

**WEST ESSEX PRIMARY HEADS' ASSOCIATION AREA CONFERENCE  
MANOR OF GROVES HOTEL AND CONFERENCE CENTRE  
FRIDAY 23 SEPTEMBER 2016**

**MEETING SUMMARY: ISSUES AND RECOMMENDATIONS**

p 2	<b>ATTENDANCE LIST AND APOLOGIES</b>	<p><b>Welcome to the following Headteachers:</b></p> <p>Teresa Avey                      Freshwaters Primary Academy (Head of School)</p> <p>Tracey Bratley                  Manuden Primary</p> <p>Michael Clark                  Roydon Primary</p> <p>Alan Gardiner                  Farnham and Rickling Federation (Acting Head)</p> <p>Victoria Haylock                Nazeing Primary</p> <p>Jocelyn Hurry                  Waltham Holy Cross Primary</p> <p>Karen Legge                    Chigwell Primary Academy</p> <p>Terena Morton                  Coopersale and Theydon Garnon CE Primary School</p> <p>Jen Shackleton                 Thaxted Primary</p> <p>Emma Vincent                  RA Butler Infant and Junior Schools</p> <p>Amy Wareham                  Matching Green CE Primary School</p>
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p 3	<b>RAISING THE SELF-ESTEEM AND WELL-BEING OF CHILDREN AND YOUNG PEOPLE</b>	Natasha Devon
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p 3	<b>EPHA UPDATE</b>	Isobel Barron, West Chair, and Pam Langmead, EPHA Professional Officer
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p 4	<b>DATES AND TIMES OF FUTURE MEETINGS 2016/17</b>	<p><b>WEST meetings with the Local Authority officers 2016/17 -at the Weston Homes Business Centre, Takeley</b></p> <p>Wednesday 16 November 2016</p> <p>Wednesday 1 March 2017</p> <p>Wednesday 21 June 2017</p> <p><b>WEPHA Conferences, Manor of Groves</b></p> <p>Friday 3 February 2017</p> <p>Friday 19 May 2017</p> <p><b>Deputy Headteachers' Annual Conference</b></p> <p>Friday 14 October 2016 Weston Homes Community Stadium</p> <p><b>Headteachers' Annual Conference 2017</b></p> <p>Friday 17 March 2017              Stock Brook Country Club, Nr Billericay</p>
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**WEST ESSEX PRIMARY HEADS' ASSOCIATION AREA CONFERENCE**  
**FRIDAY 23 SEPTEMBER 2015**

**Present**

Rosalind Allsop	Clavering Primary	Jocelyn Hurry	Waltham Holy Cross Primary
Gina Bailey	St James CE Primary	Sarah Hurwood	Epping Upland CE Primary
Isobel Barron	Roseacres Primary	Claire Jackman	Great Easton CE Primary
	West Chair	Bernadette Miele	Tany's Dell Primary
Rachel Callaghan	Katherine Semar Juniors	Christine Peden	Pear Tree Mead Primary
Karen Cayford	St Mary's CE Primary, SW	Teresa Phillips	Thomas Willingale School
John Clements	Hatfield Heath Primary	Julie Puxley	Katherine Semar Infants
Helen Coop	Birchanger CE Primary	Sonia Strickland	St Mary's CE Primary, HBO
Gill Doyle	Takeley Primary	Sarah Roffey	High Beech Primary
Vicky Early	Harlowbury Primary	David Rogers	Bentfield Primary
Mary Evans	The Henry Moore Primary	Christine Tonkins	St Mary's CE Primary, Stansted
Alan Gardiner	Farnham & Rickling Federated Primaries	Jonathan Tye	Churchgate CE Primary
Lawrence Garside	Felsted Primary	Karen Wallace	Moreton CE Primary
Elizabeth Gelston	The Downs Primary	Joanne Willcox	Hillhouse CE Primary
Victoria Haylock	Nazeing Primary		
Kate Hockley	Radwinter CE Primary		

**In Attendance**

Pam Langmead	EPHA Professional Officer
Nigel Hookway	EPHA Executive Director
Heather Gotting	Tany's Dell Primary
Christine Lee	The Henry Moore Primary
Sarah Cowley	The Henry Moore Primary
Kara Power	St Mary's CE Primary, Stansted
Katie Pieri	St Mary's CE Primary, SW
Natasha Devon	Self Esteem Team

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  
23 SEPTEMBER 2016 COMMENCING AT 9.15 AM**

