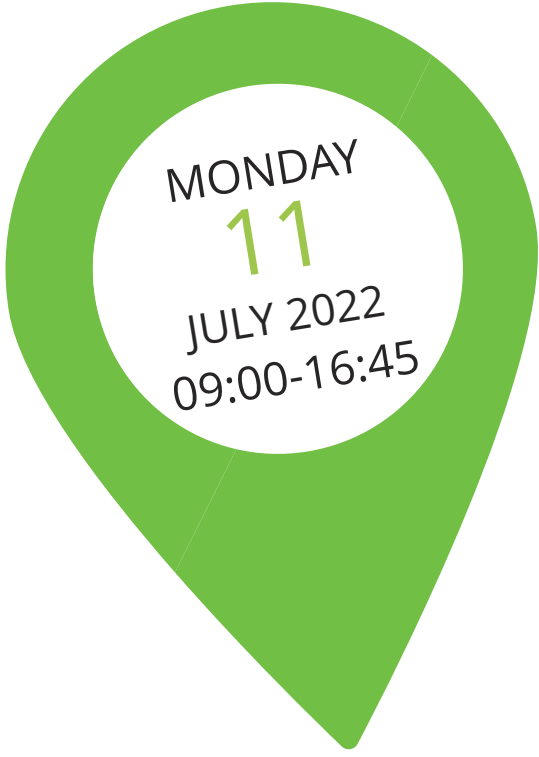


VIRTUAL **CONFERENCE**



HEADLINE
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Health and Wellbeing Conference



#bsaconf2022

#hiedaconf2022

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Health and Wellbeing conference

Monday 11 July, 2022

SESSION 1 09:00 – 09:55 **Welcome**

- **Mary Breen**, Chair, Hieda Executive Committee

Supporting pupils with dyslexia, autism and ADHD

Chair: Jane Graham R.S.C.N, Director of Health and Wellbeing, BSA Group and Director, Hieda

- **Claire Agnew**, R.G.N, Lead Nurse, Cranleigh School
- **Krystle Flack**, Head of Learning Support, Cranleigh School

Claire and Krystle will discuss Cranleigh's new approach to managing pupils with ADHD that supports the health and wellbeing of the child first aid foremost. The programme looks at strategies and techniques used to support children in the educational setting to build self-esteem and confidence through ways to improve focus without the need for medication. Medication may be required but this method helps a child develop their own coping strategies.

SESSION 2 10:00 – 11:00 **Emotional regulation**

Chair: Jill Hill, Head of Medical Health and Welfare, Cheltenham Ladies' College

- **Alicia Drummond**, Founder, TeenTips

Emotional regulation is the ability to control our emotions, both positive and negative, so we can use them optimally. In this talk we will explore how we can help young people to effectively manage and respond to emotional experiences, increase their window of tolerance and develop healthy coping strategies, so that they can thrive, socially, emotionally and academically.

11:00 – 11:30 **BREAK**

SESSION 3 A 11:30 – 12:30 **Raising clinical standards**

Chair: Jane Graham R.S.C.N, Director of Health and Wellbeing, BSA Group and Director, Hieda

- **Jill Hill**, Head of Medical Health and Welfare, Cheltenham Ladies' College
- **Rosie McManus**, Lead Nurse, Kings College Canterbury
- **Sinead O'Grady**, Lead Nurse, Harrow School

This session aims to look in depth at the provision of care in small, non-NHS regulated health care settings such as independent schools, sports centres and workplaces. As an employer how do you know the care being provided is of a high standard and meets the needs of your employees/users? As nurses what are your benchmarks? How do you know you are providing the best care possible? We will be discussing ways that you can self regulate to ensure best practice and high standards of clinical care. We will introduce a toolkit for line managers and healthcare professionals that can be worked through to establish outstanding standards.

