



IFtL INSET DAY

Climate for Learning; wellbeing and readiness in the classroom

Session 2 – 1.00 – 1.45

1. Protective Behaviours – Service Six

“We all have the right to feel safe.”

This workshop will look at the principles and strategies that support the protective behaviours process; this will provide information on how to ensure that pupils feel safe both at school and in other aspects of life.

2. Building Resilience – Service Six

This workshop will look at how resilience can be increased in the classroom and school setting to help pupils achieve good educational outcomes, overcoming any adversity.

3. 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; it will offer some techniques which can be applied across both adults and pupils to create a healthier mindset. It will include demonstration and optional taking part in a couple of basic mindfulness techniques.

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. 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.

6. KS1 and EYFS – Engaging children through physical literacy – Philippa Murrell

The development of good physical habits in young children through teaching an excellent physical literacy programme. Delegates will develop their knowledge and confidence of how to teach a high-quality lesson focussing on key skills/activities that our pupils need to learn by end KS1.

7. Practically based Yoga in Pretzel Pairs – Jane Richardson

This 45-minute session will involve working in pairs, in a variety of school settings (classroom, staff room or in the PE hall for example). We will work as though we have limited space, so that you will see how pair work can benefit both parties whenever. Pair work is not only fun, it builds on trusting others, supporting and encouraging others, enhances co-operative working, teamwork, friendliness and a sense of being. Pretzel pairs will work using a variety of traditional yoga poses delivered in a fun and friendly way to promote respect, trust and generosity. During the session, you will:

- Promote feelings of connectedness
- Encourage fun and laughter
- Encouragement determination and resilience
- Promote working together to achieve a common goal.

This workshop is an active one and everyone will take part to share the experience and the learning. No special equipment or clothes needed.

8. 'Restorative approach to managing wellbeing, behaviour and arguments – Jamie Ainscow

In this hands-on session, we will explore what is meant by restorative practice and how it develops long-term resilience in children and a deeper understanding of relationships. There will be opportunities to explore and share scenarios from different age groups and reflect on how issues are effectively dealt with 'in the moment' and afterwards. Participants will leave with ideas and methods for supporting children in their settings.

9. 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.

10. Group interventions for children's wellbeing – Maddie Boothroyd and Marnie Bruce

This workshop will explore how group interventions can be used to improve children's wellbeing and improve their readiness to learn. We will think about how children are selected for groups, the timings of these groups and different interventions that can be used. We will discuss the impact that groups can have on children's self-esteem and wellbeing.

11. Enhancing quality of learning through the use of check-ins and wellbeing scales – Shunad Orr and Hayley Waters

Come and find out how putting children's wellbeing at the centre of everything we do, took us on a journey from 'Requires Improvement' to 'Good', with Outstanding for PDBW. (Ofsted 2018)

12. 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.

13. 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.

14. '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.

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. Squashing Monsters – Benjamin Gilbert and Linda Kelly

This session will look at strategies for examining challenging behaviours and exploring a child-led approach to identifying and communicating emotions.

17. 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!

18. It's not bad weather; just put on your coat! – Sarah Hand

Practical strategies and recommendations on using outdoor spaces to raise pupil well-being and engagement.