



Haberdashers'  
Aske's School  
— for Girls —

# EMPOWERING PASTORAL EXCELLENCE

SATURDAY 5 OCTOBER 2019



# Welcome to Haberdashers' Aske's School for Girls

## 'Empowering Pastoral Excellence'

Conference 2019

8.45 9.20	Welcome breakfast and Introductions			
9.30 10.15	Opening Keynote Speaker: Professor Tanya Byron			
Strand	Unhealthy Coping Mechanisms & Moving On	Promoting Positivity	Empowering Teachers/ Parents/Pupils	Whole School Approach
10.20 11.00	<b>Dr Harjeev Rai</b> <i>Substance Abuse: The Physical and Mental Effects on Our Pupils</i>	<b>Amanda Ursell</b> <i>Why Good Food Matters</i>	<b>Stephen De Silva</b> <i>Engaging with Parents in Pastoral Wellbeing</i>	<b>Adrian Bethune</b> <i>Teaching Happiness in Schools</i>
11.00 11.20	Breaktime / Meet the exhibitors			
11.20 12.00	<b>Dr Nikki Teper</b> <i>Identifying and better understanding unhealthy coping strategies to mental health difficulties</i>	<b>Lucy Bailey</b> <i>Importance of Resilience and How to Build It: Essentials for School Staff</i>	<b>Stacey Hart</b> <i>Understanding bereavement and identifying the needs of children and young people</i>	<b>Dean Johnstone</b> <i>Inspire and equip - a whole school approach to mental health</i>
12.05 12.50	<b>Tanya Goodin</b> <i>Screen Detox: Digital wellbeing in a connected world</i>	<b>Dr Ellie Cannon</b> <i>Building a positive mindset – the power of the micro action</i>	<b>Fiona Spargo-Mabbs</b> <i>Supporting Young People Around Making Safer Drug Choices</i>	<b>Dr Jay Stewart</b> <i>Trans inclusion and celebrating gender diversity: Empowering Teachers, Pupils and Parents</i>
13.00 14.10	Lunch 'My Concern' Leading Safeguarding and Pastoral Software Demonstration (Lecture Theatre)			
14.15 15.00	Closing Keynote Speaker: Paul McGee			
15.00	Closing remarks – Lorraine Winton			



## Opening Keynote Speaker

### Professor Tanya Byron

Professor Tanya Byron is a consultant clinical psychologist specialising in child and adolescent mental health. She has an NHS career spanning twenty years working in many areas of mental health.

Tanya is the author of *The Skeleton Cupboard* (Pan Macmillan 2015), her account of her years training as a clinical psychologist. Tanya's other writing credits include; *Your Child Your Way* (Penguin, 2007) and *Your Toddler Month by Month* (Dorling Kindersley, 2008).

Tanya is the patron of the charity Prospex and chancellor of Edge Hill University. She is also a Fellow of the Royal Society of Arts and a trustee of the Family and Parenting Institute. She is also a Trustee of the NSPCC.

In 2008 Tanya was made Professor in the Public Understanding of Science. She has been awarded honorary doctorates at York University and the Open University. She is also Honorary Professor of Psychology at Shandong Normal University, China.

Tanya is an independent national and international government advisor on children, young people and the digital media - in 2008 she published *The Byron Review: Safer Children in a Digital World* and it's follow up review *Do We have Safer Children in a Digital World* (2010) and sat on Lord Carter's Digital Britain advisory board (2009).

**Website and information:** @ProfTanya | [www.professortanyabyron.com](http://www.professortanyabyron.com)



## Closing Keynote Speaker

### Paul McGee

Paul McGee is a Sunday Times bestselling author, creator of the SUMO philosophy (which when used in an educational context stands for 'Stop, Understand, Move On'). Building on his background in psychology, Paul has been delivering what are often described as motivational and inspiring life lessons to people from all backgrounds and has extensive experience within the educational sector, as well as with businesses within the UK and around the world.

In this interactive and engaging session, Paul McGee will explore the role our mindset plays in developing our resilience and improving our wellbeing. He will identify how our faulty thinking can impact our ability to deal with life's challenges and fulfil our potential. He will also explore ways in which to develop a more positive and solution focused mind set. Although Paul's session is fun and entertaining and in which he will also share his own life journey, the ideas explored are rooted in Cognitive Behavioural Therapy (CBT). The session will also focus on the difference each of us can make in helping ourselves and each other.

