

Proactive Wellbeing Culture

Improve your pupils' mental and physical health with impactful strategies to deepen your school wellbeing culture and curriculum

11 and 25 May 2022 | Digital delivery with on-demand sessions available
13:00 – 15:20 BST



DYNAMIC

Get ahead of issues with a proactive, not reactive, approach

MONITOR

Ensure your wellbeing provision is working for your whole school

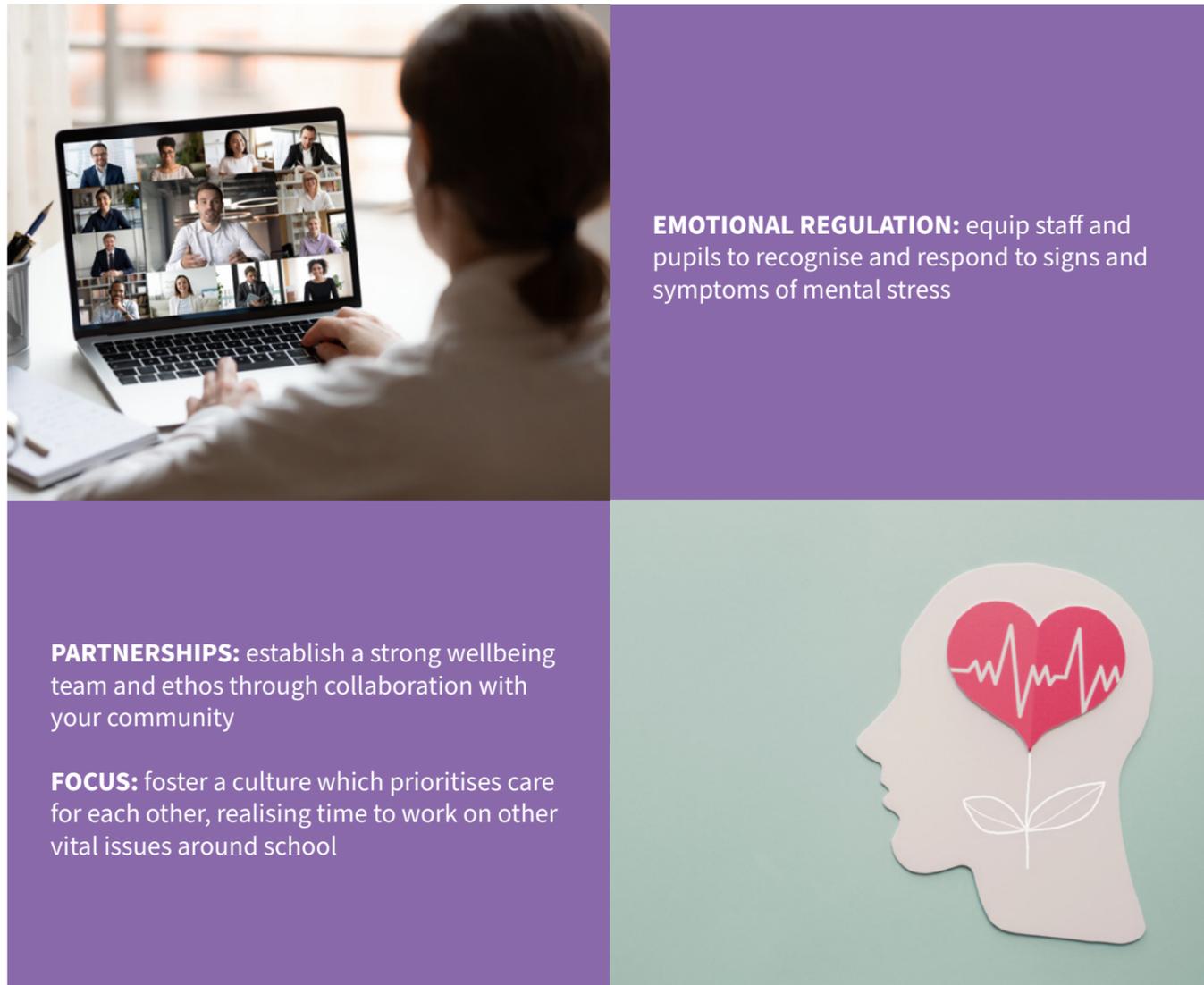
REFRESH

Deepen your practice with new ideas and the latest research

Anxiety, depression and self-harm are on the rise among children and young people. More than three in four school staff reported suffering poor mental health linked to their work this year. It is vital to deepen your school's wellbeing culture to a model that prevents, rather than one that reacts.

This conference will help you ensure and strengthen a pro-active wellbeing provision that nurtures, protects and cares for every individual. Embed an ethos that promotes wellbeing and equips each pupil to recognise and respond to signs and symptoms of mental ill health.

Build upon short-term initiatives by implementing long-term plans with practical and easy-to-apply tools and techniques. Every child and staff member has a right to feel safe and secure, and now, more than ever, it is vital that our school communities foster wellbeing and equip everyone with tools and support to manage their mental health.



BOOK TODAY

oego.co/WellbeingCulture22-Book

Programme includes:

Module one (Wednesday 11 May | 13:00 – 15:30 BST)

Starting the conversation

Learn effective techniques that will help you navigate opening an important dialogue with your students

Mental health support teams

Establish a strong, fully-integrated wellbeing team in your school that can adapt to the post-lockdown landscape

Community

Ensure that your students' support network doesn't end in school with tools to encourage engagement with peers and parents or carers

Transitions

Instil confidence in your students so they can thrive in their next stages with practical plans

Module two (Wednesday 25 May | 13:00 – 15:30 BST)

Embed early intervention programmes

Ensure your provision is built to intervene early and effectively and reduce the overall impact on student mental health

Digital worlds and wellbeing

Understand the ever-changing digital landscape and gain valuable strategies to implement a culture that embraces, but knows the risks of, digital worlds

Outdoor learning

Enhance your students' mental health and physical health with strategies that encourage personal and social development

Growing in the face of challenges

Ensure that your students have the conditions to flourish even whilst facing anxiety, stress and change

Pre-recorded sessions on demand

Senior mental health lead: developing and supporting staff

Ensure your colleagues understand, appreciate and embrace their part in wellbeing culture change through practical strategies to develop your whole-school vision

Staff wellbeing

Embed an ethos that cares for staff as well as students with workable tools to improve staff wellbeing

Sleep

Gain workable strategies to improve sleeping habits for your students that will help their day-to-day wellbeing and mental health

*Please note programme is subject to change. See website for up-to-date version

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'Really informative and useful. Plenty of strategies and ideas on how to implement a change rather than just shining a light on the issues that are affecting young people and schools today'

DESIGNATED SAFEGUARDING LEAD, EGERTON
ROTHESAY SCHOOL

'A really thought-provoking set of talks - absolutely flew by and left me wanting more'

Prices	Book before 18/03/22	Book after 18/03/22
Primary	£199 + VAT	£279 + VAT
Secondary	£279 + VAT	£359 + VAT
LA	£319 + VAT	£399 + VAT
Other	£359 + VAT	£439 + VAT
Elite/Unlimited Member	This event may be part of your subscription. For further details contact your account manager.	

Receive our early bird discount when you book before 18/03/22 and quote PWC-BRO

Book online at: oego.co/WellbeingCulture22

If you do not fit into one of the above categories, please contact us on **020 8315 1506** or email **oe.conferences@optimus-education.com**