

# Mental Health & Well-being Matters - Developing a culture, philosophy, ethos and applied strategies for positive mental health and wellbeing across your Secondary School and the wider community



**Nina Jackson**

Author, Teaching and Learning Consultant

## Dates:

**Part 1:** Tue, 19 Jan 2021

**Part 2:** Tue, 26 Jan 2021

## Time:

1:30 pm - 3:00 pm (GMT, Secondary Cohorts)

**Duration:** 3-hours

## Price:

**Standard (Up to 5 members of Staff):** £245.00

**Premium (Up to 10 members of Staff):** £425.00

## Course Description:

There is a growing concern and increase with mental and emotional health issues in our schools. We need to stand together, work as one, and support each other to be emotional healthy, resilient and happy, prepared for the struggles that 21st Century Education is forcing upon us. This two-part course will be delivered to Primary cohorts in the morning and Secondary cohorts in the afternoon to ensure the examples and strategies given are 100% relevant to your school context.

During this short course, you will gain knowledge, skills and understanding of why, what and how mental and emotional health is crucial for all staff, pupils and parents to be actively supporting each other. It is based on the latest evidence of what works when it comes to improving the mental health of children and young people in schools.

This course is part of our ongoing CPD programme '[Creating a Whole-School Framework for Emotional Wellbeing and Mental Health – Building a confident team to lead wellbeing across the school!](#)'.

## Learning Objectives:

- Establish an ethos and culture that encourages the development of positive mental health and wellbeing throughout the whole school.
- Review the most up-to-date research and statistics and apply this to your school context.
- Understand the cognitive and neurological impact of poor mental health and wellbeing and the impact on academic and emotional progress.

## Reasons to choose Veema:

- ✓ We work extensively with UK and International Schools and so have a global understanding of the issues facing educators and school staff
- ✓ Our highly-rated training courses have been created by experts and are delivered by experienced professional development trainers
- ✓ All our trainers are former teachers and school leaders who know how to look at the world from your perspective
- ✓ Our courses are certified, which means you can be sure of their quality
- ✓ We offer extensive and in-depth post-course online support to help you get the most from each training session
- ✓ We offer a wealth of literature and material for use in your school

- Develop practical strategies for supporting and promoting mental health and wellbeing in your school and the wider community, such as working with parents.
- Implement a strategic approach to wellbeing that achieves both short and long-term results with your students.

## Audience:

Pastoral and Inclusion Leaders, School Counsellors, SENCOs, Wellbeing and Mental Health Leads

## Nina's Biography:

Few in education have the breathtaking grasp of Nina 'Ninja' Jackson about what makes classrooms, and those in them, tick. Winner of the IPDA International Prize for Education, the TES has described her as an 'inspirational, evangelical preacher of education'. Nina's particular gift is in working with SEN, the Gifted and Talented and engaging disaffected learners. As an international education consultant she has worked with the Ministry of Education, UNESCO and UNICEF in Chile, Ghana, India, China, the Middle East and Europe. In her first book she shared her research on how music improves classroom learning and motivation. Her latest, the bestselling 'Of Teaching, Learning and Sherbet Lemons: A Compendium of Careful Advice for Teachers', has helped thousands of teachers put the 'fizz' back into their classrooms.

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