**Website and information:** [@TheSumoGuy](#) | [www.theSUMOGuy.com](http://www.theSUMOGuy.com)

## Session Speaker Information



### Dr Harjeev Rai

Dr Harjeev Rai is the Medical Director of Hessington Health and has over 20 years of General Practice experience. He is a Seminar Lead at the University of Cambridge and has recently completed his PGCE in Medical Education (PGCME). He is currently working towards his Masters in Education at Cambridge. Dr Rai is passionate about education and has a specialist interest in occupational health and well-being of the education sector.

**Session information: Substance Abuse - The Physical and Mental Effects on Our Pupils.** (Please download the App – Poll Everywhere and invite yourself to my session by entering harjeevrai504)

Dr Rai will reflect on the current trends in substance abuse in school aged students. He will present the evidence showing subtle differences in substance abuse at the different age ranges and how pupils acquire illegal substances. He will present the nomenclature used for common substances and how they are classified legally.

Dr Rai will go on to present the characteristic signs of substance abuse and their mental consequences. He will end the presentation with a guide to identifying the pupil that may be abusing substances.

In attending this session the delegates will be able to:

1. Understand the legal classification of substances of abuse
2. Understand the current trends in substance abuse in school aged children in the UK
3. Identify the common substances pupils abuse
4. Identify the nomenclature used by pupils
5. Identify the physical effects of substance abuse in our pupils
6. Understand the mental health effects of substance abuse
7. Identify signs of a pupil who is abusing substances

**Website and information:** [www.hessingtonhealth.com/medical-officer-schools/](http://www.hessingtonhealth.com/medical-officer-schools/) |

[www.corporatemeded.co.uk](http://www.corporatemeded.co.uk) | [@corporatemeded](https://twitter.com/corporatemeded)



## Dr Nikki Teper

Dr Teper is a highly experienced clinical psychologist working with children as well as adults. Her experience working within the field of child development includes participation on a nationwide child development project in the USA and has informed her work within a clinical setting. She currently works in the private sector, helping clients make sense of a variety of difficult issues. Clients often use unhealthy coping strategies such as deliberate self harm and eating disorders when they are struggling with difficult

experiences or emotions, and a better understanding of these problems can be very helpful when thinking about more balanced way of managing things.

### **Session information: Identifying and better understanding unhealthy coping strategies to mental health difficulties.**

Mental health difficulties are becoming increasingly prevalent amongst primary and secondary school youngsters. This can be for a number of different reasons. Family dynamics are affecting children and adolescents in various ways, with an increase in the rates of divorce and separation, and changes in the economy with increased redundancies to parents. The advent of the internet and social media has revolutionised the method in which young people communicate and behave, which has created a variety of potential areas of stress, as well as online bullying that can often move at faster speeds than previously seen. Stresses inside schools for young people has always caused potential anxiety and low mood, but research has now suggested that this has reached a more concerning level and takes place for many during the turbulent time of adolescence. With these, and other triggers, children and adolescents can often turn to a number of different coping strategies and techniques to help them manage difficult thoughts and emotions. Often misunderstood as deviant or problematic behaviour, young people may experience panic attacks, eating disorders or even self-harm to help them manage the difficulties that they experience. It is important for adults and teachers to help children and adolescents manage their difficulties with more healthy tools, and wherever possible to give them a safe space to explore their feelings.

The session will aim to help delegates develop a better understanding of the various lifecycle stages that children will be experiencing, with a particular view to thinking about specific stressors and issues that they may encounter. We will discuss family dynamics, issues that often arise within school settings, as well as social dynamics and the role of social media as a tool not only of communication, but also of potential danger.

Delegates will be encouraged to identify and consider not only the various experiences that pupils may be encountering, but also many of the unhelpful tools that are used amongst primary and secondary school youngsters. This might include isolation, anxiety and panic attacks, eating disorders, increased behavioural difficulties and deliberate self-harm.

Finally, we will discuss what staff can practically do to help pupils within the safety of their role.

**Website and information:** @drnikkiteper | [www.drnikkiteper.co.uk](http://www.drnikkiteper.co.uk)



## Tanya Goodin

Tanya has spent her entire career focused on the interaction between people and technology. As the founder of one of the first digital businesses in the UK she was a pioneer in the digital revolution. As our lives have become dominated by screens, her focus now is how to ensure we continue to use the digital world for good. She is the founder of digital detox movement Time To Log Off, a keynote speaker, and an author of two books ('OFF' and 'Stop Staring at Screens') on our relationship with screens.

