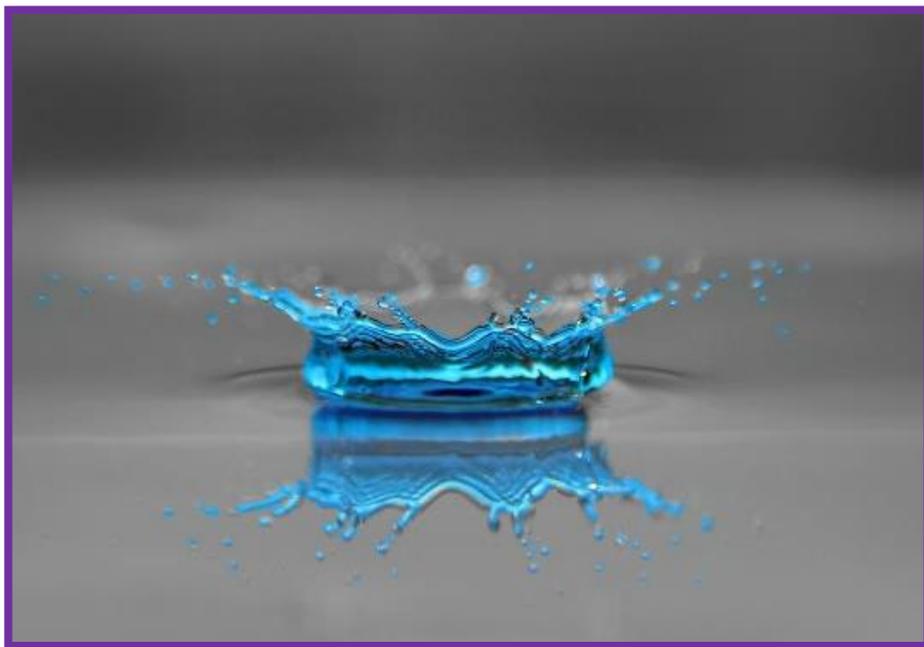


**Learning and mental health:
*Two sides of the same coin***



Monday 22nd March 2021

Virtual conference

Making a Difference: Enabling Positive Change through Listening, Optimism and Insight

EPS virtual conference 2021

Learning and mental health: Two sides of the same coin

Learning and mental health are inextricably inter-connected. As educators we cannot influence one without considering the other.

Research has shown that children and young people with positive wellbeing are better able to access their learning; equally, having experiences of success and achievement, and attending a school which promotes positive mental health are significant protective factors in promoting resilience to mental health problems (DfE, 2018).

“Learning and Mental Health: Two sides of the same coin” will focus on effectively educating children and young people, whilst actively supporting the development of positive mental health to help them achieve and thrive.

Dr Louise Gilbert (Emotion Coaching UK) will open the conference with her keynote speech “Emotions matter to learning” on emotion coaching and how mental health, wellbeing and learning are linked.

Through a series of engaging speakers and workshops, delegates will be inspired to broaden their understanding of evidence-based practices, reflect on their professional practice and develop their skills to support young people in schools and their professional roles.

Delegates will leave with:

- An understanding of how learning and mental health are inter-connected;
- Confidence to make a difference by applying practices which encourage both positive learning experiences and mental health;
- A range of tools, resources and strategies to better support children and young people in schools.

Audience:

All staff in all phases, including Head Teachers, Senior Leadership, SENDCOs, Pastoral Support Staff, Class Teachers, Support Staff, ELSAs, School Support Agencies and other professionals.

EPS Virtual Conference 2021

Learning and mental health: *Two sides of the same coin*

Monday 22nd March 2021

PROGRAMME

- 09:00 - 09:30** **Conference welcome**
Deborah Page (Principal Educational Psychologist)
- 09:30 – 10:30** **Keynote speech**

‘Emotions matter to learning: Recognising the relationship between mental health, wellbeing and learning’
Dr Louise Gilbert (Emotion Coaching UK)
- 10:30 – 11:00** **Comfort break**
- 11.00 – 12:30** **Workshop 1**
- 12:30 – 13:30** **Break for lunch**
- 13:30 – 2:00** **‘A young person’s experience: Learning and mental health’**
Diana Omokore (Young speaker and 2019 Festival of Learning winner)
- 14:00 – 15:30** **Workshop 2**
- 15:30 – 15:45** **Evaluation and close**
Deborah Page (Principal Educational Psychologist)

Keynote speech

Why do some children thrive, whilst others seem to just exist or barely survive?

