

HGI EDUCATION SECTION

MEETING 19 May 2008 at 11.00am
Westhaven Special School,
Weston-super-Mare



MINUTES

Attendance

Mike Beard	REM State Limited
Loretta Cicognani	Educational Psychologist, Milton Keynes
Lisa Hales	Educational Psychologist, Milton Keynes
Carol Harper	HG Therapist
Tania Markham	Deputy Head teacher, Pinhoe School, Exeter
Kevin McDonagh	Parent Support Worker, Milton Keynes
Jenny Moss	Head teacher, Westhaven School, Weston-super-Mare
Richard Sheppard	HG Therapist, Worle Community School, Weston-super-Mare
Alec Stansfield	HG Therapist

Apologies

Cathy Atkinson	Academic Tutor, University of Manchester
Trevor Bailey	Head teacher, Worle Community School, Weston-super-Mare
Christine Byron	Dudley Schools Counselling Service
Ken Byron	Dudley Schools Counselling Service
Paul Catchpool	Teacher (Bristol Training)
Miriam Chachamu	HG Therapist
Sue Cheshire	HG Therapist
Sean Flynn	Therapist
Gail Elvin	HG Therapist
Fred Grist	Principal, TheSPACE, Kendal
Julie Johnson	
Alex McGlaughlin	Acting Dean, Nottingham Trent University
Murrough McHugh	Teacher, Florence Brown School, Bristol
Alison McGregor	School Travel Plan Co-ordinator, Devon County Council
Julia Medd	HG Therapist
John Perry	
Sally Provis Evans/Ripley	
Lisa Strickland	
Dave Strudwick	Head teacher, Blackawton School, Devon
Pamela Woodford	HG Therapist
Yvonne Yates	
Ian Thomson	Careers Guidance Adviser, South Wales

1. Apologies

Apologies were noted as listed.

2. Minutes of last meeting / Matters Arising

The Minutes were agreed as an accurate record of the previous meeting. There were no specific matters arising, with points raised for development at the previous meeting presented as agenda items within today's meeting.

3. Declaration of AOB

There were no additional items of AOB declared.

4. *Human givens and Worle School (Jenny Moss)*

Jenny welcomed all those attending to the school, and was thanked for providing a venue for the meeting and for her hospitality. Jenny then outlined the role of the Trust in developing the work of the school around the emotional health & well-being of all young people. Children at the school are aged from 7 – 18, with one class at Key Stage 2. On average, there are 12 children in each class and there are presently 76 children on role. This total was due to decrease to 60 in the next academic year, reflecting a reduction in the number of children who receive a statement; however, in reality numbers are likely to increase as JM 'advertised' that there would be capacity at Westhaven School within the wider school community. Jenny talked about the Parent Support group that runs within the school, and proposed developments in terms of Family Links work (JM expressed an interest in Parenting Pods, although needed to move on the family work agenda prior to formalisation of this programme). KMcD questioned parental take-up of the Parent Support Group, and Jenny explained how numbers attending reflected the content of the session. Jenny also described how the meetings were flexible, and involved evening meetings, parents helping with gardening in the school and also meeting off-site (Sainsbury's Coffee Shop!). Jenny described the importance of providing an incentive for parents to engage, and the school's recognition that for many parents it was important to re-frame what for them may not have been a positive experience of school.

Jenny discussed the ways in which an across-school ENA identified the need for children to have privacy within the school curriculum. This was described as being different to 'thinking' time, and is an area of curriculum development. JM discussed how the school will be teaching children how to meditate through the use of stories, and circulated details of the work planned to members of the group (this work is based on existing work already trialled in schools over a period of four years, using stories by Maureen Garth). Meditation time is intended to provide 'privacy' and thinking time for children to develop their imagination and become more creative. The work will commence with KS2, and has already started with an option for children to listen to stories at lunchtime. AS questioned how meditation was both being taught and used, and the difference between the two; Jenny described how the process was being developed to enable young people to access a relaxed state for themselves. There was some discussion as to the use of 'active' meditative states such as running and playing on swings.

Jenny described the recent outstanding OFSTED inspection of her school, and went on to describe how she would be using an Emotional Literacy Assessment and Intervention system next term to assess EH&WB.

Jenny talked about the 'three house' system in the school, and the way that this house system is valued by the children. The house personal adviser remains with the child throughout the system; all staff who work more than four days a week (other than members of the SMT) have responsibility for a family group, and this has been very effective in developing a sense of community for young children.

5. Education Section AGM (*Mike Beard*)

Mike presented the report to the HGI AGM about the work of the HG Education Section (see attached).

Jenny described other aspects of work discussed at the AGM, including Government accreditation of counselling practice generally, and work in terms of outcome-informed practice (ORS/SRS – Bill Andrews) and PTSD (Piers Bishop – *Resolution*)

6. Emotional Health & Well-Being at Lunchtimes (*Tania Markham*)

Tania described work involving the Primary Resource Base Support Service in Devon. Funding has been secured to develop *human givens*-based work with eleven schools within a learning Community area, working with Mealtime Assistants (MTA's), appropriate members of the schools' Senior Management Team with a lead responsibility for this area, and with children who have been identified as 'vulnerable'. The work will be based upon work developed within the School Travel Plan project described at earlier meetings. The work will utilise child and young people versions of the ORS/SRS scaling system, and Tania described how an initial emotional health audit for all children identified that there were less 'visible' concerns around emotional health and well-being for children across the school.