### **Session information: Digital wellbeing in a connected world.**

How do we ensure digital wellbeing for students and staff in a 24:7 connected world? We will explore some of the existing research on what screen overuse might be doing to focus, concentration, physical and mental health and suggest practical strategies to counter some of the negative effects while maximising the positive benefits.

This session offers practical strategies: tips, tricks and techniques to maximise digital wellbeing. Tanya is the founder of digital detox movement Time To Log Off, a keynote speaker, author of two books ('OFF' and 'Stop Staring at Screens') on our relationship with screens and the host of the 'It's Complicated' podcast on our complicated relationship with tech.

**Website and information:** [www.tanyagoodin.com](http://www.tanyagoodin.com) | [www.itstimetologoff.com](http://www.itstimetologoff.com)

| [@tanyagoodin](https://twitter.com/tanyagoodin)



## Amanda Ursell

Amanda has a degree in nutrition and post graduate diploma in dietetics, both from King's College, London University. With previous columns in the Times and Sunday Times and the Los Angeles Times, she has authored ten books on nutrition and is currently nutritionist for The Sun newspaper. Amanda consults to the catering company CH&Co Education. Winner of the HFMA Health Writer of The Year award and twice voted the most influential health professional in the UK, Amanda has

over 25 years of experience of working in the area of nutrition.

**Session information: Why Good Food Matters.** The presentation will focus on the nutritional needs of junior and senior age girls, drawing on national intake statistics and evidence based interventions that affect behaviour, cognition, psychological wellbeing and ultimately, performance in the classroom and sports field.

This session will give an understanding of the issues surrounding girl's nutrition in the UK, regardless of social class and how school can, within a multidisciplinary approach, help to tackle and practically improve each area of potential concern.

**Website and information:** @amandaursell | [www.amandaursell.com](http://www.amandaursell.com)



## Lucy Bailey

Lucy Bailey is CEO and Co-founder of Bounce Forwards proud of her beginnings as a youth worker and her 17 years of experience of working in, developing, reforming and managing children's services. Over the last ten years Lucy has focused on education and has been instrumental in embedding resilience curricular in schools and services across the UK. Lucy directed the

Healthy Minds research project, has an MSc in Practice Based Research, a BSc in Social Policy and Criminology, and a Post-Graduate Certificate in Education.

### **Session information: Importance of Resilience and How to Build It: Essentials for School Staff.**

An introduction to the importance of resilience and how to build it. This includes an introduction to the foundational skill of resilience. This will be discussed in the context of overcoming setback and making the most of opportunities. Some top tips will be shared for ideas for personal resilience and in passing on the skills to others, along with some further reading ideas. The session will include presentation, participation activity, paired and whole group discussion, reading list and website links.

**Website and information:** @bounceforward | [www.bounceforward.com](http://www.bounceforward.com)



## Dr Ellie Cannon

Dr Ellie Cannon is the resident GP for the Mail on Sunday and well known as the on-screen GP for Sky News Sunrise.

Ellie's first book 'Keep Calm, The New Mum's Manual' focused not only on baby health but crucially the physical and mental health of new parents. Her second book 'Is Your Job Making You Ill?' focuses on job stress. She was highly

commended for her journalism at the Mind Media Awards 2018.

She read medicine at Cambridge and has looked after families in her NHS practice for the last decade. Ellie combines her work with motherhood.

**Session information: Building a positive mindset - the power of the micro action.** All the things we are now supposed to do to promote wellness and a positive mindset can seem like a mammoth task, particularly coming from a child or teen point of view, or from the perspective of someone feeling below par and weak from poor mental health.

The power of the micro -action explores all the things we should be doing to promote positive mindset in young people: sleep/exercise/relationships and eating and breaks them down into tiny do-able actions, known as micro-actions.

The news year's resolutions to exercise 5 times a week never work; but the resolutions to exercise once a week do and the difference is the size of the goal. It would be anathema for any teen to consider totally digitally disconnecting, but a phone-free hour a night is do-able and can allow them to see the benefits for themselves. It works!

There are many areas in which children can improve their mental health and resilience through small, achievable goals; each micro action feeds positively into self-esteem, confidence and a sense of achievement going on to breed further success both within resilience but also for other aspects of life.

From the session you will take the idea of small actions being achievable and making a big difference.

**Website and information:** @dr\_ellie | [www.DrEllie.co.uk](http://www.DrEllie.co.uk)



## Stephen DeSilva

Stephen has over 35 years' service in the education and health sectors. He now delivers PSHE and pastoral programmes for staff across the UK and with British international schools. His recent experience includes; training skills development for those working in Safeguarding Children; co-authoring Hodder Education's PSHE textbook series; addressing Diversity issues; particularly looking at sexuality and religious/cultural awareness.

