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Supporting Student Wellbeing in Independent Schools

Embed a whole school approach to wellbeing which provides positive and proactive support to pupils and staff

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Expert speakers include:

Dr Rina Bajaj

Schools Engagement Trainer, Anna Freud
National Centre for Children and Families

Sarah Griffiths

Deputy Head, Caterham School

Helen Keevil

Deputy Head, Epsom College

Oliver Welsby

Consultant, Trainer and Speaker,
Brightcore Consultancy



KEY BENEFITS

MENTAL HEALTH

Remove stigmas attached

STAFF WELLBEING

Reduce stress and promote
staff wellbeing

PRESSURE

Build pupil resilience and
manage pressure

Supported by:



Supporting Student Wellbeing in Independent Schools

“90% of school leaders have reported an increase in the number of students experiencing anxiety or stress over the past five years”

YOUNG MINDS, 2018

Students are faced with more pressure than ever before. From exams to social media and body image, leading to a worrying increase in the number of students experiencing anxiety and stress.

Pressures on local services and a lack of resources available for school staff to help students with their wellbeing needs, is then leading to an increased strain on pastoral leads and teachers.

This conference is a one-day event that will provide your independent school with the opportunity to explore new ways to support your staff and student's wellbeing. It will also help them manage the pressures they face.

Why should I attend this event?

- **Mental health:** open up conversations about mental health and remove stigma.
- **Staff wellbeing:** improve whole school outcomes by supporting staff.
- **Pressure:** manage pressure from exams, peers and parents.
- **Anxiety:** effective coping and relief strategies for students suffering from anxiety.
- **Social media:** encourage a healthy use of social media.

Who should attend?

- Deputy and Assistant Headteachers
- Headteachers
- Designated Safeguarding Leads
- Pastoral Leads
- Chaplains
- Wellbeing Leaders
- Counsellors
- House Masters/Mistresses

“Well-targeted, quality speakers!”

COUNSELLOR, TOWN CLOSE PREP SCHOOL

“Some very good practical speakers”

HOUSEMASTER, LORD WANDSWORTH COLLEGE

Optimus Education offers a wealth of expertise to support your whole-school improvement.

From non-curricular awards, timely and informative conferences, packaged and bespoke consultancy, to in-house training and membership, Optimus is your one-stop-shop for your school or academy.

Head to oego.co/Independent19 to find out more.

SPEAKERS



Sarah Griffiths

Deputy Headteacher, Caterham School (Chair)

Sarah is a graduate in mathematical sciences from Jesus College, Oxford, she has previously taught at Dulwich College and Stowe School. Sarah has worked for a number of years promoting wellbeing in schools through pioneering work within schools and through lobbying and presenting on the topic. Sarah is deeply committed to pupil welfare, encouraging to a proactive, positive approach underpinned by community wide effort.



Dr Rina Bajaj

Schools Engagement Trainer, Anna Freud National Centre for Children and Families (AFNCCF)

Rina is a counselling psychologist who has been working within the field of mental health since 2004. Rina has a diverse experience of working with children, adolescents and adults from a range of backgrounds. She has worked within the NHS, statutory organisations, the corporate world and the voluntary sector. In her role at the AFNCCF, Rina has delivered training to school professionals for nearly two years across England. She has been instrumental to developing and delivering schools-based interventions through the AFNCCF's Schools in Mind network.



Helen Keevil

Assistant Headteacher, Epsom College

Helen is the Assistant Headteacher in charge of pupil welfare at Epsom College with a particular focus on e-safety and wellbeing. She oversees the pastoral work of the house staff, trains senior student digital mentors, peer mentors of various ages and delivers regular INSET to teachers, gap students, parents and matrons on pastoral issues, safeguarding and e-safety updates. She tutors pastoral leaders for the Boarding Schools Association, sitting on their Gender Agenda working party and enjoys raising awareness of positive mental health issues through local charity work.



Sarah Kessling

Training Team Leader & Specialist Trainer, Harmless - Let's Talk Training

Sarah began her career teaching at the Royal National Institute for the Blind. This role sparked an interest in pastoral support and led to her completing an MSc in psychological wellbeing. She has delivered training for Harmless since 2015 and is a master ASIST instructor. Sarah has an interest in teaching, a passion for mental health, and personal experience of self-harm, suicide and mental health problems. This has led to her current role creating, delivering and managing Harmless' training department.



Mike Lamb

Director of Staff and Pupil Wellbeing, Hurstierpoint College

Mike spent many years running expeditions and projects internationally, being lucky enough to kayak the length of Lake Malawi, build sand dams in Kenya and work as an expedition guide in the Amazon. He has also worked as a head of year, and a housemaster. He has developed and designed whole-school wellbeing programmes and believes these should be at the heart of every school.



