

Webinar:

OneWellbeing

This webinar series will guide leaders to develop, implement and assess their whole school wellbeing strategy. Offering practical advice and techniques to help you balance the needs of your staff and students. This webinar series includes:

Webinar 1: The whole school wellbeing culture

Examining how to bring together a whole school culture working with your staff teams and interacting with your pupils.

- **Part one: Developing your staff wellbeing strategy**

This webinar will introduce how to implement a staff wellbeing strategy. Delegates will learn about the five strategic areas that require development to enhance the wellbeing of all; Ethos & Culture; Leadership & Management; Communication; Data and the Working Environment. Delegates will learn how to develop a wellbeing action plan and identify proactive steps in the key areas to ensure staff feel supported and equipped to take responsibility for improving their wellbeing.

Delivered by Pam Mason and Angela Bryning

- **Part two: Developing your pupil wellbeing strategy**

Positive psychology is the 'Scientific study of what makes life worth living'. In this webinar we will discuss each of the five components of positive psychology's P-E-R-M-A model. While each component is evidence-based and has its own extensive body of research, all five do interconnect and overlap. Together they empower you with an exciting overarching framework for developing your pupil wellbeing strategy in school. Robust research shows that schools using these tenets of 'positive psychology' to create 'positive education' not only improve pupils' wellbeing, but also improve academic attainment too.

Delivered by Deirdre McConnell and Fran Parker

Webinar 2: Developing a coaching culture in school

This webinar will introduce how a coaching culture can improve personal and team effectiveness, core values and wellbeing across a school. Delegates will understand the essential core elements of coaching and their application in school settings; Develop an understanding of how a coaching culture can improve wellbeing for all staff; use coaching to increase staff engagement, effectiveness and capacity; and give further suggestions if you would like to embed a coaching culture.

Delivered by Jo Gray

Webinar 3: The Statutory RSE and Health Education Curriculum: Teaching Children Physical and Mental Wellbeing

This webinar will explore the statutory guidance schools must follow for the teaching of physical and mental wellbeing as part of the new RSE and Health Education curriculum. The curriculum becomes statutory for schools in September 2020. Delegates will gain an understanding of their statutory responsibilities in terms of the content and scope of the curriculum; have the opportunity to reflect on their current curriculum provision; and leave with a wide range of ideas for the implementation of the curriculum in school.

Delivered by Laura Lodge

Webinar 4: Creating an ethos of Safeguarding at all levels to support wellbeing

Safeguarding is far more than a singular duty or a role in our schools. It should run through every strand of our work, at every level. This webinar will cover how to create safer organisations, promoting transparency, inclusivity and wellbeing for all and explaining how safeguarding plays a major role everyone day to day work.

Delivered by James Traynor

Webinar 5: Supporting our resilience through nutrition (staff and pupil)

A recent report from the Society for Neuroscience confirmed that highly processed foods, sugary snacks and junk food actually hinder a child's abilities to learn. Food loaded with sugars, caffeine, chemicals, and sodium, leave kids tired, unfocused, jittery, and sick - which not only impacts on their wellbeing, but also influences their behaviour and mood too. In this webinar biochemist Jeannette Jackson discusses 'The Healthy, Happy Kids Food Plan'. This is a strategic 3-Point Implementation Programme designed to encourage children (and parents, and teachers) to eat healthy, more balanced dishes in school and at home and explains the science behind the strategy.

Delivered by Jeanette Jackson, Manchester Stress Institute