Stephen talks on the most effective strategies for dealing with pastoral concerns about a pupil and how they will almost always be a joint home-school approach and how to best interact with the parents and families of our pupils.

### **Session information: Engaging with Parents in Pastoral Wellbeing.**

The most effective strategies for dealing with pastoral concerns about a pupil will almost always be a joint home-school approach. How best can we interact with the parents and families of our pupils?

This session will use speaker input and discussion scenarios to:

- explore ways of working with parents
- improve our communication techniques
- develop our partnerships

**Website and information:** [www.sdesilva.com](http://www.sdesilva.com)



## Stacey Hart

Stacey Hart MBACP is a counsellor, trainer and group facilitator. She had been a counsellor for 20 years and has spent 10 years with Grief Encounter. She has vast experience of child bereavement and the effect on the family and wider community and now manages all the training needs of the organisation and works as a trauma specialist in schools and corporations when a traumatic event occurs.

She often appears in National Press articles and on television and has won a Family Law award for her services to children who have experienced family breakdown.

### **Session information: Understanding bereavement and identifying the needs of children and young people.**

The session will look at the following:

- The impact of bereavement on children and young people
- Identifying unhealthy behaviours, signs to look for
- Empowering children and young people to take the right steps
- An insight into children's understanding of death
- Understanding how bereavement affects children, young people and their families
- Identifying behavioural and emotional changes
- Tools to empower students

**Website and information:** [www.griefencounter.org.uk](http://www.griefencounter.org.uk)



## Fiona Spargo-Mabbs

The DSM Foundation is a drug education charity founded in 2014 by Fiona and her husband in response to the death of their 16-year-old son Daniel having taken ecstasy. The charity aims to support young people to make safe choices and reduce harm, through increasing their understanding of the effects and risks of drugs and alcohol, and improving their life skills & resilience. Fiona has a wide range of experience from a long career working in education at operational and strategic management levels, as a teacher and manager working within a broad educational context at local, regional and national levels.

### **Session Information: Supporting Young People Around Making Safer**

**Drug Choices.** The session will focus on the issues for young people around drugs and alcohol, and what schools can do to equip them to make safe choices. It will explore the current context for young people in relation to drugs and alcohol, including which substances are being used by young people, where and when they are primarily accessing and using them, and risk factors specific to adolescents, with reference to most recent data. It will also look at young people's motivation and the complexity of decision making about drugs in adolescence, and the relationship between mental health and substance use.

The session will look at the evidence base of best practice in drug and alcohol education and how schools can most effectively educate and support their students, including working with families and the wider community. It will introduce the DSM Foundation and the drug and alcohol education programme and resources available to schools, and where to go for additional information and support.

Delegates will take away a greater awareness of current issues and risks for young people around drugs and alcohol and what schools can do to support them to stay safe.

**Website and information:** @foundationdsm | [www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)



## Adrian Bethune

Adrian Bethune, founder of 'Teach Happy', is a teacher and Healthy Body & Mind Leader at a primary school in Hertfordshire. In 2012, he was awarded a 'Happy Hero' medal by Lord Richard Layard at the House of Lords for his work on developing wellbeing in schools. He has worked closely with the charity Action For Happiness

on their 'wellbeing in schools' programme and in 2015 was invited to speak at their event, *Creating A Happier World*, on stage with the Dalai Lama. Adrian is author of *Wellbeing In The Primary Classroom - A Practical Guide To Teaching Happiness* (Bloomsbury, 2018) and founder of **Teach Happy**.

### Session information: Teaching Happiness in Schools

Research shows that a child's emotional health is the strongest predictor of their happiness as an adult (incidentally, their grades are one of the weakest predictors). Moreover, schools can have big impacts on children's emotional health. This session will show you that teaching happiness has been shown to not only boost levels of wellbeing but also boost attainment. Happier children learn better and are generally more successful at school. I will share the science of happiness (positive psychology) and show you how to weave wellbeing into your teaching day. The session will include how to bring the science of happiness to life in your class with activities around creating tribal classrooms, gratitude, kindness, exercise, and mindfulness.

**Website and information:** @AdrianBethune | [www.teachappy.co.uk](http://www.teachappy.co.uk)



## Dean Johnstone

Dean launched his own social enterprise, Minds Ahead, to address mental health from a school perspective and draws on the relationships with senior colleagues in the education and mental health sectors which support his work.

