

**Essex Primary Headteachers' meetings  
Summer Term 2021  
AGENDA**

**MID: Thursday 24<sup>th</sup> June 2021**

**Meeting held online as a result of the Covid-19 pandemic**

**Zoom link:**

<https://us02web.zoom.us/j/88972900882?pwd=K0tZM3ZncnZqMEVTTllybJJSYmVoUT09>

Meeting ID: 889 7290 0882

Passcode: 485867

<b>Welcome from Dawn Dack (Mid Area Chair) and Clare Kershaw (Director of Education)</b>	<b>9.00 – 9.05 am</b>
<b>Local Authority Education Team</b> LA updates on current priorities including: <ul style="list-style-type: none"> <li>• Education Taskforce</li> <li>• SEND update: Inclusion conference</li> <li>• Headteacher Wellbeing – Access to Education Support Programme</li> <li>• Early Years reforms</li> <li>• Safeguarding</li> <li>• Curriculum: Review of RSE and Health Education</li> </ul>	9.05 - 10.20
<b>Break</b>	10.20 – 10.50
<b>EPHA Area Meeting – Dawn Dack, MEPHA Chair</b> Including the area Chair's report, Annual General Meeting and EPHA updates	10.50 – 11.10
<b>Headrest</b> Headrest was co-founded in October 2020 by Ros McMullen and Andrew Morrish, two former headteachers and Multi-Academy Trust CEOs. Headrest is a confidential, free telephone support service for headteachers. The free service means that a group of experienced headteachers, who coach and mentor serving heads and senior executive leaders, are offering 'a listening ear' free of charge for those who are exhausted and needing to chat with someone who understands. In this session, Andrew will introduce and explain how the helpline works and why it was set up to support heads at this critical time. More information at <a href="https://www.headrestuk.co.uk/">https://www.headrestuk.co.uk/</a>	11.10 – 11.20
<b>The pursuit of wellbeing</b> Maria Brosnan is an experienced leadership and wellbeing trainer, mentor and coach, who works with senior leaders and teachers in schools and educational businesses to manage their workload, restore their work-life balance and transform their wellbeing. In this presentation, Maria will explain the physiology of stress and the impact it has on performance and effectiveness, and gives some simple but effective strategies to make immediate improvements. Pursuit Wellbeing helps teachers and school leaders manage stress, anxiety and daily school pressures, with practical, research-driven information and support. More information at <a href="https://pursuitwellbeing.com/">https://pursuitwellbeing.com/</a>	11.20 – 11.50
<b>Close of EPHA meeting</b>	12 noon