

**WEST ESSEX PRIMARY HEADS' ASSOCIATION TERMLY CONFERENCE  
MANOR OF GROVES HOTEL AND CONFERENCE CENTRE  
FRIDAY 29 SEPTEMBER 2023**

**MEETING SUMMARY: ISSUES AND RECOMMENDATIONS**

p 2 **ATTENDANCE LIST AND APOLOGIES**

p 3 **SOMETHING HAS TO CHANGE** Neil Jordan

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

p 5 **DATES AND TIMES OF FUTURE MEETINGS 2023/24**

**WEST meetings with the Local Authority officers 2023/24**  
**Manor Suite, Manor of Groves**  
 Wednesday 8 November 2023  
 Wednesday 28 February 2024  
 Wednesday 12 June 2024

**WEPHA Conferences, Collonade Suite, Manor of Groves**  
 Friday 2 February 2024  
 Friday 17 May 2024

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

**Headteachers' Annual Conference 2024**  
 Friday 22 March 2024 Chelmsford City Race Course

**WEST ESSEX PRIMARY HEADS' ASSOCIATION TERMLY CONFERENCE**  
**FRIDAY 29 SEPTEMBER 2023**

**Headteachers**

Ros Allsop	Clavering Primary	Ross Jones	Upshire Primary
Isobel Barron	Roseacres Primary/Chair	James Kenyon	White Bridge Primary
Tracey Bratley	Chrishall/Farnham & Rickling	Alison Kerrell	Holy Cross Catholic Primary
Sarah Cowley	The Henry Moore Primary	Tracey O'Donnell	Epping Primary
Ben Davey	Henham and Ugley Primary	Sophia Pardalis	Limes Farm Juniors
Michael Doughty	Milwards Primary and Nursery	Teresa Phillips	Thomas Willingale Primary
Liz Gelston	Hatfield Heath Primary	Andrew Price	Manuden Primary
Lisa Gibbs	Leverton Primary	Julie Puxley	Katherine Semar Schools
Anthony Hull	Katherine Semar Schools	Marne Reynecke	Ashdon Primary
Claire Jackman	Great Easton Primary	Linda Todd	Elsenham CE Primary
Chris Jarman	St Mary's CE Primary, SW	Kevin Watts	Great Dunmow Primary
		Adelaide Yarwood	Lambourne Primary

**In Attendance**

Pam Langmead	EPHA Professional Officer
Neil Jordan	Positive Neil

**Apologies**

Dale Bateman	Coopersale and Theydon Garnon CE Primary
Clare Charter	Dunmow St Mary's Primary
Katie Henson	St Andrew's CE Primary, North Weald
Colin Raraty	Rodings Primary
Sharon Vessey	Birchanger Primary
Amber Wade	Cooks Spinney 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 AUTUMN TERM WEPHA CONFERENCE HELD ON FRIDAY 29 SEPTEMBER  
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.

**New headteachers**

Elaine Brook	Water Lane Primary (acting)
Neil Coster	Hare Street Primary and Nursery
Ben Davey	Henham and Ugley Primary
Lisa Fish	Pemberley Academy
Clare James	Takeley Primary
Patrick Kenney	St John Fisher Catholic Primary
James Kenyon	White Bridge Primary
Ross Jones	Upshire Primary
Nichola Pickford	Wimbish Primary
Jenny Redgrave	Water Lane Primary (acting)
Marne Reynecke	Ashdon Primary
Sharon Vessey	Birchanger CE Primary
Luke Wildig	Little Parndon Primary
Edward Richings	Newport Primary

The Professional Officer asked headteachers to let her know if they were of any other colleagues leaving their current headship at the end of term.

Isobel reminded colleagues to pass on issues that they wanted her and the Professional Officer to take to the Local Authority. The next EPHA Executive meeting is on Thursday 5<sup>th</sup> October.

**2. SOMETHING HAS TO CHANGE**

Neil Jordan is a mind-set coach, who has worked with young people and adults. He helps people master their time, thoughts and energy levels through creating good positive habits.

But it wasn't always like this... throughout his teenage years Neil was on a path of self-destruction and doing a very good job of it too with drink, drugs and getting himself into life threatening situations. Then his best friend was murdered in 1994, which triggered a deeper way of thinking within himself. Although there was no huge instantaneous transformation he began a new path of self-understanding and exploring real human potential, which has led him to where he is today.

<https://positiveneil.com/>

Neil offered practical ideas to the group, including teaching us how to meditate. He reminded everyone of 8 habits to improve their lives:

1. Water
2. Air
3. Daylight
4. Movement
5. Sleep
6. Fruit and veg
7. Quiet time
8. 12 hour window of fasting – Neil recommended a book called the Circadian Code.

Neil's contact is [hi@positiveneil.com](mailto:hi@positiveneil.com)

Headteachers were encouraged to email him and he will add them to his website access.

Another recommendation he gave was [workflowy.com](https://www.workflowy.com) to help organise your time.

Meditation flow – 6 steps:

- Relax
- Mindful
- Focus
- Visualise
- Create
- Experience

Isobel Barron, West Chair, thanked Neil for his thoughtful and informative presentation.

### 3. **EPHA UPDATE**

The EPHA professional Officer gave a briefing update about the current prevalence of RAAC in Essex schools and explained the actions that the Local Authority are taking. To date, 62 schools are affected.

#### **Dates for the diary**

##### **WEST meetings with the Local Authority officers 2022/23/24**

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

Wednesday 14 June 2023

Wednesday 8 November 2023

Wednesday 28 February 2024

Wednesday 12 June 2024

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

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

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

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



**Deputy Headteachers' Annual Conferences**

Friday 13 October 2023 Colchester Stadium

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The meeting ended at 12.20 pm