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Date November 28, 2011



FAO: The headteacher

Dear Colleague



I am writing to inform you about the Heads Count Conference 2012.

The theme for this year's conference will be 'inspiring you, inspiring others' and will aim to cover the following objectives:

- To understand the link between headteacher and school well being
- To understand the importance of pursuing activities that inspire/de-stress you
- To develop supportive networks of headteachers.

The cost to attend is £80. In order to reserve a place on the conference you will need to complete the attached reply slip indicating your preferred workshop choices. The reply slip should to be returned to me at Lawn View House or emailed [lynsey.wells@nottscc.gov.uk](mailto:lynsey.wells@nottscc.gov.uk) by Friday, December 9, 2011.

In order for us to ensure that the conference meets the needs of headteachers, I would also be very grateful to hear from you if you have decided **not** to attend this year, if this is the case please complete the relevant section of the reply slip.

Yours sincerely

*Lynsey Wells*

Lynsey Wells  
Business Support Administrator

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# Heads Count Conference 2012 Friday, February 10, 2012 at The Derbyshire Hotel

Inspiring you, inspiring others

## Programme

- 8.45am Arrival and registration
- 9.00am **Welcome**
- 9.15am Anthony May, Corporate Director, Children, Families and Cultural Services
- 9.40am Break to split the room
- 10.10am **Workshop choice**
- Ofsted – how to make sure it goes well
  - Stick boxing
  - Dance to de-stress
  - Relaxation through art
  - I'm a headteacher – get me out of here
- 11.10am Break
- 11.25am **Workshop choice**
- Ofsted – how to make sure it goes well
  - Stick boxing
  - Dance to de-stress
  - Relaxation through art
  - I'm a headteacher – get me out of here
- 12.25pm Lunch
- 1.30pm **Music, creativity and well-being**  
*(Professor David Hargreaves, Applied Music Research Centre, Roehampton University, London)*
- In this presentation I will consider the applications of music psychology, which is beginning to explain the power and ubiquity of music in people's everyday lives. Music is all around us, in shops, dental surgeries, tube stations, in pubs and on phones; recent studies show that it is present in some way in approximately 40% of the waking lives of adults, and that the figure for young children may be as high as 80%. Our book *The Social and Applied Psychology of Music* (North and Hargreaves, Oxford UP) shows how music can promote cognitive, emotional and also social development in children as well as in adults. In this talk I will focus on the role of music in the development of creativity and well-being.
- 3.00pm Close of day



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## Workshop choices

### **Ofsted – how to make sure it goes well**

*(David Rzeznik, is a freelance inspector who works for himself doing educational consultancy and inspection work for Ofsted. He was one of Her Majesty's Inspectors (HMI) for twelve years)*

The session will cover:

- How to ensure the inspection runs smoothly and what must be done by the school and the inspection team to ensure that it does
- What should school leaders do to ensure that they present the school in a good light and that their self-evaluation is fair and accurate
- What are the 'softer' elements of the inspection process that the school must consider to ensure good relations are established and maintained before, during and after the inspection?

### **Stick boxing**

*(Steward Nubley, Personal Safety Training Solutions)*

Stick Boxing is a blend of two combat disciplines Stick fighting and Boxing. The stick is a (safe stick) padded and is used to teach the principles and concepts of Fencing and Boxing in a combined way. Discipline is instilled at the outset with the participants who take part and safety is paramount.

The class is very structured teaching the students not only how the techniques of fencing and boxing overlap, but how the body moves in relation to the laws of physics. The sessions are safe, fun and provide a great way to exercise while learning a skill that will instil confidence at all levels of ability. A demonstration can be arranged so a pre- assessment can be made.

### **Dance to de-stress**

*(Lisa Broom, Everyone Active, Festival Hall Leisure Centre)*

Zumba is a spicy hot, hip swivelling workout where African, Caribbean & Latin dance moves are combined with aerobic movements to create a fun & effective work out.

This zumba session will be you participating in a class (as in how it is taught to the children, broken down routines) so you learn it step to step rather than just doing the routine.

### **Relaxation through art**

*(Mike Cook, Art Workshop Provider)*

This one hour long session will provide an opportunity to forget about the demands of our busy lives and rediscover the enjoyment of art and the child within. Mike Cook, a self employed art workshop provider, will lead you through the process of block printmaking, enabling you to produce your own 'masterpiece'. Suitable for absolute beginners and those more experienced artists, this workshop can get a bit messy and an apron/old shirt is advisable.

### **I'm a headteacher – get me out of here**

*(Phil Baker, Team Manager, Outdoor and Environmental Education)*

An introduction to some of the new opportunities for our young people provided by the Outdoor and Environmental Education Service, including some practical group challenges for delegates. These will be indoors and outside, and will involve communication, teamwork, success and fun....!

**NOTE: If you attend this workshop you will need to wear outdoor shoes and outdoor coats.**



**Heads Count Conference 2012**  
**Friday, February 10, 2012 at The Derbyshire Hotel**

**Inspiring you, inspiring others**

**Reply slip**

Name: \_\_\_\_\_ School: \_\_\_\_\_

e-mail address: \_\_\_\_\_

**Please indicate your workshop choices in order of preference 1 to 5 (1 being most preferred)**

**Workshop choices**

Workshop 1	Ofsted – how to make sure it goes well	[ ]
Workshop 2	Stick boxing	[ ]
Workshop 3	Dance to de-stress	[ ]
Workshop 4	Relaxation through art	[ ]
Workshop 5	I'm a headteacher – get me out of here	[ ]

Please indicate if you have any dietary/access requirements: \_\_\_\_\_

*I do not require a place at the conference because: (please tick)*

Unsuitable programme [ ]    Cost is prohibitive [ ]  
Staffing issues [ ]    Clash of dates [ ]

**Please return to: Lynsey Wells, Admin Team, Lawn View House, 40 Station Road,  
Sutton in Ashfield, Notts, NG17 5GA or fax to 01623 434145  
by Friday, December 9, 2011 at the latest**