**Action**

**1. RAISING THE SELF-ESTEEM AND WELL-BEING OF CHILDREN AND YOUNG PEOPLE**

*Natasha Devon has been visiting schools, colleges and universities working with young people on issues relating to mental health and body image since 2007. To date, the two organisations she co-founded, the Body Gossip Education Programme and the Self-Esteem Team, have worked with almost 70,000 teenagers from throughout the UK. Their classes are multi-award winning.*

*Devon has first-hand experience of mental illness – she has an anxiety disorder and developed bulimia as a coping mechanism whilst studying at university. The founding principle of her work is ‘education doesn’t mean anything unless it happens within the context of wellbeing’.*

*On 30 August 2015, the Department for Education (DfE) appointed Devon as its first ever mental health champion for schools. Announcing the decision, the Education and Childcare Minister said: "Natasha is an inspiration to many young people and I'm delighted to have her on board as our first mental health champion. I know that together we can make a real difference in encouraging more young people to talk openly about mental health". 'However, in May 2016 it was announced that her role was being axed. The move came after Devon linked poor mental health in young people to Conservative austerity measures, Gove's education policy and to rigorous testing in schools. Despite her role being independent, the government felt that Devon was 'out of [their] control'. Subsequently, Devon said 'I may not be the government's champion anymore, but I still want to be the people's and will use my voice to stand up for the rights of children, young people and those who teach them'. In this workshop Natasha will share her experiences and offer ideas to support children in order to raise their self-esteem and wellbeing.*

The Self-Esteem Team is an organisation which was formed in 2013, co-founded by Grace Barrett, Natasha Devon, and Nadia Mendoza. They deliver workshops in schools and colleges on mental health, body image and exam stress.

Natasha explained that she and her team have been touring UK schools, predominantly presenting to 12 – 18 year olds. She noted that when she was at school, in the nineties, mental health advice and guidance for teenagers was very “instructional” – for example, a presenter talking about self-harm or anorexia might share their experiences, but at the same time would almost be giving “how to do it” guidance.

Natasha talked about three levels of mental health care:

At the lowest level, Universal,  
Then, Mental Health First Aid,  
And at the highest level, Medical or Therapeutic Intervention.

The Self-Esteem Team offers support at the middle level, Mental Health First Aid.

Natasha talked at length about the conscious brain – 10% - and the unconscious brain – 90%

- where we store our unconscious knowledge, including habits, irrational fears and our cultural and childhood learning. She explained that we receive around 2 million pieces of information every second, but our brain processes about 5 – 9 bits of information at a conscious level, usually that which fits with our expectations and need to survive.

The Self-Esteem Team offer a range of strategies to help children and young people improve their mental health, for example asking them to have a screen free day once a week (in secondary schools). She noted that young people are initially horrified, but many come to regard this of their favourite day of the week because so much pressure from being on social network sites is removed.

They regularly ask young people to analyse the messages of adverts – Natasha showed a couple of adverts including one from Dove, and one for Lynx.

She talked about self-harm, encouraging us to think of this as an expression of “attention needing” rather than “attention seeking”. She explained that self-harm often happens at the same time of day and in the same place (in common with other self-medication activities, like drinking) and so one important way to break the habit is to break the trigger by doing something distracting – exercise is particularly helpful as it releases endorphins. She noted that it takes 2 weeks to form a habit and 3 months to break it.

Natasha talked about everyone having a “stress bucket”, and how important it was to ensure that you had ways of releasing stress so that it didn’t overflow – she suggested 30 minutes a day.

She talked about the pressure on men and boys and mentioned Christina Hoff Sommers a feminist who is particularly interested in the imbalance of genders.  
<http://www.telegraph.co.uk/men/thinking-man/11527238/Meet-the-feminist-who-is-sticking-up-for-men.html>

Natasha talked about the two key roles of Mental Health First Aiders (who can, of course) be young people) when talking to someone who has mental health problems:

1. Listen without judging and ask questions
2. Direct them to medical or therapeutic support

This week the Self-Esteem Team has started a primary programme, delivered by Grace Barrett. This is aimed at 8 – 10 year olds and 10 – 13 year olds and consists of a five week programme – the first week is an assessment of where the children are in relation to their understanding and deciding what they need. She gave an example of a critical thinking activity that can be done with really young children; thinking of a statement (sticks and stones can break my bones) and asking if they do and don’t agree.

The Self Esteem Team can be contacted via <http://www.selfesteemteam.org/>

<http://www.telegraph.co.uk/women/health/axed-government-mental-health-tsar-natasha-devon-i-want-a-politi/>

[http://www.huffingtonpost.co.uk/entry/self-esteem-team-to-write-to-prime-minister-theresa-may-until-mental-health-literacy-is-available-in-schools\\_uk\\_57b6f834e4b0f78b2b497310](http://www.huffingtonpost.co.uk/entry/self-esteem-team-to-write-to-prime-minister-theresa-may-until-mental-health-literacy-is-available-in-schools_uk_57b6f834e4b0f78b2b497310)

Following Natasha’s presentation, the headteachers shared their current strategies that they are using to help support children’s mental health.

