

Workshop 5

Creating a Culture of Wellbeing

Facilitated by Anne Connor

Anne graduated from Dundee University and then Moray House. She later completed Certificates in Guidance and Leadership. She is currently Head of S6 at George Heriot's School. In recent years she has focused her CPD on wellbeing training with Elaine Bradley of SoundMind and with the Mindfulness in Schools Project.

For the last two years Anne has been developing with colleagues in the Junior and Senior Schools a wellbeing strategy. The aim is to promote a better understanding of the fact that emotional wellbeing like physical wellbeing can be cultivated. The Love Your Mind campaign is multi-faceted. There is a senior school social marketing campaign to develop an understanding of the Love Your Mind brand and grow awareness of what practical activities you can do to strengthen your emotional wellbeing. Senior school pupils in Term 3 work with Junior School pupils in transition activities to ensure that when they come into S1 they have some awareness of the Love Your Mind message. Love Your Mind materials have also been incorporated into Citizenship lessons and registration activities throughout all year groups. There have also been week long events focussing on particular themes such as sleep, self-compassion and the importance of gratitude. The Head Gardeners, a group of S6 pupils have helped to facilitate these events. Pupil and parental workshops on mindfulness strategies have also proved popular.

Anne will talk about her recent work developing a well-being strategy in the Junior and Senior Schools of George-Heriot School in Edinburgh she will also demonstrate practice and have materials available for delegates.