

**WEST ESSEX PRIMARY HEADS' ASSOCIATION AREA CONFERENCE  
MANOR OF GROVES HOTEL AND CONFERENCE CENTRE  
FRIDAY 27 JANUARY 2023**

**MEETING SUMMARY: ISSUES AND RECOMMENDATIONS**

p 2 **ATTENDANCE LIST AND APOLOGIES**

p 3 **WELLBEING IN THE PRIMARY CLASSROOM** Adrian Bethune

p 5 **EPHA update** Isobel Barron and Pam Langmead

p 5 **DATES AND TIMES OF FUTURE MEETINGS 2022/23/24**

**WEST meetings with the Local Authority officers 2022/23**  
**Manor Suite, Manor of Groves**  
 Wednesday 9 November 2022  
 Wednesday 1 March 2023- online  
 Wednesday 14 June 2023

**WEPHA Conferences, Collonade Suite, Manor of Groves**  
 Friday 19 May 2023 (Floyd Woodrow)  
 Friday 29 September 2023  
 Friday 2 February 2024  
 Friday 17 May 2024

**Headteachers' Annual Conference 2023**  
 Friday 24 March 2023 Chelmsford City Race Course

**Deputy Headteachers' Annual Conferences**  
 Friday 13 October 2023 Colchester Stadium

**WEST ESSEX PRIMARY HEADS' ASSOCIATION AREA CONFERENCE**  
**FRIDAY 27 JANUARY 2023**

**Headteachers**

Ros Allsop	Clavering Primary	Alison Kerrell	Holy Cross Catholic Primary
Isobel Barron	Roseacres Primary/Chair	Lucy Mawson	Stebbing Primary
Dale Bateman	Coopersale and Theydon	Christine Peden	Pear Tree Mead Primary
	Garnon CE Primary	Rebecca Pine	Newport Primary
Sarah Cowley	The Henry Moore Primary	Jane Pomfret	Nazeing Primary
Matt Curzon	St Mary's CE Primary, Stansted	Andrew Price	Manuden Primary
Michael Doughty	Milwards Primary	David Rogers	Bentfield Primary
Lisa Gibbs	Leverton Primary	Linda Todd	Elsenham CE Primary
Katie Henson	St Andrew's CE Primary, North Weald	Kevin Watts	Great Dunmow Primary
Chris Jarman	St Mary's CE Primary, SW		

**In Attendance**

Pam Langmead	EPHA Professional Officer
Adrian Bethune	Teachappy Ltd
Sam Govey	Great Easton CE Primary
Laura Wilson	Great Easton CE Primary
Sarah Green	Nazeing Primary

**Apologies**

Sophia Pardalis	Limes Farm Juniors
Colin Raraty	Rodings Primary
Simon Rance	Ashdon Primary

Note: If your attendance or apologies have not been noted please contact the EPHA Professional Officer at [pam@langmead.me.uk](mailto:pam@langmead.me.uk) for amendment.

**NOTES OF THE SPRING TERM WEPHA CONFERENCE HELD ON FRIDAY 27 JANUARY 2023  
COMMENCING AT 9.15 AM**

**Action**

**1. EPHA WELCOME**

Isobel Barron, WEPHA Chair, welcomed the West headteachers at the meeting. She welcomed the new heads in West

Dean Beaumont	Tanys Dell Primary
Amy Reis	Great Sampford Primary (Acting head)
Andrew Price	Manuden Primary

**2. WELLBEING IN THE PRIMARY CLASSROOM**

Happiness in childhood is the strongest predictor of happiness in adulthood. Evidence shows that teachers have a major impact on children's happiness whilst at school. This presentation, based on Adrian Bethune's award-winning book Well-being in the Primary Classroom, will share evidence-based, practical ideas to weave well-being into your school, not only to help make teachers and their classes happier, but also to help pupils learn better too!

The workshop covered:

Creating tribal classrooms – how to foster positive relationships and a sense of belonging to maximise learning and aid wellbeing.

The Stretch Zone – help children experience good stress and embrace challenges so they can take risks fulfil their potential.

Physical activity – how to get children to sit down less and move more to increase brain power.

Acts of Kindness - teach children about the science of kindness and how helping others is one of the best ways of making ourselves happier.

The session started with an exercise – participants were given 1 minute to draw their partner, without looking at the paper. This created lots of laughter – positive emotions.

Positive emotions change how the brains works – we take in more information and see more – they literally widen our perspective.

Love, laughter, joy, calm, awe, gratitude, interest, hope, pride, inspiration. We become more creative, flexible in our thinking, better at problem solving.

