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**INDEPENDENT
THINKING** EVENTS

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Mental Health and Wellbeing in Schools -There Has To Be Another Way

TOWARDS HAPPIER AND HEALTHIER COLLEAGUES,
LEADERS AND YOUNG PEOPLE

Monday, 4th December 2017
Central London

BENEFITS OF ATTENDING

- Learn how to start the conversation in your school
- Help break the stigma and ignorance around these issues
- Explore the overlap between education and healthcare
- Explore many approaches to making a difference
- Pick up insights on issues affecting schools today
- Learn how to spot the signs and what do about it
- Discover how values education can build emotionally resilient schools
- Take away practical strategies for helping those in need

SPEAKERS

Al Aynsley-Green

Former President of the British Medical Association and England's first Children's Commissioner

Ian Gilbert

Founder of Independent Thinking and co-author of the *Little Book of Bereavement for Schools*

Phoebe Gilbert

University student, author of *The Little Book of Hope* and co-author of the *Little Book of Bereavement for Schools*

Vic Goddard

Independent Thinking Associate, headteacher from TV's *Educating Essex*, founding Headteachers' Roundtable member and author of *The Best Job in the World*

Dave Harris

Independent Thinking Associate, international leadership consultant, author of *Brave Heads* and co-author of *Leadership Dialogues*

Beth Harris

Young person with a positive perspective on youth mental health issues and the ways that schools can support sufferers

Nina Jackson

Independent Thinking Associate, international speaker on emotional health and wellbeing in schools and author of *Of Teaching, Learning and Sherbet Lemons*

Julie Rees

Independent Thinking Associate, primary school headteacher and author of *The Little Book of Values*

BOOKING

Conference: £289 (+VAT) per delegate

Workshop (optional): £50 (+VAT)

Book both conference and workshop for £329 (+VAT)

Hotel only an extra £160 (+VAT)

Website: teachology.co.uk

Phone: 020 7732 2650

Register: registration@teachology.co.uk

All bookings will be taken through Teachology

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SPEAKERS

PROFESSOR AL AYNSLEY-GREEN

Al is the founder and director of Aynsley-Green consulting, professor emeritus of child health at University College London and honorary fellow of Oriel College, Oxford. He is an internationally recognised authority on children's services, child health and childhood, caring passionately about improving the lives of young people.

IAN GILBERT

Ian is an award-winning author and innovator described by the IB as one of its 'leading visionaries'. Since founding Independent Thinking over 20 years ago, he has lived and worked on several continents, giving him a unique insight into the effects of educational achievement on health and well being.

VIC GODDARD

Vic came to public attention in TV's Educating Essex and remains a much-loved and highly sought-after headteacher. He is still a regular on TV for his contributions to the debate at what schools and governments should - and should not do - to bring the best out of all children in their care.

DAVE HARRIS

Dave is a former headteacher who now spends his time working with schools and school systems in many parts of the world. At the heart of his work is the need for schools to be humane organisations - both for staff as well as for young people - where high expectations are matched with care and compassion.

NINA JACKSON

Nina is an experienced teacher and speaker who is increasingly in demand worldwide for her work in the area of emotional health and wellbeing in schools. She speaks with honesty and frankness about difficult issues in a way that empowers others to do the same with astonishing results.

JULIE REES

Julie is the headteacher of a large rural primary school with all the challenges such a role in such a place brings. Her powerful approach to transforming the educational achievement of her children and the well-being of the entire community has values education at its heart.

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The Medical Overview Professor Al Aynsley-Green



Where education meets medicine - what educators should know.

Increasingly schools are realising that you can't separate health and well being from academic success and achievement. With examples from his professional travels around the world, Sir Al will describe the benefits of working in the overlap between the worlds of education and health.

Bereavement in Schools: The Inside View Ian and Phoebe Gilbert



When the inevitable happens - how schools can better deal with bereavement and its consequences.

Statistically speaking, one child in every class will lose a parent in the UK. And statistically speaking, that child will go on to suffer a range of related issues that can have an impact on subsequent school achievement. But, as caring schools prove, it doesn't have to be this way.

The School Overview Vic Goddard



The challenge of mental health when the system is sick.

The push for standards takes a heavy toll, not only on some of our most vulnerable young people but also on their teachers. With insights from his experience as a headteacher, teacher and MAT principal, Vic will explore how to make the most of a system that seems to conspire against the wellbeing of so many people.

Anorexia: The Inside View Dave and Beth Harris



The A-grade illness - spotting the signs of anorexia and what to do when to help prevent it.

Anorexia is the third most common chronic disease in young people after asthma and diabetes, affecting females and males from all backgrounds. What are the warning signs, what can be done by all those concerned and what is life like battling it on a daily basis? The more school know, the more they can help.

It's About The Control - Self Harm: The Inside View Nina Jackson



Three common mental health issues and what schools can do - the view from the inside: It's about the control - understanding self harm and what schools can do.

According to the Mental Health Foundation, the UK has the highest rates of self-harm in Europe with estimates of at least 1 in 250 people self-harming, the majority, aged between 11 and 25. What is it, why does it happen, what are the signs and what can schools do?

The Emotional First Aid Kit - What Every School Can Do Next Nina Jackson and Ian Gilbert

A first-aid kit of strategies to support your own mental health and wellbeing.

Building a Values-Based School Julie Rees



The well community - building emotional well-being through Values Education.

With schools increasingly being pushed to focus on data, targets and results, it can be all too easy to lose sight of the humans and the humanity at the heart of the education system. Values-based education is a proven approach to restoring a healthy balance with benefits that go well beyond simply academic achievement.

PROGRAMME

- 09:30** CHAIR FOR THE DAY. INTRODUCTIONS AND SETTING THE SCENE
It doesn't have to be this way - we can *all* make a difference
NINA JACKSON
- 09:45** "IT TAKES A VILLAGE TO RAISE UP A CHILD".
Building Communities with Resilient Children at their hearts - the medical perspective
PROFESSOR AL AYSLEY-GREEN
- 10:30** THE VIEW FROM THE SCHOOL
The challenge of keeping a school healthy when the system is sick
VIC GODDARD
- 11:30** BREAK
- 11:45** MENTAL HEALTH MATTERS
Three common health issues and what schools can do - the view from the inside:
- 1. SELF-HARM** **NINA JACKSON**
It's about control - understanding self-harm and what schools can do
 - 2. ANOREXIA** **BETH AND DAVE HARRIS**
The A-grade illness - spotting the signs of anorexia and what to do when, to help prevent it
 - 3. BEREAVEMENT** **PHOEBE AND IAN GILBERT**
When the inevitable happens - how schools can better deal with bereavement and its consequences
- 13:00** LUNCH
- 14:00** THE WELL COMMUNITY
Building an emotionally well school community through Values Education
JULIE REES
- 15:00** THE EMOTIONAL FIRST AID KIT - WHAT EVERY SCHOOL CAN DO NEXT
A first-aid kit of strategies to support your own mental health and wellbeing
NINA JACKSON AND IAN GILBERT
- 15:45** FINAL COMMENTS

16:00-18:00 - OPTIONAL WORKSHOP WITH BETHAN BAËZ-DEVINE

FEE: £50 (+VAT)

DISCOVER THE POWER OF ART THERAPY - A PRACTICAL WORKSHOP

Bethan has worked with young people through Sure Start and Child and Adolescent Mental Health Services as well as supporting psychiatrists in their assessments and working on multidisciplinary teams alongside psychiatric nurses and social workers. She has the experience and expertise to support teachers in all sorts of schools to use Art Therapy as a way of helping get the best out of even our most troubled children.