SESSION 3 B 11:30 – 12:30 **Nutritional support for emotional wellbeing**

Chair: Claire Dan, Head of Safeguarding, Sacpa and BSA Group

- **Dan Richardson**, Head Nutritionist, DRN

Dan will explore the ways in which a healthy diet can impact on a person's mental health. He will explore this in relation to the teenager, sports situation and how we can support someone in the workplace/school setting. He will also look at the pros and cons of supplements and build up drinks.

12:45 – 13:15

Networking lunch

- Hosted by Headline Sponsor, Govox

Join the team from Govox to learn how they can support your pastoral teams and how students and staff are benefitting from the Govox wellbeing platform.

Govox is delighted to be offering the chance to win one of three SmileBoxes (a wellbeing perk box) to delegates attending its networking lunch.



SESSION 4 13:30 – 14:30 **Sport and exercise: the promotion of wellbeing and emotional resilience**

Chair: Jane Graham R.S.C.N, Director of Health and Wellbeing, BSA Group and Director, Hieda

- **Sally Gunnell OBE**

Sally takes delegates on a journey to winning her Olympic gold medal and the valuable lessons she learnt about resilience that she continues to use in her personal and work life today. Improving our mental and physical resilience will mean when handling the stress and demands life throws at us, it won't send our physical and mental wellbeing spiralling out of control. Sally's ethos is about encouraging small changes that translate into making a bigger overall sustainable difference and she will encourage the audience to reflect on their own lives, taking stock of what changes they could make to their own wellbeing.

14:30 – 14:45 **BREAK**

SESSION 5 A 14.45 – 15:45 **NMS 2022 – what is the impact on medical departments?**

- **Jane Graham R.S.C.N**, Director of Health and Wellbeing, BSA Group and Director, Hieda
- **Kate Adams**, SAPHNA

This session will give an overview of the new NMS 2022 for boarding schools and NMS 2022 for residential special schools and their impact on medical departments. We will hear from speakers addressing the specialist residential school perspective, large boarding schools with registered HCPs and independent boarding schools with non-registered HCPs providing medical support. There will be a Q&A section to this talk.

SESSION 5 B 14.45 – 15:45 **To board or not to board: when is remaining in boarding no longer supportive for students who self-harm? Considerations for schools when making this decision**

Chair: Jill Hill, Head of Medical Health and Welfare, Cheltenham Ladies' College

- **Rachel Hart**, Deputy Head of Pastoral, Roedean School

Rachel will tell us about her school's approach to making decisions on whether a pupil who is struggling with mental illness can remain in boarding. Over the last few years we have seen a rise in mental ill health and this has brought concerns about the suitability of boarding when a young person is vulnerable and potentially unable to keep themselves safe. Rachel will talk about the impact on staff, other pupils and academics as well as the pupil themselves.

SESSION 6 A 16:00 – 16:45 **Raising the standards of EDI and inclusivity in school nursing**

Chair: Claire Dan, Head of Safeguarding, Sacpa and BSA Group

- **Anne Bender**, NMC Standards Development Specialist
- **Wendy Fowler**, Nursing Education Adviser, NMC

The NMC will talk about how nurses can improve EDI in the school setting. We will explore the roles of the nurse and gain ideas on how to improve practice.

SESSION 6 B 16:00 – 16:45 **The Sleep Programme**

Chair: Aileen Kane, COO, BSA Group and Director, Sacpa

- **Melissa Clinton**, Head of Wellbeing, Canford School, Sleep Practitioner and Physio

Melissa will tell us about her school's award-winning sleep programme initiative that has been implemented during COVID-19 and on into the return to school. It looks at creating a healthy sleep routine with ongoing support to educate and review sleep patterns. The aim has been to develop an open culture about sleep issues and encourage help seeking attitudes in young people.

16:45 **CONFERENCE CLOSE**



Mary Breen
Chair,
Hieda Executive Committee



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Director,
Hieda and Health & Wellbeing
Director, BSA Group



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