**STRATEGIES TO IMPROVE CHILDREN’S MENTAL HEALTH  
THAT ARE CURRENTLY BEING USED IN WEST PRIMARY SCHOOLS – gathered  
at the WEPHA conference on 23 September 2016**

Zumos	Zumos provides pupils with expert, written, peer reviewed, motivational support, vocal recordings, anonymously accessed pupils with further support information in the form of web links, helplines, suggested reading, books and videos, all of which have passed through due diligence procedures. <a href="https://www.insight4life.co.uk/schools.aspx">https://www.insight4life.co.uk/schools.aspx</a>
Mindfulness	<a href="http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx">http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx</a> <a href="http://www.freemindfulness.org/download">http://www.freemindfulness.org/download</a>
Growth mindset	“OK to fail”
6s n 7s	
Forest School	<a href="http://www.forestschoolassociation.org/">http://www.forestschoolassociation.org/</a>
Kids Inspire	
PACS	
Values Based Education	<a href="http://www.valuesbasededucation.com/">http://www.valuesbasededucation.com/</a>
Place 2 Be	<a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a>
Bright Minds Bright Moods	Delivered by Ed Pysch
Mental health first aid	
YCT	YCT is a counselling and therapeutic support charity, which specialises in support children and young people aged 5 – 25 years, and the professionals who work with them. Like most charities YCT started out in a small way serving the immediate local community around Harlow, Essex; however it has grown considerably, working from community venues and schools, academies, colleges, alternative education provision, specialist schools across Essex, Hertfordshire and Greater London. <a href="http://www.yctsupport.com/aboutus.html">http://www.yctsupport.com/aboutus.html</a>
Crucial Crew	
SEALs materials	
P4C	<a href="http://p4c.com/about-p4c">http://p4c.com/about-p4c</a>
Drama club	Inc Jonathan Bond training
Lego social groups	
Sensory room	
Prayer areas	
Horticultural therapy	
Allotment	
Body care	
Worry boxes	

Golden time		
Relate counselors	<a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a>	
Play therapist		
Play leaders		
Parent Support officer		
LSA mentoring for children with particular needs		
Learning mentors		
Mentoring		
Counselling		
Yoga		
Sport		
Year 6 solution focused problem solving		
Peer massage		
No homework		
Art therapy		
Preventative work		
Emotional wellbeing		
Broad balanced and interactive curriculum		
Healthy lifestyle education		
e-safety training		
Charity & off-curricular days		
Drama in the curriculum		
Circle time		
Clubs		
New focus on PSHE		
“Fun friends” group		
Buddy system for new pupils		

## 2. EPHA UPDATE

Isobel Barron, the West EPHA Chair, welcomed headteachers to the conference and in particular those Headteachers who have taken up new appointments in the West this term, including:

### **Welcome to the following Headteachers:**

Teresa Avey	Freshwaters Primary Academy (Head of School)
Tracey Bratley	Manuden Primary
Michael Clark	Roydon Primary
Alan Gardiner	Farnham and Rickling Federation (Acting Head)
Victoria Haylock	Nazeing Primary
Jocelyn Hurry	Waltham Holy Cross Primary
Karen Legge	Chigwell Primary Academy
Terena Morton	Coopersale and Theydon Garnon CE Primary School
Jen Shackleton	Thaxted Primary

Emma Vincent      RA Butler Infant and Junior Schools  
Amy Wareham      Matching Green CE Primary School

Pam Langmead, Professional Officer, gave a briefing, updating headteachers on a number of key areas including Ofsted, safeguarding, the Local Authority and the DfE, governance and EPHA. She agreed to make the briefing paper and slides available to the headteachers after the meeting.

**3. DATES AND TIMES OF FUTURE MEETINGS 2015/16 and 2016/17**

**WEST meetings with the Local Authority officers 2016/17 -at the Weston Homes Business Centre, Takeley**

Wednesday 16 November 2016

Wednesday 1 March 2017

Wednesday 21 June 2017

**WEPHA Conferences, Manor of Groves**

Friday 3 February 2017

Friday 19 May 2017

**Deputy Headteachers' Annual Conference**

Friday 14 October 2016 Weston Homes Community Stadium

**Headteachers' Annual Conference 2017**

Friday 17 March 2017      Stock Brook Country Club, Nr Billericay

The meeting ended at 12.30 pm