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Workshop Title: Relationships Education: Embedding the mental health & wellbeing elements across the school

This workshop will look at what we consider to be ‘wellbeing’, how to achieve good mental health for children but also how these can be achieved through meaningful relationships in school along with a few changes to our curriculum, culture and ethos.

A child who is loved, cared for, valued and nurtured are confident, happy and resilient. Happy children grow into happy adults, confident resilient children grow into successful adults who are ambitious and driven. Children who are happy and driven are less likely to suffer poor mental health.

We will look at a few ideas to help nurture their purpose in school, self-care, belonging, lifestyle and relationships with their school community as well as their curriculum.

Children need a champion, someone who is always cheering them, offers unconditional love, which means far more when it comes from someone they respect and trust, someone they want to impress and please, someone they admire, someone they love. Fundamentally, they need to have a relationship with that someone. That someone is you. A child will only look for in life what they know.

Nurturing a child’s welling, mental health and healthy relationships comes from small but vital behaviours in school which I will offer you lots of ideas, what we did at my schools, but also how your curriculum, ethos and culture will achieve so much more than you ever thought possible.