

945: Pastoral Support: mental health and wellbeing for your school community. What path are you on?

Date: Tues 5 November 2019

Venue: Woodland Grange, Old Milverton Lane, Leamington Spa, CV32 6RN

Cost: Online £229 (non IAPS members – additional £100)

In October 2018 the Government announced new mental health initiatives. They indicated that pupils will be given routine mental health checks and teachers will be trained to carry out the 'wellbeing' assessments at primary and secondary schools, to spot potential issues among children as young as four.

Teachers are not mental health professionals, but your school remains on the front line and plays a crucial role in identifying issues and supporting children's mental health provision. It is crucial therefore, in a landscape of increasing mental health concern, that you and your colleagues have the practical skills and knowledge to offer meaningful support to students across your school.

In order to prepare teachers to offer this support the first step is to help those teachers to recognise what they need to support their own mental health and wellbeing.

This course will highlight areas around counselling, self-care, time, conflict resolution, relationships, communication, wellbeing and work-life balance to put you and your school on the right path.

Audience: Heads, Deputy Heads, Heads of department, SMT, Pastoral Team, Counsellors.

Objectives:

Develop an understanding of what a school counsellor can bring to your school

Looking at skills/strategies to resolve conflicts with pupils, parents and other teachers

To help your school explore ways to overcome obstacles that may be affecting your engagement with parents

Foster leadership that supports efforts to promote emotional health and wellbeing

Be part of a school that is an emotionally healthy and supportive place for all

Course Director: Caroline Yolland (School Counsellor)

Speaker: Caroline Yolland (School Counsellor), Cath Bufton-Green (Education Consultant), Noushin Rahman-Blake (Supporting Links Training).

Programme

- 1000** Welcome/Introductions/Workshops
- 1015** Time with the School Counsellor(Caroline Yolland)
- 1045** Break
- 1100** Workshops: Parental Engagement (Cath Bufton-Green)
Mindfulness (Noushin Rahman-Blake)
- 1230** Lunch

cont'd

CANCELLATION If a delegate cancels his or her application up to and including 4 weeks prior to the date, a refund of 75% of the fee will be given. 50% of the fee will be refunded up to and including 2 weeks prior to the date. Thereafter, IAPS regrets that no refund can be made. **INSURANCE** IAPS regrets that it cannot accept liability for loss or damage however caused to the personal property of any person attending this or any other event organised under the auspices of the Association.

Book online at iaps.uk

IAPS, 11 Waterloo Place, Leamington Spa CV32 5LA
Telephone 01926 887833 Email east@iaps.uk

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- 1330 Workshops: Strategies, skills and tools (Caroline Yolland)
Motivation/resilience (Cath Bufton-Green)
Conflict resolution (Noushin Rahman-Blake)
- 1500 Break
- 1515 Thank you/Feedback/evaluation forms
- 1530 Conference Ends



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Woodland Grange Conference Centre, Old Milverton Lane, Leamington Spa, Warwickshire CV32 6RN

(SatNav Postcode CV32 6RW) Telephone: 01926 336621
<http://www.eef.org.uk/venues/woodland-grange-leamington-spa>

Woodland Grange is an award-winning residential conference venue in Leamington Spa, Warwickshire set in 16 acres of beautiful grounds, located at the heart of the midlands motorway and rail network.



Travelling by car: Woodland Grange is easily accessible from the M40, M42, M6 and M69 within a 20 minute drive.

Travelling by rail: The nearest train station is Leamington Spa, just three miles away from Woodland Grange. Taxis are readily available from outside the station. Average journey time is approximately 10 minutes.

Travelling by air: Woodland Grange is 17 miles away from Birmingham International Airport and takes around 35 minutes by car.

Travelling by bus: Buses run frequently to and from Leamington Spa to Kenilworth Road – U12, 12, X17.

Car parking: We have extensive car parking facilities free of charge for guests and monitored by 24 hour CCTV.