Mental Health

Are You Ticking The Right Boxes?





SOUTH REGIONAL CONFERENCE

Monday 12th October 2026

Novotel, Reading

amhie | Association of Mental Health in Education

SCHEDULE

NOVOTEL
READING

12TH OCTOBER 2026

9.30 | THE 8 PILLARS OF MENTAL HEALTH STRATEGY

10.30 | THE SIX NURTURE PRINCIPLES FOR LEARNING SUPPORTING YOUR SCHOOL INCLUSION POLICY AND TEACHER WELLBEING

Parallel Workshop
ARE YOU TICKING THE AVOIDANCE BOX? ~ STAFF MENTAL HEALTH IN RISK ASSESSMENTS

11.30 | EMOTIONAL WELLBEING: MORE THAN MEETS THE EYE

Parallel Workshop
"IT'S ALL TOO MUCH" ~ MAKING SURE YOU ARE RESPONDING TO STAFF STRESS CORRECTLY

1.15 | ARE YOU TICKING THE INSPECTION BOX? ~ 7 OPPORTUNITIES FOR MENTAL HEALTH TO SHINE

2.15 | WHAT THE WHITE PAPER MEANS FOR MENTAL HEALTH STRATEGY

3.30 | THE MENTAL HEALTH IN EDUCATION AWARDS

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9.30 THE 8 PILLARS OF MENTAL HEALTH STRATEGY

In this session, Richard Daniel Curtis will introduce the 8 pillars of effective mental health strategy in education. This evidence-based approach has been developed over the last ten years to ensure that schools and colleges are able to put in place the mechanisms for supporting student and staff mental health needs.

10.30 THE SIX NURTURE PRINCIPLES FOR LEARNING SUPPORTING YOUR SCHOOL INCLUSION POLICY AND TEACHER WELLBEING

This session explores how the Six Nurture Principles for Learning provides a practical framework for creating inclusive, supportive learning environments where all children can thrive. Participants will examine how nurture-informed approaches strengthen school inclusion policies, improve pupil engagement and behaviour, and contribute positively to staff wellbeing. Participants will consider how implementing nurturing practice can help build a culture of belonging, resilience and success in the classroom and across the whole school community

Parallel Workshop

ARE YOU TICKING THE AVOIDANCE BOX? ~ STAFF MENTAL HEALTH IN RISK ASSESSMENTS

This practical workshop looks at universal Health and Safety risk assessments and demonstrates how staff mental health should be risk assessed. Reflects HSE employer requirements.

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NOVOTEL
READING

12TH OCTOBER 2026

11.30 EMOTIONAL WELLBEING: MORE THAN MEETS THE EYE

In this light and slightly (!) interactive session, we'll explore how previous experience, relationship and the environment can shape emotional responses, why the pupils who concern us most are not always those with the greatest need, and how noticing patterns can help schools make better decisions.

We'll move from individual pupils to groups and whole-school insight, asking one simple question throughout:

Do we understand what our pupils need, what we're doing about it, and whether it's making a difference?

Parallel Workshop

"IT'S ALL TOO MUCH" ~ MAKING SURE YOU ARE RESPONDING TO STAFF STRESS CORRECTLY

Using a tool developed from HSE advice, this session gives leaders the skills to have 1:1 conversations about stress and assess what the employer can do to support employees.

1.15 ARE YOU TICKING THE INSPECTION BOX? ~ 7 OPPORTUNITIES FOR MENTAL HEALTH TO SHINE

Following the release of the updated OfSTED framework in 2025, Richard looks for 7 possible hidden gems for allowing your mental health strategy to shine through. You may be doing 1 or 2, but are you demonstrating all 7?

2.15 WHAT THE WHITE PAPER MEANS TO MENTAL HEALTH STRATEGY

February 2026 saw the release of the Government's White Paper "Every Child Achieving and Thriving", here national mental health strategy expert, Richard, talks through the implications.

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MENTAL HEALTH IN EDUCATION AWARDS

3.30

JOIN US IN CELEBRATING INNOVATIVE MENTAL HEALTH APPROACHES IN EDUCATIONAL SETTINGS

Founded in 2023, the Mental Health in Education Awards are open to educational settings across the UK who can demonstrate that they are making a positive impact on the wellbeing of those in their environment.

This afternoon's ceremony will see three awards being announced:

- Most Innovative Mental Health Intervention
- Pupil Voice
- Most Innovative Universal Wellbeing Approach

Join us and hear the inspiring stories that could inspire transformation for your pupils.

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