

 #oeWellbeing

# Supporting Student Wellbeing in Independent Schools

Develop a whole-school approach to support mental health, build student resilience and protect online

[oego.co/oeIndependent](http://oego.co/oeIndependent)

Expert speakers include:

**Dr Sile McDaid**

Consultant Child and Adolescent  
Psychiatrist, Team Mental Health

**Alan MacKenzie**

Education Consultant and E-safety Trainer

**Samuel Madden**

Director of Wellbeing & Mental Health,  
St Paul's School

**Graham Yates**

Deputy Headteacher, St Swithun's School



## KEY BENEFITS

### ANXIETY

Spot the early warning signs of anxiety and offer meaningful support

### RESILIENCE

Equip students with the ability to deal with challenges

### PARENTS

Manage the extra pressure parents put on their children

Lead partner:

**Gabbitas Education**  
CONSULTANTS SINCE 1873

# Supporting Student Wellbeing in Independent Schools

*“Over 3/4s of young people say there is a stigma to mental illness and a quarter would not ask for help if they were suffering”*

BBC News, March 2017

A recent survey by YouGov for the Prince's Trust has highlighted a worrying number of young people who would not ask for help if suffering from mental health difficulties. Therefore, it's vital you know how to remove the stigma that surrounds mental health to ensure students get the early support they need.

**Are you confident you can create a whole school approach to reducing mental health stigma?**

**Can you offer meaningful support to students with high levels of anxiety?**

**Do you know how to boost self-esteem and support students suffering from eating disorders?**

Our **Supporting Student Wellbeing in Independent Schools** conference will provide new and tailored strategies for private schools to ensure you can support all students with mental health difficulties in your school.

## Why attend this event?

- **Anxiety:** understand the root causes of anxiety and know how to offer meaningful support to students suffering high levels of anxiety
- **Case-study:** hear from St Paul's School, shortlisted for the Wellbeing Initiative of the Year 2018 award on how they raise awareness and reduce the stigma around mental health
- **Mental Health:** know how to build in-school support in an independent school to combat a lack of external support

## Who should attend?

- DSPCOs
- Headmasters/Headmistresses
- Deputy Heads & Assistant Heads
- Inclusion Managers
- School Counsellors
- Educational Psychologists
- School Nurses
- Head of House

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/IndependentPP](http://oego.co/IndependentPP)

## This year's speakers include...



### Tim Wilbur

**Head of Consultancy, Gabbitas Educational Consultants**

Having worked in education for over 35 years, Tim is an educational manager and school leader with experience of headships in both the UK and overseas. Tim provides expert guidance on the development and improvement of school management, curriculum provision and pastoral care across the globe.



### Dr Lucy Foulkes

**Lecturer, University of York**

Dr Lucy Foulkes is a psychology lecturer in the Department of Education at the University of York, where she researches mental health in schools, including the role of mindfulness. She is particularly interested in adolescence and social development at this age.



### Samuel Madden

**Director of Wellbeing & Mental Health, St Paul's School**

Sam believes passionately that pupils should be at the heart of efforts to promote positive wellbeing in schools and that any successful approach should consider the needs of the whole school community, including staff. He is a qualified Youth Mental Health First Aid instructor.



### Dr Sile McDaid

**Lecturer, Consultant Child & Adolescent Psychiatrist, Team Mental Health**

Sile feels passionately about changing the way in which mental health is viewed and ultimately ensuring that wide ranges of professionals work together to ensure the health and wellbeing of young people today and into the future. Sile is a co-founder and director of Team Mental Health, a company providing training for professionals to prevent, detect, intervene early and stamp out the stigma associated with mental health.



### Alan MacKenzie

**Education Consultant and E-safety Trainer**

For Alan, E-Safety has been a passion for a very long time; he loves technology and the huge benefits that can be realised through global connectivity and collaboration. Alan is a strong believer that e-safety is an enabler, not a showstopper and should never be a barrier to innovative use of technology.



### Mike Lamb

**Director of Staff & Pupil Wellbeing, Hurstierpoint College**

Mike spent many years running expeditions and projects internationally, being lucky enough to kayak the length of Lake Malawi and work as an expedition guide in the Amazon, amongst other experiences. Since turning to more classroom-based education he has worked as a Head of Year, Housemaster and is presently Director of Staff and Pupil Wellbeing at Hurstierpoint College, Sussex.



### Ann Marie Christian

**Safeguarding Consultant, Author and Speaker**

Ann Marie is an independent safeguarding consultant. A qualified social worker of 20 years, she's passionate about keeping children safe. She's an author and writes regular articles for various educational journals. Her management and frontline practitioner experience gives us a great insight into real practice.

