



Independent Schools' Wellbeing Conference

Practical strategies to enhance your school wide wellbeing culture
5 two-hour modules from Thursday 30 April to Wednesday 6 May at 3pm

Module 1: Whole School Wellbeing Culture – Thursday 30 April

Chair's introduction and welcome

Chris Jeffery, Founder and Chair of HMC Wellbeing Working Group and Headmaster of Bootham School

Embedding a schoolwide wellbeing culture that nurtures and equips pupils and staff
Sarah Arthur, Deputy Head and DSL, Reigate Grammar School

From survey to sustained action: creating a culture underpinned by staff wellbeing

Mike Lamb, Director of Staff and Pupil Wellbeing, Hurstpierpoint College

Module 2: Staff and Student wellbeing in the context of Covid-19 - Friday 1 May

Covid-19 and young people's wellbeing– what schools can do to support their pupils and families

Dr Emma Silver, Consultant Clinical Psychologist (Tavistock NHS) and Director of Wellbeing, Highgate School

When did you stop dancing? Wellbeing for staff

Julie Johnson, Psychotherapist, Mindfulness education and author, Pathways

Module 3: Digital Wellbeing - Monday 4 May

Growing up digital:

The good, the bad and the ugly - understanding the evidence on young people's online behaviour. Practical strategies to create positive digital cultures in your school that support digital wellbeing.

Hamish Mackenzie, Founder, Digital Resilience UK

Gaming and Gambling:

Understand the dangers, pitfalls and impact on mental health, why young people are vulnerable and how to recognise signs in individuals

Patrick Foster, Education Manager, Epic Risk Management

Module 4: Family Wellbeing - Tuesday 5 May

Family breakdown:

- To provide strategies to support pupils with divorce, separation and parental arguments.
- Explore attitudes to conflict
- Highlight the importance of listening

Belinda Heaven, Alpha Wellbeing Associates

Bereavement and grief:

How to practically support pupils with bereavement including from suicide

Tracey Boseley, National Development Lead for the Education Sector, Child Bereavement UK

Module 5: Friendships, Resilience and Growth Mindset - Wednesday 6 May

Understand how to support girls in Years 3 to 13 at school when they fall out with each other

Andrew Hampton, Headteacher, Thorpe Hall School and CEO of Girls on Board

How do we break down stereotypes of masculinity and give boys the confidence to become emotionally literate and their unique selves

Duncan Byrne, Headmaster, Loughborough Grammar School