

Programme

9.00 am **Registration Coffee/Tea**

9.30 am **Harriet Phelps-Knights – Chair of EPHA**
Welcome and introduction

9.35 am **MOVING FORWARD TOGETHER IN 2022**

Lady Marie Stubbs

Given the many challenges facing schools in 2022, how best can Headteachers inspire and motivate their staff to fulfil the vision for their own unique community?

How can teachers and staff be encouraged and supported in sometimes challenging circumstances, to fulfil and enjoy the role of developing the next generation, so crucial to society?

Marie will offer the opportunity for reflection on these topics by sharing her experience of transforming a difficult school through working with her teachers to better understand the children, to empower and celebrate staff, to create a new vision for the community and to enjoy working together despite the arduous road that had to be travelled.

Stresses consisted of Ofsted visiting monthly and the national media taking a regular interest in the school's progress, making the teachers' already demanding workload even more taxing.

So how was a happy successful school created despite all these many challenges ... and what could be relevant to a Headteacher's role today, as learnt from this experience?

Marie will use the theme of "Dreams, Keys, and Teeth" to share her story.

10.35 am **Tim Bowen - NAHT President**

Well-being is the key focus of Tim Bowen's presidential year, and he will take this opportunity to explain the NAHT's approach to supporting headteachers in these challenging times.

10.45 am **Coffee/Tea**

11.15 am **WORKSHOP SESSION – CHOOSE ONE OF THREE (see details below)**

A Leading the Ofsted Deep Dive

B Well-being in the primary classroom

C Strategic workforce design and talent management

12.30 pm **Lunch**

1.20 pm **SWEET DISTRESS Gillian Bridge**

Cutting its way through the media frenzy, Gillian Bridge's latest book *Sweet Distress: How our love affair with feelings has fuelled the current mental health crisis (and what we can do about it)* puts emotional wellbeing and resilience centre stage.

Using an approach rooted in no-nonsense logic, author and psycholinguistic consultant Gillian Bridge delves into a range of problems which seem to be most frequently cited as sources of mental distress. These include stress, anxiety, depression, loneliness, body image, eating disorders, social media, substance abuse, behavioural disorders, academic pressures and bullying. Gillian explores how these issues have led to seemingly insurmountable emotional problems and takes a few potshots at some of the things that have contributed to turning life events that may, at other times or in other places, have been little more than nuisances or inconveniences into sources of genuine psychic pain. Packed with realistic and effective takeaway strategies for parents and educators, *Sweet Distress* challenges under-researched but over-promoted ideology and shares evidence-based help and advice for anyone wanting to improve the mental health of those they care about.

2.20 pm Comfort break

2.30 pm "ABILITY"

Ben McBean

Ben McBean is a truly astonishing young man. He survived stepping on a Taliban landmine in 2008 and sustained injuries so serious his chances of survival were slim. But he did survive and he has accomplished some amazing remarkable achievements.

Brought was brought home on the same flight as Prince Harry, who hailed him a hero, Ben had had to have his left arm and right leg amputated, Despite these horrific injuries Ben managed to remain focused and the biggest part of Ben's rehabilitation was his resilience. It still is.

"I'm alive, aren't I? I'm the same person. I'm just missing two limbs, which I lost fighting for my country. How can I complain about that?"

Ben's speeches are hugely motivating and inspiring. His account of his life so far is one of great courage and sacrifice but Ben is not bitter and his amazing ability to look at life in a positive and uplifting way leaves a lasting impression on every audience.

3.30 pm Close

Workshop Session: a choice of ONE from three

Option A Leading the Ofsted Deep Dive

The Ofsted Education Inspection Framework was introduced over two years ago, but was derailed by the Covid pandemic. One of the most demanding aspects of the inspection process for all schools is the “deep dive” into curriculum subjects, and arguably this is now even more of a challenge for schools and teachers. This workshop explores how headteachers can help their senior leaders and subject specialists develop their knowledge and understanding of the “deep dive” process, to enable them to present their subject – and the school – in the most positive way, whilst managing the additional workload and tension that an imminent inspection can bring.

Helen Youngman Education is an innovative school improvement company providing inspirational, engaging and motivational training in schools and venues across the United Kingdom. Helen's aim is to inspire leaders and teachers to achieve sustained excellence and outstanding results for the children in their schools.

Session leader: Helen Youngman

Option B Well-being 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 workshop, 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 will cover:

- Creating tribal classrooms – how to foster positive relationships and a sense of belonging to maximise learning and aid wellbeing.
- Mindfulness – learn what it is (and what it isn’t) and how simple practices can help increase focus and improve mental health.
- Rewiring the negativity bias – how to rewire our brain’s bias towards the negative so that we can notice and savour the small, good things and experience more positive emotions.

Session leader: Adrian Bethune

Option C Strategic Workforce Design and Talent Management

In these challenging and uncertain times, planning the future success of your school is crucial. At the heart of this strategic piece of work are people. Your workforce is the driving force behind success and with a clear workforce plan it’s much easier to achieve your goals. This workshop will provide guidance to help you develop a strategic workforce plan through effective talent management and use of the apprenticeship levy. The workshop will cover:

- *The Educational Landscape*
- *Assumptions*
- *Strategic Workforce Design*
- *Talent Management and Succession Planning*
- *Case Study with an Essex headteacher who has participated in the Masters*
- *Designing a Plan*

Session leader: Gareth Alcott

EPHA HEADTEACHERS' CONFERENCE 2022

Chelmsford City Race Course

Friday 25 March 2022

BOOKING FORM

(No telephone bookings please)

First name

Mr/Mrs/Miss/Ms/other

Surname

Name of school and your contact email address

Choice of workshop (please choose just one):



A Leading the Ofsted Deep Dive

B Well-being In The Primary Classroom

C Strategic Workforce Design and Talent Management

Please highlight the ONE workshop you would like to attend

Payment details

The cost per delegate is **£100.00** made payable to **EPHA**

Please note that, if you paid for the conference in 2020 this will be carried forward as a credit – we will advise.

If you need to pay for your place, an invoice will be forwarded to your school on receipt of your booking – please indicate how you will pay:

Cheque made payable to EPHA enclosed with the booking form

Paid directly into EPHA conference account by BACs

Booking information

Places are limited and will be allocated on a first come, first served basis.

A map of how to get to the venue will be sent with your booking confirmation.

Please give details if you:

- Have a special dietary requirement:
- Have particular access requirements:
- Have any other additional requirements:

Please return your booking form (and payment) to:

Pam Langmead, Professional Officer, EPHA,

3 Sheerwater Close, Burnham-on-Crouch, Essex, CM0 8EN

EPHA can be contacted in the following ways:

Pam Langmead, Professional Officer

By telephone: 01621 786359

By post: 3 Sheerwater Close, Burnham-on-Crouch, Essex, CM0 8EN

By email: pam@langmead.me.uk

Website: www.essexprimaryheads.co.uk