Nov
2023**

Hyatt Regency,
Manchester


17th
Annual
Event



Mental Health and Wellbeing in Schools 2023

EXPERT SPEAKERS INCLUDE:

Shahana Knight

Founder and Director,
TPC Therapy Ltd. (Chair)

Kevin Pace

Director,
SUMO4Schools Foundation

Sam Garner

Mental Health & Inclusion
Consultant

Bella Barron

Trainer,
YoungMinds

Environment

Gain easy-to-implement ideas to create classrooms built around students' needs and wellbeing.

Community

Equip yourself with an effective approach to engaging parents and outside services.

Confidence

Lead whole-school wellbeing and equip your team with confidence and skills for impactful interventions.



Why attend this conference?

The 17th annual Mental Health and Wellbeing in Schools conference returns to both London and Manchester this year. Reduce the need for interventions down the line with top tips from leading practitioners and wellbeing experts across numerous topical issues.

Alleviate student anxiety with self-regulatory tools, deepen your staff wellbeing provision with realistic strategies, and gain personal access to leading practitioners and mental health experts so your provision stays ahead of the latest threats to wellbeing.

Ensure your classrooms cultivate learning and are purposefully designed with wellbeing at their core. Take away clear steps to follow on how to regulate eating disorders in your setting, and gain ideas on how to effectively engage parents and outside services in conversations around young people's mental health.

Establish a network of wellbeing leads to share your concerns with and gain best practice from, driving whole-school improvement and boosting your wellbeing culture.



The benefits

Staff wellbeing

Replace tokenistic staff wellbeing practices with inexpensive and meaningful strategies that boost staff morale and productivity.

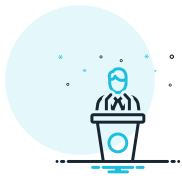
Alleviate anxiety

Give children the tools they need to regulate their anxiety and cope with the challenges they face.

Whole-school approach

Use a holistic approach to wellbeing that is embedded in your mission, vision and values as a setting.





Speakers



Shahana Knight,

Founder and Director,
TPC Therapy Ltd. (Chair)



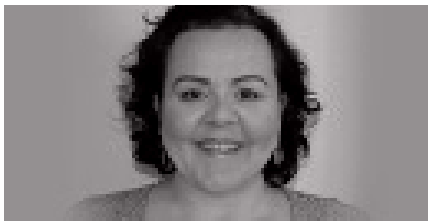
Frances Akinde

Neurodivergent Educator,
Former Headteacher



Bella Barron

Trainer,
YoungMinds



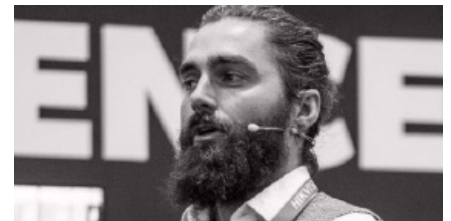
Sam Garner

Mental Health & Inclusion Consultant



Rachel Hart

Deputy Head Pastoral and DSL,
Roedean School



Hugo Metcalfe

Psychologist & Wellbeing Culture Specialist



Alice Newton-Leeming

Director, Mental Health Learning



Lorraine Biddle

Head of School,
The Beacon



Kevin Pace

Director,
SUMO4Schools Foundation





Programme

9 November, ILEC Conference Centre, London

08:45 – 09:15 Registration, refreshments, and networking

09:15 – 09:20 Welcome and housekeeping

09:20 – 09:25 Chair's introduction and welcome

Shahana Knight, Founder and Director of TPC Therapy Ltd

09:25 – 09:55 Equipping staff and students to reduce anxiety

Gain impactful tools that children can use to alleviate anxiety, enabling them to self-regulate.

Bella Barron, Trainer, YoungMinds

09:55 – 10:25 Resilience in the classroom starts in the staffroom

Practical and affordable strategies for boosting staff morale and improving wellbeing through SUMO.

Kevin Pace, Director, SUMO4Schools Foundation

10:25 – 10:45 Student-led wellbeing

Use student voice effectively to drive and shape your school culture.

10:45 – 10:55 Questions and answers

10:55 – 11:35 Morning refreshments, networking, and exhibition

11:35 – 12:25 Workshop choices

1a: Leading on staff wellbeing

Build effective communication with your team and leave with new ideas on what you might want to offer in your setting.

1b: Conversations with parents and outside services

Take away effective strategies to engage parents and services in conversations around young people's mental health.

Hugo Metcalfe, Psychologist & Wellbeing Culture Specialist

1c: Embedding wellbeing in the curriculum

Develop the necessary student understanding and skills needed for wellbeing by embedding wellbeing in the curriculum as part of a whole-school approach.

12:25 – 13:20 Lunch, networking, and exhibition

13:20 – 14:10 Workshop choices

2a: Writing a relationships policy

Raise emotional intelligence and embed wellbeing by putting connection at the core of your behaviour policy.

