



## IFTL INSET DAY

### Climate for Learning; wellbeing and readiness in the classroom

#### **Session 1 - 11.30 – 12.15**

##### **1. Roaring4Life! Supporting a stable platform of self-esteem – Ali Moore**

The aim of the workshop is to support those who work with pupils in an education setting to understand some of the signs of stress that can occur in both children and adults. We will offer insights into how individuals can be triggered to display different behaviours due to stress and anxiety; we will offer some techniques which can be applied across adults and pupils to create a healthier mindset. The workshop will include demonstration and optional taking part in a couple of basic mindfulness techniques.

##### **2. Understanding and Dealing with Anxiety – Arthur Ellis**

'Arthur Ellis: Mental Health Support' was not set up just to signpost but to provide evidence-based, practical tools to independently identify and deal with issues related to mental health. In this session, we will be exploring anxiety through a series of activities, understanding its effects and additionally, how to identify it in ourselves and others. Finally, we will be covering evidence-based tools that we can use ourselves or with others who may be experiencing these difficulties.

##### **3. KS2- Developing wellbeing for lifelong learning – Philippa Murrell**

*Head, heart and hands.* Delegates will increase their understanding of physical, mental, social and emotional wellbeing via a variety of physical activities that can be carried out in school and supported at home.

##### **4. Theraplay in Schools – Theraplay**

Theraplay is based on the natural patterns of playful, healthy interaction between parent/carer and child; it is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge. Theraplay sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as loveable and worthy of relationships that are positive and rewarding.

Learning objectives for this workshop are:

- Describe the four dimensions of Theraplay: Structure, Nurture, Engagement and Challenge
- Use of Sunshine Circles and groups within school settings.

##### **5. Making Yoga Real for Everyone (practical) – Jane Richardson**

This 45-minute workshop will allow you to see how yoga can work for everyone at any time. The session will be child-based and suitable for KS1 or KS2 children and will give you valuable activities to help yourself and your colleagues.

Using the resources typically found in a classroom, we will look at:

- Breathing techniques – helps with anxiety, stress and refocussing
- Warming up (in a limited space) – helps to re-energise
- Shifting balances to re-programme the central nervous system – aim to calm the mind and the body as well as realign the spine
- Making noise – even with classroom voices, it is possible to use your breath and your voice to energise and to settle

- Thinking about how props can help you – we all know the power of the fidget spinner, so let's look at alternatives
- Benefit of movement
- Benefit of stillness

This is very much an active workshop where you will be taking part. There is no need for special clothing, in fact, come as though you were dressed for a normal lesson in the classroom.

#### **6. Engaging Challenging Parents – Penny Meehan and Nicole Bramwell**

The aim of this session is to investigate what makes a parent 'challenging', how best to engage them in school life and practical strategies to reduce confrontation. The session would ideally benefit members of staff who have a direct role in working with parents.

#### **7. Ready to learn in Early Years and beyond! – Sarah Armitage**

This workshop aims to provide participants with an understanding of how children learn and what makes an effective learner. Come and explore lifelong learning characteristics in this practical workshop session. Particularly useful for EYFS and KS1 teachers.

#### **8. Looking after the wellbeing of adults – Michelle Gardner and Rachel Coulson**

We will be looking at how to ensure wellbeing is kept high amongst our staff particularly the newer members to the profession. We will be working on frame of references, support networks and the five ways to keep wellbeing high.

#### **9. Why we need an active classroom – Glenn Young**

This session is classroom-based with some practical activities, which will help teachers to increase physical activity throughout the school day in a bid to boost pupils' health, behaviour and academic achievement.

#### **10. Lifelong Sport for Wellbeing – Practically Creating good habits as children – Jamie O'Grady and Tom Williams**

The session will include a mix of thought-provoking discussion alongside practical activities. It will aim to support colleagues in successfully incorporating sport across the curriculum. Breaking down barriers to ensure successful engagement in sport will be explored and tools will be shared to support achieving this. It will also focus on the importance of involving the whole family in the commitment to sport and how schools can promote this.

#### **11. Supporting Young Minds Through Tough Times – Natalie Philips and Choe Glackin**

For a child to have a strong sense of well-being, there are five particular skills that they need to discover in order for them to reach their full potential and experience a fulfilling academic and school life. Without these five skills, children will struggle to access and enjoy success academically.

Join us to discover and explore how these strengths can help your students flourish.

#### **12. Thriving not just surviving (for school staff) – Sue Martin**

Ofsted, observations, curriculum, planning, meetings to name just a few of the things we do.....oh and children at the heart of our work! How do we manage it all? The emotional requirements of being in the classroom have been long recognised. This workshop focuses on **thriving not just surviving**; a productive way of dealing with the daily challenges of working with children in a school environment. Aimed at Teachers, Teaching Assistants and those who work directly with children; the intention is to reframe some of our thinking and experiences in the classroom to support a less stressful, healthier and more positive approach.

**13. 'Hello! How lovely to see you! – restoring relationships to promote learning' – Katie Robins**

This workshop will explore the benefits to staff of restoring relationships with pupils after instances of poor pupil behaviour and the application of sanctions. It will explore ways in which a positive working relationship can be restored for the well-being of both staff members and pupils alike.

**14. Permission to laugh out loud – Theresa Batey**

There'll be lots of fun and laughter in this workshop based around creating happy staff and children. Have a go at Dough Disco, a spot of Magic Wand therapy and find out how to spread the happiness.

**15. Dream Team: building amazing classroom and school teams – Brian Ball**

This workshop will focus on and explore the key aspects of recruiting, supporting and sustaining effective teams at all levels.

**16. Growth mindset in the Primary Classroom – Chris Woolhouse**

We will share the key features of fixed and growth mindsets and explore some strategies to support growth mindset in your school context. This will include practical ideas you can implement with immediate effect!

**17. Attachment Theory - Becky Skillings**

The attachment workshop will give a brief outline of attachment theory and how this impacts children's mental health in school. It will give participants an understanding of why children who have suffered significant trauma behave in ways that may be unexpected. It will also outline some approaches to help these children feel safe and settled and therefore more likely to be able to access learning.