Our world is socially constructed, and through relationships with significant others and engagement in their environments, children learn to react, respond and reason. We have an innate survival instinct, a stress response system that prioritises our safety over learning. Therefore, children need to learn to manage their own stress response to be able to communicate and engage in their worlds. Children who feel safe and secure can turn their attention to the challenges of knowledge acquisition. Children living in hostile environments, without supportive relationships need to prioritise their safety and focus on survival. Remaining in this survival mode is detrimental to wellbeing and inhibits learning.

Through an interpersonal neurobiology lens, this talk will explore the interplay between physiological and psychological mechanisms that inform and shape behavioural responses. Emotion Coaching will be offered as a universal practice to promote a humanistic approach to mental health and wellbeing that helps to optimize all children's learning.



Dr Louise Gilbert has a background in health and education and is a Co-founder and Research Lead of Emotion Coaching UK. With Dr Janet Rose, she created the first UK Emotion Coaching research project, which implemented a sustainable, community-wide, cross-disciplinary approach to promoting children's well-being and resilience. Emotion Coaching projects have been successfully replicated in local authorities, schools and settings, both nationally and internationally. It has also been adapted to train specialist groups in health and social care, school peer-mentors and parent groups. Louise's doctoral research investigated the introduction of Emotion Coaching into educational settings and was informed by the practitioner experience of practice.

Louise has presented to national and international audiences and runs workshops for multidisciplinary and specialist groups. She has co-authored many research papers and contributed chapters to national and international journals and books; most recently 'Health and Wellbeing in Early Childhood'.

Young speaker and 2019 Festival of Learning winner

Living in care, Diana Omokore experienced a difficult start in life, and has had to overcome significant barriers on her learning journey into higher education. She is now studying a BSc (Hons) medical science at De Montfort University with the ambition to become a doctor. Diana shares her school experience and discusses the ways in which vulnerable students can be supported to reach their potential and improve their outcomes.

Details of workshops

Workshop 1: Emotion Coaching: A universal strategy for supporting and promoting sustainable emotional wellbeing

Dr Louise Gilbert (Emotion Coaching UK)

Emotion Coaching is a novel, evidence-based, relational approach to support children to understand the different emotions they experience, why they occur and how to manage them. It promotes self-regulatory skills through empathetic co-regulation, role modelling and problem-solving. Emotion Coaching has been successfully implemented as a universal approach in traditional and specialist community and educational establishments with significant increased practitioner confidence in managing emotional incidents and improvements in academic outcomes for children reported.

This workshop will introduce participants to what is Emotion Coaching and offer an opportunity to sample activities that support the current practitioner training programme. It will also provide case studies illustrating the use of Emotion Coaching in primary and secondary schools as well as access to online Emotion Coaching resources.

Workshop 2: Maths anxiety

Dr Thomas Hunt (Senior Lecturer, University of Derby)

Maths anxiety can negatively affect children and young people's ability to make progress in this important subject.

This workshop will raise awareness and understanding of the causes and impact of maths anxiety. Strategies to reduce maths anxiety in children will be discussed.

Workshop 3: Using therapeutic approaches in schools to support children's recovery from Adverse Childhood Experiences (ACEs)

Dr Claire Cruse (Specialist Senior Educational Psychologist for Virtual School)

This workshop will share evidence from practice of how therapeutic interventions can be successfully used within schools to support children who have experienced trauma, loss and other adverse experiences.

Delegates will develop their understanding of how to support children and young people within the school environment using creative and child-centred practices.

Workshop 4: 'We need to talk about systemic racism in education'

Dr Natalie Alleyne (Educational Psychologist)

This workshop will provide a very brief overview of systemic racism in education; an invitation to unlearn and relearn for the benefit of the children and young people in schools.

With optimism, delegates will be presented with a sample of the most recent statistics on racism in education and the voices of young people will be shared to provide insight into their lived experiences.

