

 #oeMENA

# Inclusion & Wellbeing MENA 2019

Learn how to make your school fully inclusive, promote wellbeing and support the progress of all students

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The ambition and expectations across the region are clear; schools must become fully inclusive and ensure the curriculum is accessible for all students. But how do you translate this into best practice across your whole school?

Optimus Education is delighted to announce the launch of the first Inclusion & Wellbeing MENA event. Two days full of the latest strategies, practical skills and resources to ensure your whole school can support different types of need.

**Topics covered across the two days include:**

- working in partnership with parents
- effective deployment of LSAs
- helping students manage exam stress
- how to build resilience amongst students
- understanding the needs of third culture kids
- learn how to modify the curriculum to meet need.

Plus, free workshops for LSAs and teachers on how to meet individual need in the classroom. Visit the website for more information!



**DR ABDULLA AL KARAM, CHAIRMAN OF THE BOARD OF DIRECTORS AND DIRECTOR GENERAL OF THE KNOWLEDGE AND HUMAN DEVELOPMENT AUTHORITY (KHDA)**

*“When we improve the quality of inclusion, we improve education for all”*

**DR ABDULLA AL KARAM**

*“The quality is outstanding and reassuring, a must-have support for everyone”*

**KING’S COLLEGE, THE BRITISH SCHOOL OF ALICANTE**

*“Excellent, informative day giving practical advice”*

**WESTMINSTER SCHOOL**

**Optimus Education Limited is the CPD provider of choice for 42% of all independent schools. We are the one-stop-shop for all your school improvement needs.**

**Our services include, whole-school awards, consultancy, conferences, training and a comprehensive resource library.**

08:00 – 08:45	Registration	
08:15 – 08:45	<b>Student Performance</b>	
08:45 – 09:00	<b>Chair's Introduction and Welcome</b>	
09:00 – 09:30 Keynote 1	<b>Driving the vision to create a fully cohesive and inclusive society and meeting your new accountabilities</b> <i>David Bartram OBE, Director for SEND, London Leadership Strategy</i>	
09:30 – 10:00 Keynote 2	<b>Teaching for diversity: moving away from labels and focusing on individual need</b> <i>Dr. Ruba Tabari, Clinical Director &amp; Educational Psychologist</i>	
10:00 – 10:30 Panel Discussion	<b>Leadership in truly inclusive schools: how to develop a whole-school approach which empowers teachers and places inclusion at the heart of the school</b> <i>Facilitator: Eileen Barnes-Vachell, Lead Adviser, Gabbitas</i> <i>Panellists: Gareth D Morewood, Director of Curriculum Support, Priestnall School, Emma Dibden, Head of Inclusion, JESS, Jo Morgan, Chief Executive, Shaw Education Trust</i>	
10:30 – 10:50 Keynote 3	<b>Working in partnership with parents: what parents want inclusive schools to look, feel and sound like</b> <i>April McCabe, Autism Mom Dubai</i>	
10:50 – 11:00	Questions	
11:00 – 11:30	Morning refreshments	
<b>11:30 – 12:30 Streamed Sessions 1</b>		
<b>1A: Parental Engagement</b> Break down barriers and communicate effectively with parents: learn how to approach conversations whilst remaining sensitive to cultural differences <i>Jennifer Ibrahim, SENCO, British International School New Cairo</i>	<b>1B: Whole School Systems</b> How to implement a whole school approach to early identification and intervention: learn how to effectively utilise your data and develop a graduated approach <i>Emma Dibden, Head of Inclusion, JESS</i>	<b>1C: Sensory Integration</b> Learn evidence-based techniques to support students with sensory integration needs in your school <i>Jo Morgan, Chief Executive, Shaw Education Trust</i>
12:30 – 13:30	Lunch	
13:30 – 14:00 Keynote 4	<b>Supporting inclusion and transforming lives through the power of sport</b> <i>Special Olympics Representatives</i>	
<b>14:00 – 15:00 Streamed Sessions 2</b>		
<b>2A: LSAs</b> How to effectively train and deploy your LSAs to ensure they have the maximum impact on student progress	<b>2B: Behaviour</b> Effectively manage student behaviour by understanding the link between emotional regulation and low arousal <i>Gareth D Morewood, Director of Curriculum Support, Priestnall School</i>	<b>2C: Communication &amp; Interaction</b> Practical ways to support students with speech, language and communication needs and support development of vocabulary and receptive language Includes ideas for EAL students <i>Rogaiyah Hamidaddin, Speech and Language Therapist, The Lighthouse Centre</i>
15:00 – 15:30	Afternoon refreshments	
<b>15:30 – 16:30 Streamed Sessions 3</b>		
<b>3A: Admissions</b> How to develop a robust admissions policy, meet your new duties and build up evidence to support "equitable access" for students with SEND	<b>3B: Curriculum Pathways</b> Explore alternative pathways and learn how you can make modifications to the curriculum to ensure it accessible for all students <i>Melissa Skiles, Head of Inclusion, Dubai British School Jumeirah Park</i>	<b>3C: Working Memory</b> Tools and techniques to support the working memory of all students, understand cognitive load and support retention and retrieval
16:30	Conference close	