What is happiness and wellbeing?

Psychologists: subjective wellbeing – an assessment of your overall life satisfaction, and your experience of positive and negative emotions.

Psychological wellbeing: people's sense of meaning and purpose and engagement with life.

Paul Dolan – it is your experience of pleasure and purpose over time.

It includes all of the emotions – positive and negative. We cannot feel ‘happy’ all of the time. Moments of loss, heartache, pain. Happiness involves your ability to deal with life’s difficulties and overcome them.

Parents want their children to be happy. 64% of parents believe their children’s wellbeing is more important than their academic attainment. (YouGov 2021)

Research shows that happier children learn better

<https://www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment>

<https://oxfordimpact.oup.com/home/wellbeing-impact-study/>

Teachers have a major impact on children’s happiness whilst at school

Can School Make You Happier Animation

<https://www.youtube.com/watch?v=hCqmfCkM0g>

**Belonging**

Increasing a sense of belonging in school is associated with:

- Higher student motivation
- Increased wellbeing
- Better student attainment
- Reduced student absence
- Increased staff wellbeing & motivation

(Riley, et al, 2020)

The infographic features a central illustration of five diverse people (two women and three men) standing in a circle, talking. Above them are four colorful speech bubbles (yellow, orange, blue, green). In the bottom right corner, there is a circular logo with a smiling face and the text 'TEACHERS BELONGING TO TEACH HAPPY'.

Belonging is the sense of being somewhere you can be confident that you will fit in and feel safe in who you are. Pupils who are most satisfied with their lives have a strong sense of belonging at school PISA 2018

<https://www.ucl.ac.uk/ioe/news/2020/nov/research-shows-sense-belonging-important-pupils-learning-and-behaviour>

Belonging needs to be continually refreshed and reinforced. Verbal and non-verbal signals that let people know they are safe, connected and share a future.

Creating tribal classes and what makes a good team

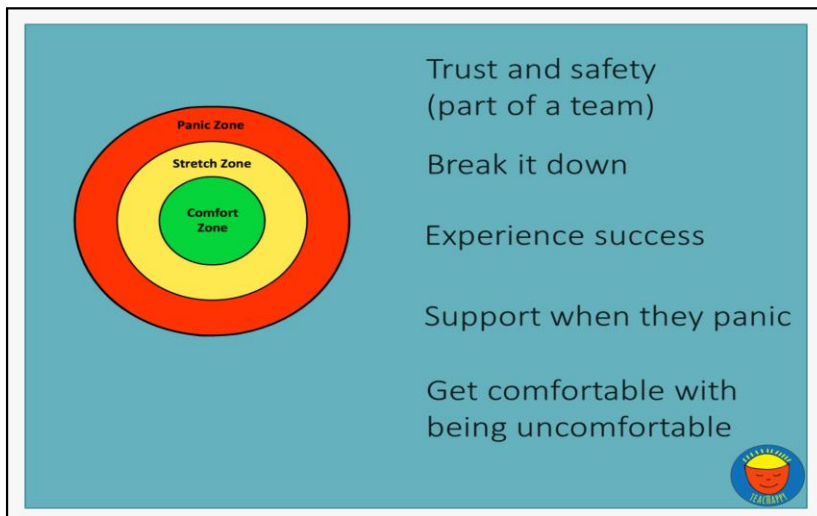
<https://www.youtube.com/watch?v=sL9EcVs0adw>

Team flags  
Storytelling



We need stress to learn and perform

<https://www.healthline.com/health/yerkes-dodson-law#optimal-arousal-or-anxiety>



**Tailor your feedback**

“Ultimately, when you know your students and your students trust you, you can ignore all the “rules” of feedback. Without that relationship, all the research in the world won’t matter.” Dylan William

Feedback blog by Dylan Wiliam - <https://www.dylanwiliamcenter.com/2014/11/29/is-the-feedback-you-are-giving-students-helping-or-hindering/>

### Physical activity and fitness

Children are not moving enough

<https://www.bbc.co.uk/news/health-50466061>

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(19\)30323-2/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(19)30323-2/fulltext)

Schools are teaching less PE and shortening playtimes.

Physically active students are less likely than those who do not participate in any kind of physical activity outside of school to skip school, feel like an outsider at school, feel very anxious about schoolwork, or be frequently bullied. <https://www.oecd.org/pisa/PISA-in-Focus-No-71-Are-students-happy.pdf>

The bottom line is children that take part in more PE, children who play more sports, who exercise more and have higher levels of fitness do better in school.