Within months of starting, Dean developed a partnership with Leeds Beckett University to launch the UK's first university centre for mental health in schools.

Dean is currently writing and teaching on a Master's in school leadership of mental health, has secured international training programme partnerships and regularly speaks at conferences and workshops.

In his spare time, Dean is Nightstop host, accommodating homeless young people at his home and is Chair of Governors at a local primary.

### **Session information: Inspire and equip - a whole school approach to mental health.**

This workshop will provide a summary of the emerging research base on the 'whole school approach to mental health' by drawing on a range of sources from education, health and the charity sector. Delegates will evaluate the school mental health models as well as national government policy, so that an informed and considered view of the role of school mental health is established.

Delegates will also learn key themes emerging as a result of the innovative work being undertaken by the pioneer set of school leaders for mental health, from primary, secondary and FE settings, both in the UK and abroad. Crucially, the latest thinking on what works in schools and pitfalls to avoid when either establishing a new school mental health approach or developing your existing school mental health policies will be shared.

Delegates will take away:

- A considered view of the 'whole school approach to mental health'
- An understanding of what works when developing school mental health
- Learning from other schools on what to avoid when leading this agenda

**Website and information:** @Minds\_Ahead | [www.mindsahead.org.uk](http://www.mindsahead.org.uk)



## Dr Jay Stewart MBE

In 2008, Dr Jay co-founded Gendered Intelligence. Gendered Intelligence is a not for profit organization that provides activities, support, and resources for the trans community as well as education, training and consultancy for organizations that are developing their trans inclusive practices.

In recent years he has acted as an independent adviser to the Ministry of Justice review into the care and management of transgender offenders, and gave oral evidence to the Trans Inquiry for the Women's and Equalities Select Committee. He now sits on the National Transgender Advisory Board for trans prisoners with the Ministry of Justice.

**Session information: Trans inclusion and celebrating gender diversity.** The session will introduce learners to understandings of gender diversity, trans experiences and what it might mean to be inclusive of trans people in your settings. The session will consider the positions of teachers, students and parents and carers in their roles to achieve inclusion for everyone.

Specifically, we will explore terminology and trans experiences: looking at concepts of sex, gender and sexuality and how do they interact? We will also consider some approaches to language and to think about the use of language in our schools.

We will offer basic grounding in the legislation around the rights and responsibilities around trans identities specifically with The Equalities Act (2010) and The Gender Recognition Act (2004). We will begin to explore how an organisation can ensure it is being trans-inclusive.

We will provide links to a wide range of resources.

By the end of the session delegates will:

- Learn about the work of Gendered Intelligence and what we provide to the educational sector.
- Be introduced to the language and terminology that applies to trans people.
- Understand where legislation protects trans people.
- Consider what trans inclusive good practice looks like
- Be signposted a range of resources for future learning.

**Website and information:** @GenderedIntel | [Genderedintelligence.co.uk](http://Genderedintelligence.co.uk)

# Lunchtime Demonstration

**oneteamlogic**  
The Safeguarding Company

**myconcern** 

## Safeguarding Software for Education



MyConcern is our simple to use, safe and secure software for recording and managing all safeguarding concerns in any educational setting.



Simple and easy for staff to record any safeguarding or well being concern.



Equips the Safeguarding Lead to closely monitor and manage all concerns.



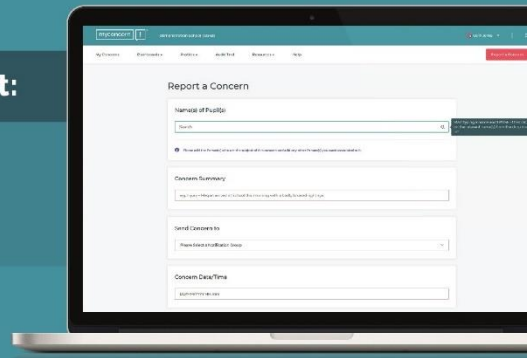
Ensure compliance with all current legislation, standards and guidance.



Provides clear, auditable evidence for Estyn/Ofsted and ISI Inspections.

**To book your FREE demonstration contact:**

✉ [info@myconcern.co.uk](mailto:info@myconcern.co.uk) ☎ 0330 660 0757



 [www.myconcern.co.uk](http://www.myconcern.co.uk)

✉ [info@myconcern.co.uk](mailto:info@myconcern.co.uk)

☎ 0330 6600 757

**Don't miss your chance to meet the experts**

[www.myconcern.co.uk](http://www.myconcern.co.uk)