



British School  
of Bucharest



## 'Wellbeing in the Digital Age'

### COBIS Pastoral Conference 2018

British School of Bucharest

Friday 9 <sup>th</sup> November		Saturday 10 <sup>th</sup> November	
<b>0845</b>	Arrival, registration and coffee	<b>0830</b>	Arrival, coffee, welcome
<b>0930</b>	<b>Conference Welcome</b> Philip Walters - Headmaster	<b>0915</b>	<b>Wellbeing in a Digital World: Why You, Why Now, Why Me</b> Jonathan Taylor
<b>0945</b>	<b>Mental and Emotional Wellbeing for Children and Young People faced with the pressures of 21<sup>st</sup> Century life and learning.</b> Nina Jackson	<b>1015</b>	<b>Supporting the Mental Health Needs of Every Learner</b> Dr Pooky Knightsmith
<b>1045</b>	Coffee	<b>1115</b>	Coffee
<b>1115</b>	<b>Mental Health Pick 'n' Mix: Creating a Culture Conducive to Mental Health</b> Self Esteem Team	<b>1145</b>	<b>What Can You Do? The role of CEOP, National Crime Agency and Embassy Support</b> Michelle Tyrell
<b>1215</b>	<b>The Prevent Duty and Radicalisation</b> Robin Watts	<b>1245</b>	Lunch
<b>1315</b>	Lunch	<b>1330</b>	Elective breakout sessions (choose 1)  <b>Online Safety and Social Media: A School's Responsibility - Navigating the Digital Minefield</b> Jonathan Taylor  <b>8 Practical Strategies to Support Students Who Are Struggling</b> Dr Pooky Knightsmith  <b>Authentic Leadership and Pastoral Care</b> Jason Porter
<b>1400</b>	Elective breakout sessions (choose 1) <b>'You Look Fine to Me' - Mental Health and Emotional Wellbeing for ALL. Discussions, questions, tools, tips and strategies for instant take away.</b> Nina Jackson  <b>Mental Health Pick 'n' Mix workshop: addressing delegates' stumbling blocks and barriers to wellbeing in schools</b> Self Esteem Team  <b>Introduction to interview techniques: how to talk to children</b> Robin Watts		
<b>1515</b>	Coffee	<b>1430</b>	<b>Reflections and Next Steps</b>
<b>1530</b>	<b>Reflections and Next Steps</b> Time for delegates to discuss and share ideas and begin identifying next steps to bring back to school, and to talk directly with guest speakers	<b>1500</b>	<b>Conference conclusion and thank you</b>
<b>1930</b>	<b>Conference Dinner @ Caru Cu Bere</b> (transport provided)		