Shahana Knight, Founder and Director of TPC Therapy Ltd.

2b: Eating disorders: steps to follow

Identify students with potential eating disorders at your setting and ensure you have procedures in place with clear steps to follow.

Rachel Hart, Deputy Head Pastoral & DSL, Roedean School

2c: Supporting students with additional needs

Deepen your support for neurodiverse children effectively, and employ therapeutic interventions that you and your staff can facilitate.

Frances Akinde, Neurodivergent Educator, Former Headteacher

14:10 – 14:30 Afternoon refreshments, networking, and exhibition

14:30 – 15:20 Workshop choices

3a: Respond confidently to student need

Ensure that you are employing the most impactful interventions in this interactive session packed with engaging scenarios and time to reflect.

Sam Garner, Mental Health & Inclusion Consultant

3b: Whole-school approach to wellbeing

Align your school's vision, mission, values, and culture so they are centered around wellbeing and care for all.

Dr Helen O'Connor, Psychologist and Graham Yates, Deputy Head Pastoral St. Swithun's School

3c: Suicide prevention

Manage difficult, but necessary, conversations with young people, and ensure you have effective policies and systems in place.

Alice Newton-Leeming, Director, Mental Health Learning

15:20 – 16:00 Therapeutic classrooms and student voice

Create purposeful designed environments that have wellbeing at the core, building on children's voices and cultivating learning.

Shahana Knight, Founder and Director of TPC Therapy Ltd.

16:00 – 16:20 Build self-compassion

Equip yourself with tools to ensure your own wellbeing is looked after, and affirm the value you bring to your setting.

Sam Garner, Mental Health & Inclusion Consultant

16:20 Conference close



Programme

16 November, Hyatt Regency, Manchester

08:45 – 09:15 **Registration, refreshments, and networking**

09:15 – 09:20 **Welcome and housekeeping**

09:20 – 09:25 **Chair's introduction and welcome**

Shahana Knight, Founder and Director of TPC Therapy Ltd

09:25 – 09:55 **Equipping staff and students to reduce anxiety**

Gain impactful tools that children can use to alleviate anxiety, enabling them to self-regulate.

Bella Barron, Trainer, YoungMinds

09:55 – 10:25 **Resilience in the classroom starts in the staffroom**

Practical and affordable strategies for boosting staff morale and improving wellbeing through SUMO.

Kevin Pace, Director, SUMO4Schools Foundation

10:25 – 10:45 **Student-led wellbeing**

Use student voice effectively to drive and shape your school culture.

10:45 – 10:55 **Questions and answers**

10:55 – 11:35 **Morning refreshments, networking, and exhibition**

11:35 – 12:25 **Workshop choices**

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1b: Conversations with parents and outside services

Take away effective strategies to engage parents and services in conversations around young people's mental health.

Hugo Metcalfe, Psychologist & Wellbeing Culture Specialist

1c: Embedding wellbeing in the curriculum

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Lorraine Biddle, Head of School, The Beacon

2c: Supporting students with additional needs

Deepen your support for neurodiverse children effectively, and employ therapeutic interventions that you and your staff can facilitate.

*Samantha Benson, Headteacher,
Grace Kolakowski, PSHE & Wellbeing lead
Karen Wilson, Family Liaison Lead, Lisburne School*

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14:30 – 15:20 **Workshop choices**

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Sam Garner, Mental Health & Inclusion Consultant

16:20 **Conference close**



‘Thought-provoking and, whilst having a main theme, it was diverse, allowing delegates to choose speakers depending on where their school is at in terms of mental health and wellbeing.’

PSHE Co-ordinator,
King Edward VI High School

‘Very inspirational. Lots of food for thought. Ideas and strategies to take back to promote wellbeing as a whole school.’

SENDCo and DSL,
The Grange Primary

Mental Health and Wellbeing in Schools 2023

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PRICING

What’s included in your delegate package?

- Additional resources, curated for your job role.
- Choice of multiple workshop sessions to tailor your day to your needs.
- Free lunch, with tea, coffee and refreshments provided during morning and afternoon breaks.
- Downloadable copies of presentation slides from every speaker’s session.
- Contact with wellbeing providers who can assist in your setting.
- Access to mental health and wellbeing experts and leading practitioners.
- Networking opportunities with peers so you can establish best practice.
- High quality programme based on extensive research and delegate insights.

Prices	Book before 25/07/2023	Book after 25/07/2023
Primary, preparatory and special schools	£325 + VAT	£365 + VAT
Secondary, senior and all-through schools	£395 + VAT	£460 + VAT
Other	£425.00 + VAT	£505.00 + VAT
Advanced and Elite Members	Included in your membership fee	

If you do not fit into one of the above please contact us on 020 8315 1506.