08:00 – 08:45 Registration

08:15 – 08:45 **Morning mindfulness session**  
*Ashley Green, Wellbeing Coordinator, JESS*

08:45 – 09:00 **Chair's Introduction and Welcome**  
*Dr Salman Wahid, Child & Adolescent Psychiatrist, Lighthouse Clinic*

09:00 – 09:45 **Why is promoting wellbeing so important in schools today?**  
Keynote 1  
*Sir Anthony Seldon (invited)*

09:45 – 10:15 **The power of positive education in your whole school environment**  
Keynote 2  
*David Bott, Associate Director, Institute of Positive Education, Geelong Grammar School*

10:15 – 10:45 **How can we work with the whole school community to support wellbeing: Learnings from recent surveys**  
Keynote 3  
*Dr Abdulla Al Karam, Chairman of the Board of Directors and Director General of the Knowledge and Human Development Authority (KHDA)*

10:45 – 11:00 Questions

11:00 – 11:30 Morning refreshments

## 11:30 – 12:30 Streamed Sessions 1

**1A: Parents**  
Learn how to talk to parents about wellbeing and mental health, remain sensitive to cultural differences and help remove stigma  
*Lighthouse Clinic Representatives*

**1B: Self Harm**  
Take away practical strategies to appropriately respond to self harm and eating disorders and know how to prevent escalation  
*Camali Clinic Representative*

**1C: Staff Wellbeing**  
Time-effective strategies to help all staff to support their own wellbeing and mental health  
*David Bott, Associate Director, Institute of Positive Education, Geelong Grammar School*

12:30 – 13:30 Lunch

13:30 – 14:00 **Understanding and supporting the expat child: how to meet the needs of 'third culture kids'**  
Keynote 3  
*Christopher O'Shaughnessy, International Speaker and Author of Arrivals, Departures and the Adventures In-Between*

## 14:00 – 15:00 Streamed Sessions 2

**2A: Exam Stress – Secondary**  
Easy-to-implement strategies to help your students deal with anxiety during exams and manage academic pressures  
*Dr Sarah Rasmi, CDA-Licensed Psychologist & Managing Director, Thrive Wellbeing Centre*

**2B: Resilience - Primary**  
Practical ways to build resilience in young children and give them the skills they need to 'bounce back'  
*Ashlee Carlile, Programme Manager, The Resilience Project*

**2C: Neglect**  
Understanding and meeting the needs of children who have been neglected and may have attachment needs  
*Dr. Amy Bailey, Department Head, kidsFIRST Medical Centre*

15:00 – 15:30 Afternoon refreshments

## 15:30 – 16:30 Streamed Sessions 3

**3A: Anxiety & Depression**  
Proven techniques to utilise in your school to support students with anxiety and depression  
*Dr. Pooky Knightsmith, Mental Health Advisor, Educator, Speaker & Author*