7. PRIMHE endorsement of HG-based Trust school work (*Jenny Moss*)

Jenny advised the Meeting that the Trust had been formalised on 25 February this year. Work now is looking at appointment of Trust Governors (Worle School – 9 Governors, Westhaven School – 5 Governors). Jenny described how existing partners could continue their interest 'informally' as 'Associate Trust Members', who would attend the meetings without voting entitlement.

Jenny described how there would be an official launch of the Trust for staff at the Winter Gardens in Weston-super-Mare on Friday 17 October 2008. Ivan Tyrrell will be speaking at the event, with workshops facilitated by Trust partners throughout the day.

Jenny also described how the establishment and work of the Trust had been recognised and formally endorsed at the PRIMHE Conference in Cardiff on 29 March 2008. Jenny described how valuable and interesting the day had been for those attending, the commitment from all attending to better meeting needs around education, emotional and physical health and the very real endorsement of the Welsh Assembly in this process.

8. Biofeedback-based work in schools (*Richard Sheppard*)

Richard described the principles of a range of biofeed-back resources that developed awareness of physiological states and ways in which states of calm can be established (i.e. 'Wild Divine', HeartMath). He described a meeting with Dr. Neil Rutherford, Head of Psychology at Swansea Metropolitan University with a commercial interest in the form of a company called PeakMind (see www.peakmind.co.uk).

Richard originally approached Neil explaining the school's existing interest in the use of bio-feedback in relaxation work with students, and interest in the application of neuro-feedback to assist with conditions that might be described as ADD/ADHD. As a result of this meeting, they are investigating possible joint work with Worle students involving EEG scanning and the development of neuro-feedback programmes; there is potential for the development of a future research project

9. Individual updates

TM - Tania talked about work that was to commence at the end of the Summer Term and into the Autumn around the neurobiology of learning. This work utilises 'philosophy for children' work inspired by ideas from Ian Gilbert, and has involved young people developing their own ideas and understanding of what their brains look like, how they work and what they do.

KMcD - Kevin and Lisa talked about work in Milton Keynes with Carmen Kane and Linda Hogan in developing Human Givens Parenting Pods (formerly known as the 'Just What we Need' programme), a process of working with parents to develop emotional health and well-being in such a way that would impact positively on their ability to parent. The programme looks at ways in which parents are helped to identify ways to better meet their own emotional needs, so they are then able to identify, consider and better meet the needs of their children. Kevin described how sessions were geared to looking individually at individual emotional needs, alongside areas such as goal-setting etc. There is an emphasis on practical goal-setting and the identification and completion of relevant needs-based tasks based on individual needs in between sessions. There is an element of relaxation-based work within each session. The programme is designed to support children of any age, and group size is around 12 with each session lasting 3 hours; the importance of informal thinking/discussion time was highlighted. Plans are underway to produce a training package supported with resources that will result in a four-day 'Train the Trainers' course delivered through MindFields College. JM questioned funding sources for this work, and LH described how initial work had been funded through ACE (Adults Continuing Education) and SEEDA (South Eastern Education Development Agency), other local funding initiatives and the support of their team locally. The aim is for the programme to be accredited through the Open College Network.

There was some discussion around the ways that this programme fits alongside existing parenting programmes and work, such as Webster-Stratton etc. Kevin described how the emphasis of the Parenting Pod programme was on proactive understanding and change.

ACTION: It was agreed that there would be a substantive agenda item on Parenting Pods at a future meeting of the group.

The following update was received from Murrough McHugh, who was unable at short notice to attend the meeting as planned:

1) We have embedded story-telling into our approach to assemblies at KS3 and this has improved the attention, attendance and behaviour of students who find it hard to settle large groups

2) I've fed back to staff about the courses I've been on and about a phobia I treated successfully in a member of staff. As a result, many of the mentoring team have applied to go on HG courses

3) I have the go-ahead to buy a library of staff training books and CD's for developing school based work around the HG approach

4) In a pilot program Pamela Woodford has been coming to school to see a student in my department who has extreme behaviour difficulties. Signs are good so far and Pamela has agreed to give some feedback to our staff about the methods she is using

5) I'm walking the Pennine Way this Summer to fund a HG-based event inspired by the 'Laboratory of the Imagination' event run in Weston-super-Mare last year. This event will include young people at Florence-Brown school as facilitators of workshop-based opportunities

6) We have decided to design a skills-based curriculum for KS3 over the next year or so and I will be basing my input on the principles of HG.

10. Any other Business

There were no items of AOB. The meeting concluded at 12.50pm, and members of the meeting were then shown around the school by Jenny prior to further informal discussion over lunch.

11. Dates for Next Meetings:

- **Thursday 11 September 2008** (Wiltshire Human Givens Centre)
- **Friday 16 January 2009** (Florence-Brown School, Bristol)
- **May 2009** (Milton Keynes – venue and date tbc)