Delegates will leave with a short introduction to antiracist practice and ideas to start their own journeys to positively and intentionally make a difference to others.

Workshop 5: Forest school: Setting our young people up to succeed

Georgina Greaves (Environmental Studies Service Manager)

This workshop will explore how the principles of Forest School can provide a space for your children to increase physical activity, benefit mental health and well-being and developing a love for learning.

Sharing the outcomes of recent research and projects, this workshop will include some practical activities for connecting young people to nature highlighting the benefits this has and also explore how Forest School can support an exciting curriculum, develop social skills, resilience and enhance emotional intelligence.

Workshop 6: Taming emotions: Battling ‘Archie the Anger Monster’ and ‘Powerful Panicky’

Samantha Hallewell (Educational Psychologist)

Meet Archie. He’s an Anger Monster. He causes Jake a lot of bother, especially during football at playtimes. Then there’s Panicky, who rules the roost on school mornings at Alex’s house causing tantrums and family fights.

Using examples from practice, this workshop will explore how adults can use externalising techniques to help children/ young people to discuss and manage difficult feelings like anger and anxiety. This keeps the person and the problem separate, so that the young person can talk about those feelings in a safer and more productive way.

Workshop 7: Self-esteem

Deborah Page (Principal Educational Psychologist)

As educators, we often feel that low self-esteem is a barrier to achievement. In this workshop, we will consider how and when it may be helpful to boost a pupil’s self-esteem, the difference between self-concept and self-esteem... and maybe bust some myths.

Delegates will be given materials to help unpick pupils’ self-esteem and to set helpful SMART targets.

Workshop 8: Improving reading skills (and emotional wellbeing) for students in secondary schools

Dr Naomi Anderson (Educational Psychologist)

‘Nothing is more important in education than ensuring that every young person can read well’ (Reading: the next steps 2015)

In this workshop delegates will consider:

- The emotional impact of reading anxiety in young people who are not fluent readers by the time they get to secondary school
- Invite delegates to consider their own feelings about reading
- Explore what some of the research tells us about the best way to support the improvement of reading skills at the level of the whole school, the class and the individual
 - Creating reading environments
 - The importance of developing fluency
 - What has been found to work
 - Where to find resources

Workshop 9: Meta-cognition: Building independent learners

Dr Jodie Walton (Educational Psychologist)

This workshop will explore what *metacognition* is and why it matters for learning. We will discuss and identify strategies to support greater metacognitive thinking, self-regulation and independence in the classroom.

Delegates will leave with ideas for how to develop children's thinking and learning skills while helping them to develop a positive approach to learning.

Workshop 10: Sleep and the impact on wellbeing and learning

Dr Jennie Turner (Educational Psychologist)

This workshop will explore the Science of Sleep and will consider the impact of sleep problems on children's wellbeing and learning in schools.

Delegates will leave with strategies and ideas of how they can improve the sleep habits of pupils in their schools.

Workshop 11: Navigating the Covid-19 storm: Using kindness and compassion to keep staff afloat

Dr Claire Whyard (Educational Psychologist)

Kindness, compassion and mindful self-compassion can help adults in caring roles manage the emotional challenges of working with children and young people, and their families.

This workshop will make use of evidence-based theory, personal reflection and some practical 'in the moment' tips designed to help delegates, and those they work with, weather the storm.

This course will be held on:

**Monday 22nd March 2021
09:00 to 15:45
Virtually**

Course Fee:

Standard rate: £100 per delegate for all schools, academies and other professionals.

Available from 5th October 2020 until 26th February 2021

Book through S4S:

<https://www.services.derbyshire.gov.uk/Event/126021>

Or by contacting Sarah Annable

sarah.annable@derbyshire.gov.uk

Please check out delegates individually so that workshop choices can be selected for each delegate when booking.

An email address will be required for each delegate. An invitation to the conference with the chosen workshops will be sent to the nominated email address for each delegate.

Please note that workshops will be selected when booking and places in each workshop are limited. Book soon to ensure you can book your first choice of workshops.

Educational Psychology Service

Making a Difference: Enabling Positive Change through Listening, Optimism and Insight