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IMPROVING THE HEALTH & WELLBEING OF OUR CHILDREN & YOUNG PEOPLE

A Conference for Primary and Secondary
Head Teachers, Pastoral / PSHE / PE Leads

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Friday 27th April 2018

**Leicester City Football Club,
King Power Stadium, Leicester**

8:00am - 2:00pm

CONFERENCE OVERVIEW

This Conference is aimed at Head Teachers, Pastoral / PSHE Leads and those with a strategic lead around PE, school sport, physical activity and health & wellbeing. It will use the 8 Principles of the Whole School Approach as its theme, to share strategic and practical ways that your school can use to improve the health & wellbeing of your pupils and in turn demonstrate additional whole school outcomes.

PROGRAMME OUTLINE

8:00AM ARRIVAL

8:30AM WELCOME / WHOLE SCHOOL APPROACH OVERVIEW

8:50AM KEYNOTE ADDRESS - MARY HINTON, YOUNG MINDS

Mary has taught and managed in primary, secondary and special schools for over 20 years. After leaving direct teaching Mary became the Education, Training and Employment Manager in a Youth Offending Team and then Head of a Virtual School for Children in Care. Mary joined Young Minds in 2014 and led a project in Bedford developing the Academic Resilience Approach with a group of 11 schools as part of the Borough's Well Being Strategy. This included setting up a Community of Practice for a collaborative of schools and supporting them to build resilience across whole school populations and structures. Mary was also a Headstart Advisor for 4 local authority partnerships funded by the Big Lottery Fund to develop the resilience of 10-16 year olds.

9:35AM KEYNOTE ADDRESS - JOHN ROWLANDS, PRINCIPAL, MANCHESTER COMMUNICATION ACADEMY

Manchester Communication Academy (MCA) is in an area of significant disadvantage in North Manchester. In 2015, MCA received poor results which resulted in a "requires improvement" Ofsted grade. A whole school approach to improving standards was developed, placing health and wellbeing at the heart of this drive. A focus on pot 3 subjects was developed, 'more maths' was a thing of the past, the word 'intervention' was banned and a team of staff were deployed to personalise the support that would lead to most impact. Physical activity, health and wellbeing were key drivers in this improvement. By the summer of 2017 MCA achieved a Progress 8 score of +0.4 – above national averages and in the top 20 per cent nationally. Progress 8 for Pot 3 was +1, with disadvantaged students achieving +0.8.

BREAK

WORKSHOP

WORKSHOP

MARKETPLACE

1:00PM LUNCH | NETWORKING | MARKETPLACE | LOCAL SCHOOL ACTION PLANNING

2:00PM DEPART

WORKSHOPS

Please note that you will be able to select 2 workshops from a possible 8 choices.

ROUTE TO RESILLIANCE - STEVE HARRIS, WELLBEING EDUCATION

Schools, parents, health professionals, government and employers all recognise the vital role played by character and resilience in helping children and young people thrive. Everyday personal qualities and strengths contribute to academic, social, and emotional outcomes. Route to Resilience applies the principals of the whole-school approach to promoting wellbeing in children and young people. This integrated and sustainable model ensures maximum reach and impact.

WORKSHOP 1

WHO NEEDS TO CHANGE WHEN DEVELOPING AND DELIVERING A WHOLE SCHOOL APPROACH? - TRACEY LINES, LET'S INSPIRE CHANGE

A workshop that investigates how a 3-year behavioural insight action research programme led to a fundamental change in practice, moving away from putting on sport, to working with children, young people and adults, via a whole school approach, to change behaviour and build sustaining habits, resulting in improvements in physical literacy, physical activity participation and health.

WORKSHOP 2

IMPACT OF HEALTH & WELLBEING PROJECTS - DOUG KEAST, CROWN HILLS COMMUNITY COLLEGE

This workshop will enable colleagues in the primary and secondary sector to find out how Crown Hills Community College utilises its YST Health & Wellbeing Lead School Status to adopt, monitor and evaluate a number of targeted strategies, using student leadership and peer influencing skills. Attendees will be challenged to think about their own contexts and will leave with ideas, thoughts and definitive actions.

WORKSHOP 3

DEVELOPING HEALTH & WELLBEING INTERVENTIONS TO ENGAGE LESS ACTIVE GIRLS / BOYS - LEARNING SOUTH LEICESTERSHIRE SSPAN

This workshop will look at the design of projects that have successfully engaged targeted cohorts of less active girls and boys across primary and secondary schools in South Leicestershire. Delegates will be able to explore strategies used to improve activity levels and develop health & well-being of pupils, and consider what approaches they may take in their own school context.

WORKSHOP 4

GETTING CHILDREN ACTIVE THROUGHOUT THE SCHOOL DAY -

SARAH HISCOCKS, LITTLE BOWDEN PRIMARY SCHOOL

WORKSHOP 5

Excellent health and wellbeing can only truly be achieved through a whole school approach. There is an opportunity for every department and teacher to help deliver this through active breaks and active lessons. This workshop will explore ways in which a Leicestershire primary school have implemented creative ways to get their pupils active throughout the school day, challenges they have faced and the impact it has had.

STAFF HEALTH AND WELLBEING - JOE MILLER, SDL GROUP

WORKSHOP 6

This workshop explores the effect of good staff health and wellbeing on both school performance and the local economy. The session will inspire Head Teachers to promote and encourage healthier lifestyles to their staff using a marginal gains technique.

ACTIVE TRAVEL - SUSTRANS & MODESHIFT STARS

WORKSHOP 7

This workshop will go beyond the products and methods to explore the wider benefits and impact of Active Travel on a school, its staff, students and their parents. Existing concerns and barriers to active travel will be addressed and solutions discussed.

MENTAL HEALTH FIRST AID FOR SCHOOLS - MENTAL HEALTH ENGLAND

WORKSHOP 8

This workshop will give school staff an introduction to the Mental Health First Aid Training, of which every secondary school receives a free school place. It will also be beneficial for primary school colleagues, as MHE may be looking to introduce a primary programme in the future. See <https://mhfaengland.org/mhfa-centre/schools-programme/> for more information on the full training.

Workshop places will be allocated on a first-come, first served basis, and every effort will be made to allocate you onto your most preferred workshop choices.

COST

There will be a small charge of **£50** per delegate this year, to cover the costs of this Conference. Schools will be invoiced for payment.

HOW TO BOOK

To book places on the Conference, please visit:

www.lrsport.org/schoolsconference2018

CLOSING DATE

Friday 13th April 2018

CANCELLATION POLICY

A charge of £50 will be incurred for non-attendance or failure to cancel a place 48 hours prior to the Conference taking place. Please phone Leicester-Shire & Rutland Sport on **01509 564888**.

FOR MORE INFORMATION PLEASE CONTACT:

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