Dr Helen O'Connor

Psychologist, St Swithun's School

Following a clinical doctorate from Royal Holloway University in 2001, Helen developed a specialist interest in OCD and eating disorders. She worked for 14 years within CAMHS and in her last position, before leaving the NHS, as the Lead Consultant Psychologist for a psychological therapies team within an adolescent inpatient unit.



Oliver Welsby

Consultant, Trainer and Speaker, Brightcore Consultancy

Oliver has extensive experience as both a DSL and a mental health lead. He has a masters degree in educational leadership; a qualification in which he specialised in the management of safeguarding with a specific focus on the development of effective mental health strategies within schools.

09:00 – 09:45 Registration and refreshments

09:45 – 10:00 **Chair's introduction and welcome**
Sarah Griffiths, Deputy Head, Caterham School

10:00 – 10:40 **Pressure**
Help your pupils effectively manage pressure:

- cope with ever-increasing exam pressures
- handle and manage the pressures applied by parents and carers
- relieve pressures that come from peers and 'fitting-in'.

Sarah Griffiths, Deputy Head, Caterham School

10:40 – 11:20 **Mental Health**
Hear how to build a whole-school mental health approach that encourages open discussion, breaks down taboos and helps manage the challenges of strained services
Oliver Welsby, Safeguarding, Mental Health and Wellbeing Consultant, Brightcore Consultancy

11:20 – 11:30 Questions

11:30 – 12:00 Morning refreshments

12:00 – 12:50 Streamed Sessions 1

1A: Parents and Carers
 Establish a parent engagement policy that manages parental expectations and keeps pupil wellbeing a priority for everyone
Mike Lamb, Director of Staff and Pupil Wellbeing, Hurstierpoint College

1B: Self-Harm
 Staff training that effectively handles cases of self-harm that ensure staff are confident and pupils looked after
Sarah Kessling, Training Team Leader & Specialist Trainer, Harmless - Let's Talk Training

1C: Boarding
 Create effectual downtime strategies that ensure pupils are well-rested and phones managed appropriately
Helen Keevil, Assistant Head, Epsom College

12:50 – 13:50 Lunch

13:50 – 14:20 **Staff Wellbeing**
Innovative and time efficient staff wellbeing initiatives that improve whole-school outcomes
Dr Rina Bajaj, Schools Engagement Trainer, Anna Freud National Centre for Children and Families

14:20 - 14:30 Questions

14:30 - 15:20 Streamed Sessions 2

2A: Anxiety
 Strategies to build resilience and promote positive coping mechanisms to support pupil anxiety
Dr Helen O'Connor, Psychologist, St Swithun's School

2B: Eating Disorders
 Inclusive training that removes stigmas and recognises the signs and developments in eating disorders

2C: International Students
 Provide pastoral support to your international pupils that overcome cultural barriers and keep wellbeing at heart
Liz Elam, Principal, Abbey College

15:20 - 15:40 Afternoon refreshments

15:40 - 16:30 Streamed Sessions 3

3A: Social Media
 Encourage healthy and intelligent use of social media, and positively embrace new developments

3B: Suicide
 How to talk openly about suicide, while being able to provide appropriate support to students at risk
Sarah Kessling, Training Team Leader & Specialist Trainer, Harmless - Let's Talk Training

3C: Drugs
 Understand drug-taking habits of young people and how you can prevent them in your school
Simon Leigh, Addiction Counsellor, Addiction Therapy

16:30 Conference close

Easy Ways to Register

1. Book online and receive instant confirmation:
oego.co/Independent19
 2. Email: conference.bookings@optimus-education.com
 3. Questions: call us on 0845 450 6404
- Please see oego.co/TandCs for our subscriptions, cancellations and refund policy

Pricing

Prices	Book before 10/03/2019	Book after 10/03/2019
Independent Schools	£349 + VAT	£379 + VAT
Other	£429 + VAT	£459 + VAT
Premium Plus	You could attend this conference as part of your Premium Plus package. For further information, please contact your Account Manager.	

If you do not fit into one of the above categories, please contact us on 0845 450 6404 or email oe.conferences@optimus-education.com

4 steps for supporting student wellbeing in independent schools

1

Before
the day

Create your account at oego.co/Independent19Resources and gain access to pre- event reading and resources

PLUS

- Gain access to our template letter for parents on mental health and wellbeing
- Take away our guide on welcoming international students

2

During
the day

Have your questions answered by our experts and workshop leaders, while also having the opportunity to network with fellow pastoral leads

PLUS

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific needs

3

After
the event

Log in at oego.co/Independent19Resources and access post event resources

PLUS

- Download the speaker presentations and share these with colleagues
- Read our step-by-step guide to build a resilient environment for learners

4

Share
across your school

- Use our training course on how to effectively manage eating disorders*
- Update your staff on what you have learnt, while also accessing a wide variety of resources on wellbeing

*Access to download and deliver training modules for Premium Plus members only.
Get in touch to find out more about the benefits of becoming an Optimus Education Premium Plus member.