

**13
Nov
2025**

.....
15 Hatfields, London

**Strengthen your wellbeing
provision and empower your
whole school community.**

Mental Health & Wellbeing in Schools 2025

EXPERT SPEAKERS INCLUDE:

Rae Snape

Headteacher,
Milton Road Primary School

Oliver Welsby

Lead Consultant,
Brightcore Consultancy

Emma Nole-Pinnock

Founder,
The Essential Education Group

**Alice Newton-
Leeming**

Founder, Mental Health Learning

Partnership

Build strong, effective
home-school partnerships

Culture

Cultivate a school culture with
wellbeing is at its heart.

Empower

Capture and amplify student voice to
empower your pupils.



Why is this conference relevant?

The Mental Health & Wellbeing in Schools conference returns to London for its 19th year. Join educators and practitioners dedicated to improving positive mental health outcomes for young people.

Our chair, Rae Snape, alongside a lineup of wellbeing experts, will share insights and tools to help you promote wellbeing and support the mental health of your school community.

Develop a whole-school approach to wellbeing and network with other school leaders as you equip yourself with the latest insights, practical strategies and resources. Benefit from five hot topic keynote sessions and a choice of nine engaging workshops. Gain fresh ideas, realistic strategies and an increased confidence to strengthen your wellbeing provision. Return to school ready to implement meaningful change from which your students will benefit.



The Benefits

Strategy

Strengthen and refine your school's mental health and wellbeing strategy.

Connect

Exchange best practice, expand your peer network and connect with professionals.

Refresh

Refresh your toolkit with new insights, practical strategies and ready-to-implement ideas.





Programme

Thursday, 13 November 2025 • 15Hatfields, London

08:30 – 08:50	Registration		
08:50 – 09:15	Networking, refreshments and exhibition		
09:15 – 09:20	Welcome and housekeeping from Optimus Education		
09:15 – 09:25	Chair’s welcome <i>Rae Snape, Headteacher, Milton Road Primary School</i>		
09:25 – 09:55	Whole school culture of wellbeing: from stress to success Cultivate a school culture where wellbeing is at the heart of every aspect of your school community. <i>Rae Snape, Headteacher, Milton Road Primary School</i>		
09:55 – 10:25	Strengthening pupil voice in wellbeing Gain fresh strategies to capture and amplify student voice to enhance your wellbeing provision. <i>Oliver Welsby, Lead Consultant, Brightcore Consultancy</i>		
10:25 – 10:45	Keynote 3		
10:45 – 10:55	Facilitated questions and answer using www.sli.do #oeWellbeing		
10:55 – 11:35	Morning refreshments, networking and exhibition		
11:35 – 12:25	Workshop choices one		
1A: EBSA strategy Develop a strong strategy to reduce anxiety around school attendance. Foster a supportive culture by working with families and developing effective reintegration plans. <i>ImpactEd</i>	1B: Bereavement and grief Support bereaved pupils to maximise their chances of successfully managing their grief in school and minimises the likelihood of negative outcomes later in life. <i>Lisa Lowe, Bereavement Support Manager, and Keith Wadsworth, Secretary, Stand by me</i>	1C: AI and wellbeing Enhance your pastoral role through innovative use of AI and gain insights into hidden wellbeing trends.	
12:25 – 13:20	Lunch, networking, and exhibition		
13:20 – 13:40	Keynote 4		
13:45 – 14:35	Workshop choices two		
2A: SEND: Beyond the label Support the wellbeing of neurodiverse students by looking beyond the labels and building inclusive culture. <i>Emma Nole-Pinnock, Founder, The Essential Education Group</i>	2B: Building belonging: primary Support pupils develop a sense of belonging, equipping them with essential skills to build healthy relationships, communicate effectively, and navigate friendship challenges. <i>Rae Snape, Headteacher, Milton Road Primary School</i>	2C: Empowering educators: a guide to suicide prevention education Enhance your awareness and confidence in safely and effectively teaching suicide prevention to young people in schools. <i>Alice Newton-Leeming, Director, Mental Health Learning Ltd.</i>	
14:35 – 14:55	Afternoon refreshments, networking and exhibition		
14:55 – 15:45	Workshop choices three		
3A: Parental mental health and complex families Develop strong relationships with parents facing challenges, while providing effective pupil support.	3B: Addressing boys’ mental health Recognise the often hidden signs of mental health challenges and build a culture of open dialogue. <i>Will Adolphy, Head of Education & Facilitator, M-Path</i>	3C: Pressure and perfectionism Support students to navigate pressure, stress and perfectionism while building resilience and promoting wellbeing. <i>Kitty Jack-Thomas, Development and Transition Coach, Pegasus Coaching</i>	
15:50 – 16:20	The science of wellbeing Five evidence-based techniques for staff and students to reduce stress, avoid burnout and optimise performance. <i>Chris Misselbrook, Director, MindFirst Education Ltd.</i>		
16:20	Conference close		



Speakers



Rae Snape

Headteacher, Milton Road Primary School



Oliver Welsby

Lead Consultant, Brightcore Consultancy



Lisa Lowe

Bereavement Support Manager



Keith Wadsworth

Secretary, Stand by me



Alice Newton-Leeming

Director, Mental Health Learning Ltd



Will Adolphy

Head of Education & Facilitator, M-Path



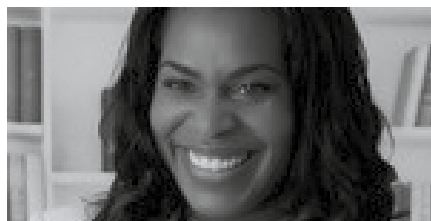
Kitty Jack-Thomas

Director, Pegasus Coaching



Chris Misselbrook

Director, MindFirst Education Ltd.



Emma Nole-Pinnock

Founder, The Essential Education Group.



BOOK TODAY

[OEGO.CO/MentalHealth25](https://oego.co/MentalHealth25)



'The best staff CPD I have ever done. Current, professional, real, inclusive, relatable.'

Head of PSHE and Wellbeing,
Blackheath High School

'Best event I've been to! Very well planned and the workshops will hugely impact my work.'

Mental Health Lead,
Harbourn Academy

Mental Health & Wellbeing in Schools 2025

Thursday, 13 November 2025 • 15Hatfields, London

PRICING

Your ticket includes a place at the conference, lunch and access to the presentation slides from every session.

	Early bird pricing - First 50 places	Pricing
Schools	£245 + VAT	£285 + VAT
Others	£325 + VAT	£365 + VAT
Elite and Unlimited Members	Included in your membership fee	

If you have questions about this event, or would like help with booking, please contact us on 01823 792829 or conferences@optimus-education.com

@OptimusEd

#oeWellbeing

oego.co/mentalhealth25

