

Mental Health & Well-being Matters

Developing a culture, philosophy, ethos and applied strategies for positive mental health and wellbeing in your school and the wider community

Venue:

Rhodes Avenue Primary School, North London

Date: Mon, 22 Feb 2021

Time: 9:00am-3:30pm

(registration opens from 8:30am)

Ladies and Gentlemen – we have a problem!

There is a growing concern and increase with Emotional health issues in our schools. We need to stand together, work as one, and support each other to be emotional healthy, resilient and happy, prepared for the struggles that 21st Century Education is forcing upon us.

Do you have an “inside out, outside in” emotional wellbeing philosophy and approach in your school?

The skills and strategies needed for wellbeing and mental health should now be part of teaching, learning and child development. So why is it that some topics are still difficult to talk about or

even tackle? Why taboo? Why are so many scared of talking, addressing and supporting the needs of our children and staff in an ever changing, stressful and complex system of wellbeing and mental health.

During this training day you will gain skills, knowledge and understanding of why, what and how mental and emotional health is crucial for all staff, pupils and parents to be actively supporting each other. It is based on the latest evidence of what works when it comes to improving the mental health of children and young people in schools.

This training session will enable you to:

- Establish an ethos and culture that encourages the development of positive wellbeing and mental health throughout the whole school.
- Create, develop and implement a whole school Mental & Emotional Health policy, ethos & culture with appropriate steps towards management and delivery of such a programme.
- Review the most up-to-date research and statistics and apply this to your school context.
- Better understand why social and emotional wellbeing matters and give you the skills to identify those in need of support and create a wellbeing plan.
- Understand the cognitive and neurological impact of poor mental health and wellbeing and the impact on academic and emotional progress.
- The importance of resilience, self-care and emotional literacy to support yourself and others.
- Develop practical strategies for supporting and promoting wellbeing and mental health in your school and the wider community, such as working with parents.
- Implement a strategic approach to wellbeing that achieves both short- and long-term results.
- Evaluate the progress of individual children, as well as the school as a whole and include Governors in your developments.
- Embed effective practices so they are sustainable going forward.

Presented by:



Delivered by **Nina Jackson**
Author, Teaching and Learning Consultant

Few in education have the breathtaking grasp of Nina ‘Ninja’ Jackson about what makes classrooms, and those in them, tick. Winner of the IPDA International Prize for Education, the TES has described her as an ‘inspirational, evangelical preacher of education’. Nina’s particular gift is in working with SEN, the Gifted and Talented and engaging disaffected learners. As an international education consultant she has worked with the Ministry of Education, UNESCO and UNICEF in Chile, Ghana, India, China, the Middle East and Europe. In her first book she shared her research on how music improves classroom learning and motivation. Her latest, the bestselling ‘Of Teaching, Learning and Sherbet Lemons: A Compendium of Careful Advice for Teachers’, has helped thousands of teachers put the ‘fizz’ back into their classrooms.

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