**3B: Identity**  
Tools and strategies to support the wellbeing of third culture kids and help them manage a lack of identity  
*Christopher O'Shaughnessy, International Speaker and Author of Arrivals, Departures and the Adventures In-Between*

**3C: Self Esteem**  
Practical ways to build self esteem amongst students, promote positive body image and help to develop confidence

16:30 Conference close

# This year's speakers include...



## Dr. Abdulla Al Karam

**Chairman of the Board of Directors and Director General of the Knowledge and Human Development Authority (KHDA)**

Dr. Abdulla al Karam is responsible for the quality and growth of Dubai's private education sector, including early learning centres, schools, universities and training institutes. He is a board member of the Social Sector, Government of Dubai and is a member of the Higher Committee for Protection of the Rights of People with Disabilities.



## Dr. Amy Bailey

**Department Head, Kids First**

The 2015 winner of the Princess Haya Award for Outstanding Clinical Psychologist, Amy has been with kidsFIRST Medical Center since 2011. She qualified with a Doctorate in Clinical Psychology from the University of Birmingham, UK in 2004 and worked in the UK until she moved to Dubai in 2011. Amy is heavily involved in advancing psychological awareness and services within the UAE.



## Eileen Barnes-Vachell

**Lead Adviser, Gabbitas**

Eileen has over 35 years' experience of leading transformational change in the education systems in the UK and internationally. Her in depth understanding of sustainable school improvement is exceptional and has been drawn from her experience as a headteacher, local authority leader, policy adviser and consultant. She has devised and delivered a number of ground-breaking educational policies such as the English National Strategies and London Challenge.



## David Bartram OBE

**Director for SEND, London Leadership Strategy**

David has visited and worked with over 200 SEND departments since March 2009, working collaboratively with London Challenge, the National College for Teaching and Leadership (NCTL) and the Department for Education (DfE) to support targeted schools. David is also responsible for SEND Leaders, a practitioner-led programme that uses SEND peer reviews to support schools to identify areas for improvement within their SEND provision and help embed a focus on SEND into normal school improvement practices. David has sat on a number of SEND consultations at the DfE in England.



## David Bott

**Associate Director, Institute of Positive Education**

David helps lead one of the world's leading teams dedicated to research, development and training in the field of Positive Education. He has been involved in training thousands of teachers from hundreds of schools around the world in designing, implementing and sustaining individual and whole-school approaches to wellbeing.



## Emma Dibden

**Head of Inclusion, JESS**

Following her move to Dubai in 2012, Emma completed the National Award for SEN Coordination and in 2014 became Head of Learning Support at Jumeirah English Speaking School (JESS). In September of this year she was given the responsibility to lead inclusive education provision across the JESS schools (3-18) as their Inclusion Champion.



## Rola Ghadban

**Positive Education Coordinator, Greenfield Community School**

Rola Ghadban is a Positive Education Coordinator and homeroom teacher at Greenfield Community School. She opened the first mindfulness room in the region last year and won innovative teacher of the year by Education Journal Middle East for her work promoting wellbeing and mindfulness.



## Ashley Green

**Wellbeing Coordinator, JESS**

Ashley has found a way to amalgamate her passions for both education and for the wellbeing of children with a particular focus on mindfulness. She has recently launched a website, [mindfulteachinguae.com](http://mindfulteachinguae.com), as a platform for educators and parents alike to share mindfulness and wellbeing activities and ideas, all to help young children develop an awareness that prepares them for life's occurrences.



## Rogaiyah Hamidaddin

**Speech and Language Therapist, The Lighthouse Centre**

As a speech-language pathologist, Rogaiyah's passion lies in enhancing children and adolescents' functional communication and expressive and receptive language skills; including literacy and executive functioning abilities. She is committed to making the delivery of speech-language therapy a delightful experience for children and their parents.



## Dr. Pooky Knightsmith

**Mental Health Advisor, Educator, Speaker & Author**

An internationally respected face of child and adolescent mental health, Pooky works tirelessly to 'be the change she wants to see'. A prolific keynote speaker, lecturer, trainer and author, she develops and shares practical, evidence-informed approaches to promoting mental health – arming health and education staff with the skills, information and knowledge they need to support the children in their care.



