



## Scottish Professional Learning Network Day

# Professional Learning Health & Wellbeing

University of Glasgow, The Senate Room,  
Gilbert Scott Building

Friday 25<sup>th</sup> January 2019

9.30 Coffee, tea and registration

10.00 Welcome from the Professional Learning Network Committee  
Rosemary Grady, Alison Allan, Rosa Murray - Co-Chairs

10.15 Role of Mentally Healthy Schools – Place2Be Frances Griffin

Place2Be provides emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. Place2Be provides children's mental health services helping them to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

Group discussions & feedback

11.15 Hive of Wellbeing - Claire Lavelle

The Hive of Wellbeing is for teachers, Early Year Practitioners, support staff, school leaders and school communities who want to transform their own perspectives on life and education in order to transform the lives of their children and young people. Claire will run a session to support reflections on our health and wellbeing.

12.15 Lunch

13:00 Supporting Health & Wellbeing at a Local Authority level - Nurturing North  
Ayrshire Sam March Principal Psychologist, Philip Gosnay & Morven McLean

13.45 A whole school approach to improving Health & Wellbeing and Pupil Outcomes through Professional Learning (Scotland's Mental Health First Aid, Health Ambassadors, Stress Control & Mentors in Violence Prevention) - St Andrew's Secondary School Glasgow – Annemarie McGougan & Lucy Gallacher

14.30 Implications for the network Group discussions & feedback

15:00 Update from Scottish Government

15:15 Closing remarks, next steps for the network

Next Network date for the diary – 15 May 2019 (Aberdeen – please note change in date and venue)