American Institute of Medicine (2013) – Fitter children show greater attention, have faster cognitive speed and perform better on standardised tests than those who are less active.”

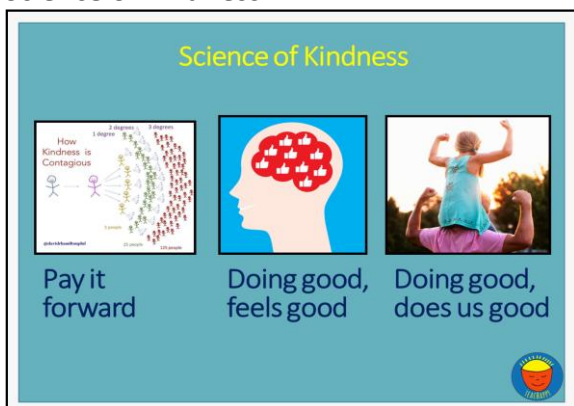
MRI scans show that fit kids’ brains have more activity in them, indicating more neurons were being recruited for a given task.”

Incorporating basic physical exercise into lessons had “a large, significant effect” on educational outcomes during the lesson, as well as a smaller effect on overall educational outcomes, according to the study, published in the British Journal of Sports Medicine.

<https://www.ucl.ac.uk/news/2019/oct/physical-activity-lessons-improves-students-attainment>

Movement is Life animation <https://www.youtube.com/watch?v=kYPRV-Ynilk>

### Science of kindness



Science of Kindness animation <https://www.youtube.com/watch?v=O9UByLyOjBM>


## Prioritising wellbeing

Make it a priority to do small things each day that support your wellbeing.

Blog - <https://www.teachappy.co.uk/post/prioritising-your-wellbeing-what-it-means- and-why-we-all-should-be-doing-it>

### In summary

- **Wellbeing** - a key to learning and future happiness, can be taught and schools and teachers have a huge influence on children's wellbeing.
- **Create tribal classrooms** – foster that sense of belonging, help children feel part of a team/community, create emotionally positive school cultures.
- **Stretch Zone** – help get children in that sweet spot of stress and experience flow. Get comfortable with discomfort. Tailor your feedback. Break tasks down and experience success and build from there.
- **Physical activity** – movement is life. Get children sitting down less and moving more.
- **Acts of kindness** – create a culture where kindness is valued and celebrated. Host an It's Cool To Be Kind Week and see what happens.
- **Model wellbeing** – do small things, consistently. Set a positive example. Find opportunities to lighten up.



## Contact details

### More from me:

Website: [www.teachappy.co.uk](http://www.teachappy.co.uk)  
 Online courses: <https://courses.teachappy.co.uk/>


Twitter: @AdrianBethune  
 Instagram: @Teachappyuk


Writing:






Staff Wellbeing and Self-Care in Schools





Chris Jarman, the West Vice-Chair, thanked Adrian for his engaging and informative

presentation.

### 3. EPHA UPDATE

- a) Pam Langmead explained that the EPHA Executive has worked with ASHE to agree universal Year 6-7 transition arrangements for the majority of Essex primary and secondary schools. Historically the timing of transition events and requests for paperwork have varied widely, along with the information that has been required by secondary schools. However, the Harlow Education Consortium has agreed separate arrangements for Harlow schools, so will not be following this universal approach.

At the recent EPHA Executive meeting the following arrangements were agreed with ASHE and secondary headteachers across most of Essex:

- The jointly agreed universal transition form will be circulated sometime after 1<sup>st</sup> March (when secondaries are informed which pupils will be transferring to their school) and will be completed by primary/junior schools by summer half term;
- All Year 6 transition visits will be held in the week commencing 26<sup>th</sup> June and secondary schools will plan to hold these in the last week of June in the future.

EPHA and ASHE will review these arrangements in the autumn term, but it is hoped that this will promote effective and efficient transition as pupils move on to their secondary school.

#### b) Dates for the diary

##### **WEST meetings with the Local Authority officers 2022/23**

##### **Manor Suite, Manor of Groves**

Wednesday 1 March 2023 – online (due to industrial action in schools)

Wednesday 14 June 2023

##### **WEPHA Conferences, Collonade Suite, Manor of Groves**

Friday 19 May 2023

Friday 29<sup>th</sup> September 2023

Friday 2<sup>nd</sup> February 2024

Friday 17<sup>th</sup> May 2024

##### **Headteachers' Annual Conference 2023**

Friday 24 March 2023 Chelmsford City Race Course

##### **Deputy Headteachers' Annual Conferences**

Friday 13 October 2023 Colchester Stadium

The meeting ended at 12.15 pm