## Gareth D Morewood

**Director of Curriculum Support, Priestnall School**

Over the last twenty years Gareth has helped shape provision in a number of schools, MATs and Local Authorities across the UK, Ireland & Chile. Gareth continues to regularly support parents/carers with SEND legislation and provision, as part of his wider interests in equality and opportunity for all. Gareth is an Honorary Research Fellow in Education at the University of Manchester; Education Advisor to Studio III and Vice Chair of the 'senco-forum'.



## Jo Morgan

**Chief Executive, Shaw Education Trust**

Jo Morgan is the Chief Executive of Shaw Education Trust. She joined the Trust from Ofsted where she worked as the Regional Director for the North West and National Director for Initial Teacher Education. Jo held three secondary headships: leading out of special measures, accelerating performance to outstanding; gaining Teaching School status and delivery of academisation.



## Christopher O'Shaughnessy

**International Speaker and Author**

Christopher O'Shaughnessy is a passionate and versatile author and speaker who uses a unique blend of story-telling, humor, and provocative insight to engage a wide array of people on topics ranging from Third Culture Kids and the effects of globalization, to building community and increasing empathy.



## Dr. Sarah Rasmi

**CDA-Licensed Psychologist & Manager Director, Thrive Wellbeing Centre**

Dr. Sarah Rasmi is a licensed psychologist and managing director of Thrive Wellbeing Centre in Dubai. She runs this professional practice whilst teaching and conducting research at the American University of Sharjah. In addition, she is a government consultant.



## Melissa Skiles

**Head of Inclusion, Dubai British School Jumeirah Park**

Melissa spent six years teaching within the city of Chicago before working as a SENCo in Qatar and Head of Inclusion in Dubai. She is certified both in English and Special Education and has taught all content areas during her tenure and has founded and led four special education departments. Melissa is currently Head of Inclusion for Dubai British School Jumeirah Park, which earned Very Good for SEND provision on its first inspection.



## Dr. Ruba Tabari

**Clinic Director & Educational Psychologist**

Dr Ruba Tabari is a British trained educational Psychologist and qualified teacher. She obtained her doctoral degree from University College London in 2012 with a focus on school development and reform. She has close to 25 years' experience in the field and has worked with a vast array of schools and institutions in the UK and the Gulf region.

## Easy Ways to Register

1. Book online and receive instant confirmation:  
[oego.co/Dubai](http://oego.co/Dubai)
  2. Email: [conference.bookings@optimus-education.com](mailto:conference.bookings@optimus-education.com)
  3. Questions: call us on +44 20 8315 1506
- Please see [oego.co/TandCs](http://oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

ONE DAY PASS	Book before 29/11/18	Book after 29/11/18
First delegate	AED 995 (£205)	AED 1195 (£250)
Additional delegates	AED 895 (£185)	AED 1095 (£230)

  

TWO DAY PASS	Book before 29/11/18	Book after 29/11/18
First delegate	AED 1795 (£372)	AED 1695 (£352)
Additional delegates	AED 1995 (£413)	AED 1895 (£393)

# 4 steps to get the most out of your attendance

1

**Before**  
the day

Create your account at [oego.co/DubaiResources](http://oego.co/DubaiResources) and gain access to pre-event reading and resources

PLUS

- Read our step-by-step guide to leading effective TA interventions
- Access our advice for supporting the early and accurate identification of need

2

**During**  
the day

Have your burning questions answered by our experts and outstanding practitioners

PLUS

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific need

3

**After**  
the day

Log in at [oego.co/DubaiResources](http://oego.co/DubaiResources) and access post event resources

PLUS

- Download the speaker presentations and share these with colleagues
- Gain access to our pupil passport template which will help you maintain a child-centred approach

4

**Share**  
across your school

Become an Optimus member and gain access to units in our SEND Inclusive Teaching Programme on identifying and supporting special needs\*

\*Access to download and deliver training modules for members only – get in touch to find out more about the benefits of becoming an Optimus Premium Plus member