



**Inspiring Futures
Through Learning**

IFTL INSET DAY

Climate for Learning; wellbeing and readiness in the classroom

Session 3 – 2.00 – 2.45

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. **'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.

8. **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.

9. **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)

10. **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.

11. **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.

12. **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.

13. **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.

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. 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. 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.

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.

19. 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.