

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

**WEST: Wednesday 23rd June 2021
Meeting held online as a result of the Covid-19 pandemic**

Zoom link:

<https://us02web.zoom.us/j/89501158381?pwd=ZEkzaDBMWiNmZTBWb3R2bmhyYkdYUT09>

Meeting ID: 895 0115 8381

Passcode: 298122

Welcome from Isobel Barron (West Area Chair) and Clare Kershaw (Director of Education)	9.00 – 9.05 am
Welcome to Michelle Hayden-Pepper, Director of Local Delivery West Essex	9.05 – 9.15
Local Authority Education Team LA updates on current priorities including: <ul style="list-style-type: none"> • Education Taskforce • SEND update: Inclusion conference • Headteacher Wellbeing – Access to Education Support Programme • Early Years reforms • Safeguarding • Curriculum: Review of RSE and Health Education 	9.15 - 10.20
Break	10.20 – 10.50
EPHA Area Meeting – Isobel Barron, WEPHA Chair Including the area Chair's report, Annual General Meeting and EPHA updates	10.50 – 11.10
Headrest 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 https://www.headrestuk.co.uk/	11.10 – 11.20
The pursuit of wellbeing 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 to your health. Pursuit Wellbeing helps teachers and school leaders manage stress, anxiety and daily school pressures, with practical, research-driven information and	11.20 – 11.50

support. More information at https://pursuitwellbeing.com/	
Close of EPHA meeting	12 noon