

# E-ACT IDEAS

CONFERENCE

In partnership with **tes**

## Mental health in schools

### Where next?

Thursday 7 October 2021

9.30am-9.45am

Where next? Keeping the conversation going...

**Jane Millward** Chief Executive, E-ACT  
**Dominic Herrington** National Schools Commissioner, Department for Education

9.45am-10.30am

Making mindfulness work in any school

**Jon Severs**, Editor of Tes in conversation with  
**Professor Willem Kuyken**

Director of Oxford University Mindfulness Centre and Ritblat Professor of Mindfulness and Psychological Science

10.30am-11.15am

How to put together a whole-school wellbeing programme

**Alison Quinn**  
National Mental Health Lead, E-ACT

11.15am-11.30am

Break

11.30am-12.00pm

Lessons in happiness

**Sir Anthony Seldon**  
Former Head Master of Brighton College, Wellington College and Vice Chancellor of University of Buckingham

12.00pm-12.30pm

Capitalising on non-structured time in the school day to improve wellbeing

**Professor Helen Dodd**  
Professor of Child Psychology, University of Exeter

12.30pm-1.00pm

Lunch

1.00pm-1.30pm

Prioritising staff wellbeing

**Jaime Smith**  
Director for the Mental Health and Wellbeing in Schools Programme, Anna Freud Centre

1.30pm-2.00pm

Learning about staff wellbeing from other sectors

**Janet Leighton**  
Director of Happiness, Timpson retailer

2.00pm-2.15pm

Break

2.15pm-2.45pm

Looking to the future - how we plan to continue building wellbeing through policy

**Matthew Hopkinson**  
Policy Lead for Children & Young People's Mental Health, Department for Education

2.45pm-3.15pm

Putting it all into practice in the 16th most deprived ward in the country

**Leanne Mahony**  
Regional Education Director, E-ACT

3.15pm-3.30pm

Our (not so) final thoughts...

**Jane Millward** Chief Executive, E-ACT  
**Jon Severs** Editor, Tes

## Invitation text

### Good ideas passed around

If an idea helps just one person, we think it should be shared.

At E-ACT, we believe in the power of ideas.

Hear from people at the forefront of our schools, government, academia and elsewhere sharing their insights at an E-ACT Ideas Conference.

### Mental health in schools - where next?

E-ACT Ideas conference in partnership with Tes (CPD certified)  
Thursday 7 October 2021, 9.30am-4.00pm  
Free to attend

Join us to hear from people at the forefront of our schools and some of the most important names in government, academia and elsewhere at this free one-day virtual conference.

The question of how we promote good mental health is one that schools have long been tackling. Today, the question facing most in the sector is where next?

Hear the thoughts and ideas of people at the forefront of education, research and industry as they take a microscopic look at practice both in and out of our sector.

We look at the many parts that make up a whole school wellbeing programme and offer practical advice on how schools can go about developing their own.

The individual components of a whole school programme will be discussed, dissected and analysed by experts leading discussion on topics as varied as mindfulness, staff wellbeing and using non-structured time in the day.

Our speakers include:

- Professor Willem Kuyken, Director, University of Oxford Mindfulness Centre
- Sir Anthony Seldon, former Headmaster and Vice Chancellor of University of Buckingham
- Jaime Smith, Director of the Schools Division, Anna Freud Centre
- Professor Helen Dodd, Professor of Child Psychology, University of Exeter
- Dominic Herrington, National Schools Commissioner, Department for Education
- Matthew Hopkinson, Policy Lead for Children & Young People's Mental Health, Department for Education
- Janet Leighton, Director of Happiness, Timpson retailer
- Jon Severs, Editor, Tes

E-ACT Ideas conferences are completely free of charge to attend and are CPD certified. Simply visit [www.e-act.org.uk/conference](https://www.e-act.org.uk/conference) to view the programme and to book your places.

### Hashtags

#EACTIdeas  
#EACTIdeasconference

### Links to social media assets

[Image featuring boy](#)  
[Image featuring girl](#)

### Links to video

Introducing E-ACT Ideas  
<https://vimeo.com/576681470>

Meet speaker Willem Kuyken, Director of the University of Oxford Mindfulness Centre  
<https://vimeo.com/584878152>

Meet speaker Jaime Smith, Director of the Schools Division, Anna Freud Centre  
<https://vimeo.com/584878043>

Setting up a whole school wellbeing programme  
<https://vimeo.com/576672963>

Supporting disadvantaged communities with their mental health  
<https://vimeo.com/576677619>

### Sample Tweets

@EducationEACT is hosting a free virtual conference on mental health in schools in partnership with @Tes on Thursday 7 October. Hear from important names in government, academia and elsewhere: <https://www.e-act.org.uk/conference> #EACTIDEAS #EACTIdeasconference

@WillemKuyken is keynote speaker at the E-ACT Ideas Conference on 7 October. Director of the University of Oxford's Mindfulness Centre and currently leading a national study on mindfulness practices in schools. <https://www.e-act.org.uk/conference> #EACTIDEAS #EACTIdeasconference

### Sample LinkedIn posts

E-ACT educational trust is hosting a free one-day virtual conference on mental health in schools in partnership with @Tes on Thursday 7 October 2021. Hear from the most important names in government, academia and elsewhere as they discuss, dissect and analyse the individual components of a whole school wellbeing programme: <https://www.e-act.org.uk/conference>

Professor Willem Kuyken is keynote speaker at the E-ACT Ideas Conference in partnership with Tes on 7 October.

One of the world's foremost mindfulness experts, Professor Kuyken is a Ritblat Professor of Mindfulness and Psychological Science and director of the University of Oxford Mindfulness Centre. He is currently leading a five-year study with the Wellcome Trust on the benefits of using mindfulness practices in schools.

This free one-day conference – mental health in schools - where next - will take place virtually on Thursday 7 October 2021. Find out more and register here: <https://www.e-act.org.uk/conference>