09:00 – 09:45	Registration and refreshments	
09:45 – 10:00	<b>Chair's Introduction &amp; Welcome</b> <i>Tim Wilbur, Head of Consultancy, Gabbittas Educational Consultants</i>	
10:00 – 10:40	<b>Creating a whole school approach in an independent school to support students with anxiety</b> <ul style="list-style-type: none"> <li>Understand the root causes of anxiety: parental pressure, social media and exams</li> <li>Ensure all staff can identify signs of anxiety and monitor students</li> <li>Know how to offer meaningful individual support to students with high levels of anxiety</li> </ul> <i>Dr Sile McDaid, Consultant Child and Adolescent Psychiatrist, Team Mental Health &amp; Dr Libby Artingstall, Consultant Forensic Psychiatrist, Team Mental Health</i>	
10:40 – 11:10	<b>Understanding the adolescent brain</b> Hear about the latest research on brain development in adolescence and the possible effects of teaching mindfulness in schools <i>Dr Lucy Foulkes, Lecturer, University of York</i>	
11:10 – 11:20	Q&A	
11:20 – 11:50	Morning refreshments	
11:50 – 12:40	<b>Streamed Session 1</b>	
11:50 – 12:40	<b>1A: Parental Expectations</b> Know how to manage the extra pressure parents put on their children, have difficult conversations with parents and work together to ensure students reach their full potential Take away five top tips for having difficult conversations with parents <i>Mike Lamb, Director of Staff and Pupil Wellbeing, Hurstierpoint College</i>	<b>1B: Self-Esteem &amp; Body Image</b> New, proven and adaptable methods to boost self-esteem and develop an environment promoting a healthy approach to body image
11:50 – 12:40		<b>1C: Cyberbullying</b> Learn new methods to prevent cyberbullying by working with students to understand the potential impacts of posting online <i>Alan MacKenzie, Education Consultant and E-safety Trainer</i>
12:40 – 13:30	Lunch	
13:30 – 14:10	Hear from 2 schools on how they effectively build resilience and equip all students with the ability to deal with challenges and develop resilient learners who are not afraid of failure <i>Malcom Mckinlay, Headmaster, Parkgate House School &amp; Tim Wilbur, Head of Consultancy, Gabbittas Educational Consultants &amp; Matthew Jamieson, Senior Deputy Headteacher, Sherborne School</i>	
14:10 – 14:30	<b>Case Study:</b> hear from St Paul's School on how they increase awareness and reduce the stigma around mental health to support staff and student wellbeing <i>Samuel Madden, Director of Wellbeing &amp; Mental Health, St Paul's School</i>	
14:30 – 14:40	Q&A	
14:40 – 15:30	<b>Streamed Sessions 2</b>	
14:40 – 15:30	<b>2A: Social Media</b> Understand the new and emerging dangers on social media; effectively inform parents of the latest trends to protect students online when they are 'plugged in 24/7' <i>Alan MacKenzie, Education Consultant and E-safety Trainer</i>	<b>2B: Mental Health</b> How to build in-school support in an independent school: create a whole-school approach to support students with mental health needs and combat a lack of external support <i>Dr Sile McDaid, Consultant Child and Adolescent Psychiatrist, Team Mental Health &amp; Dr Libby Artingstall, Consultant Forensic Psychiatrist, Team Mental Health</i>
14:40 – 15:30		<b>2C: Boarding</b> How to support wellbeing effectively in a boarding school when students and staff are together 24/7 Read our case study on creating the best boarding provision
15:30 – 15:50	Afternoon refreshments	
15:50 – 16:40	<b>Streamed Sessions 3</b>	
15:50 – 16:40	<b>3A: Stress</b> Learn new techniques to share with students on managing stress and create a culture where they pursue a positive mindset <i>Graham Yates, Deputy Headteacher, St Swithun's School &amp; Dr Helen O'Connor, Psychologist, St Swithun's School</i>	<b>3B: Eating Disorders</b> Gain new techniques to support a student suffering from an eating disorder and support a healthy relationship with food Take away our guide to educating students about eating disorders
15:50 – 16:40		<b>3C: Self-harm</b> Ensure all staff can identify the warning signs of self-harm and gain practical strategies to prevent students from self-harming <i>Ann Marie Christian, Safeguarding Consultant, Author and Speaker</i>
16:40	Conference Close	

# Supporting Student Wellbeing in Independent Schools

One Day National Conference 26 April 2018, London

## How to register

1. Book online and receive instant confirmation:  
**[oego.co/oeIndependent](http://oego.co/oeIndependent)**
2. Email: [conference.bookings@optimus-education.com](mailto:conference.bookings@optimus-education.com)
3. Questions: call us on 0845 450 6404

Please see:

[oego.co/TandCs](http://oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 24/02/18	Book after 24/02/18
Independent School	£349 + VAT	£379 + VAT
Lawyers & Advisors	£429 + VAT	£459 + VAT
Premium Plus	You could attend this event 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](mailto:oe.conferences@optimus-education.com)

Booking reference

1

**Before**  
the day

Create your account at [oego.co/oeIndependent](http://oego.co/oeIndependent) and read our five top tips for having difficult conversations with parents

PLUS

- Use the self-assessment survey to reflect on your current situation
- Gain access to our case study on creating the best boarding provision

2

**During**  
the day

Have your burning questions answered by our experts and outstanding practitioners

PLUS

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

3

**After**  
the day

Log in at [oego.co/oeIndependent](http://oego.co/oeIndependent) to download the speaker presentations and share these with colleagues

PLUS

- Gain access to our guide on educating students about eating disorders
- Use the self-assessment survey to see what you've learned

4

**Share**  
across your school

Use our Preventing and Tackling Cyberbullying training\*

- Build staff confidence in preventing and tackling incidents of cyberbullying
- Become an Optimus Premium Plus member and gain resources to aid your CPD delivery

Start accessing these resources today by creating a free delegate account on [oego.co/Delegate](http://oego.co/Delegate)

\*Premium Plus members only – contact customer services to find out more on **0845 450 6404**