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**“PUPIL AND STAFF HEALTH & WELLBEING IS
EVERYONE’S RESPONSIBILITY”**

**Prioritising Physical Activity and
Health & Wellbeing to Support Whole School Outcomes**

A Conference for Primary and Secondary Head Teachers and
Senior Leaders with responsibility for
Health & Wellbeing, Pastoral Care, PSHE and Physical Education
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Friday 29th March 2019

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

8:45am - 3:00pm

CONFERENCE OVERVIEW

This Conference is aimed at Primary and Secondary Head Teachers, and Senior Leaders with a responsibility for Health & Wellbeing, Pastoral Care, PSHE and Physical Education. The Conference aims to highlight the importance of, but also share strategic and practical ways that you can ensure this agenda is embedded in your school. This will ensure your pupils are physically and mentally active, for the benefit of their health & wellbeing, as well as additional whole school outcomes.

PROGRAMME OUTLINE

8:45AM ARRIVAL

9:15AM WELCOME/ OVERVIEW OF THE CONFERENCE

9:30AM KEYNOTE ADDRESS - TIM BUCKLE, CHIMP MANAGEMENT

10:30AM BREAK

10:50AM REFLECTIONS FROM KEYNOTE ADDRESS/ INTERACTIVE WORKSHOP

12 NOON LUNCH

12:45PM WORKSHOP 1

1:45PM WORKSHOP 2

2:45PM CLOSE

3:00PM DEPART

KEYNOTE SPEAKER

Tim Buckle, Chimp Management

Tim decided to pursue a teenage dream in professional cycling at the age of 26 and within 6 months was a national medallist, earning him a place within the burgeoning world-class system at the GB Cycling team. Tim spent 4 years as a member of the male endurance team representing GB at World Championships and England at the 2002 Commonwealth Games in Manchester. Tim retired from elite cycling at the end of 2002 and started a 13-year coaching career with GB Cycling. Here he worked with athletes aged under 16 years. His teaching style was seen as so engaging that it is now used as the leading coaching method for under 16s across the world of cycling. Since joining Chimp Management Ltd, Tim was contracted to a pupil referral unit to support young people and help them gain insight into why their behaviours may be unhelpful for themselves and towards the people trying to help them. More recently, Tim has also found himself working voluntarily within a school supporting young people to understand bereavement and grief. Here he used The Chimp Model to help them work through the loss of a close friend. This work has broadened out into supporting the pastoral team to help support individuals who are struggling with school engagement.

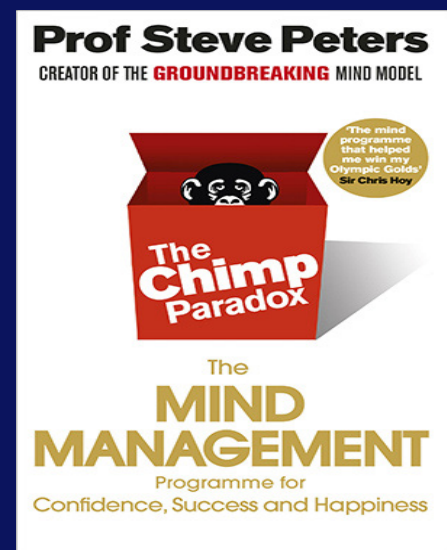


ABOUT CHIMP MANAGEMENT

Here at Chimp Management Limited we specialise in training people to manage their minds, with an approach that is grounded in neuroscience. We view the mind as a remarkable machine that represents our greatest asset and our biggest liability in life. Through the Chimp Model, we help people to understand how the mind is structured and how it functions.

Our company aims to help people to get the best out of themselves and others. We also aim to improve the quality of their lives bringing increased success and happiness.

Our team comprises a number of skilled and experienced doctors, psychologists and other professionals who have worked with the model for a number of years with notable success in individual self-development, health, business, education and sport.



LLR Active Schools

Leicestershire, Leicester & Rutland's Whole School Approach

Workshop 8

Amplifying Attitudes and Attainment with Physical Activity - Sam Ruddock, Youth Sport Trust Athlete Mentor

This workshop will provide further insight into the pressures and factors that affect the wellbeing of students in school, whilst specifically highlighting how sport and physical activity can positively influence health, behaviour and attainment.

Workshop 1

Why children need to move more in schools - the miracle treatment for health & wellbeing - Dr Helen Garr, NHS GP

This workshop will showcase the evidence behind physical activity as our most powerful tool to improve cognitive focus and mental health & wellbeing, as well as preventing many of the chronic diseases and cancers that threaten the health of our young people. Discover how increasing physical activity can support you, your staff and students in personal development, healthy living and additional whole school outcomes.

Workshop 2

Ensuring a skilled workforce - Nicky Collett, Qualified AfPE Tutor & Elizabeth Woodville Primary School

This workshop will check and challenge whether your teacher and/or coach workforce is fit for purpose, as well as sharing case studies of best practice and CPD opportunities. Do you have appropriately qualified and experienced staff in your school to develop and deliver a high quality physical education, physical activity and health and wellbeing offer for all students.

Workshop 7

Healthy Schools - Jane Roberts, Leicestershire County Council Public Health

This workshop will highlight how being a 'healthy school' can raise attainment and achievement, by improving health and wellbeing for pupils, staff, parents and carers in the wider community. Physical Activity can contribute to the physical, social and emotional wellbeing of all pupils and staff within the school and its community and should be an integral part of daily life in a health-promoting school.



Workshops



Workshop 3

Engaging Student Voice - Tracey Lines, Workforce Development Officer, LRS

This workshop will support you to use behaviour change theory to understand why young people may not enjoy or want to engage in your current offer around physical education, physical activity and health and wellbeing. It will also give you tools and techniques to engage with your students and develop and deliver a more suitable offer for all.

Workshop 6

Wellbeing @Work - Bryany Cornish, Wellbeing @Work Lead, LRS

This workshop will explore the current trends in employee health and wellbeing across the county and the impact on the education sector and our local economy. It will examine how making the workplace a healthy environment for staff, using the LRS Wellbeing @Work support package, can have a positive impact on children, as well as improving performance, staff engagement and job satisfaction, and reducing sickness absence.

Workshop 5

Achieving outstanding academic success through physical activity, wellbeing and character education - Brocks Hill Primary School

This workshop will highlight a specific school case study where 100% of children have achieved the expected standard with 73%, 52% and 77% achieving greater depth in reading, writing and maths, putting them in the top 1% of schools in the country. The Head Teacher associates this success to an embedded programme of physical activity, wellbeing and character education throughout the school for all students.

Workshop 4

Success through community access - Joe Hall, Facilities Development Officer, LRS

This workshop will identify the national issue of inactivity and examine the mutual benefits and opportunities which community access to school facilities can bring. Following a review of case studies, participants will have the chance to discuss their barriers to community access along with potential solutions.



Leicestershire County Council



LEICESTER-SHIRE & RUTLAND SPORT PHYSICAL ACTIVITY & WELLBEING



Rutland County Council



COST

Early Bird Prices - Book by Friday 1st March 2019

- £40 per delegate
- £60 for 2 delegates from the same school

General Prices - Book by Tuesday 19th March 2019

- £50 per delegate
- £80 for 2 delegates from the same school

HOW TO BOOK

To book places on the Conference, please visit:

www.lrsport.org/schoolsconference2019

CANCELLATION POLICY

A charge of £50 will be incurred for a non-attendance or failure to cancel 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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