



LGF: Leading governance forward

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OVERVIEW OF THE 2022 JULY CONFERENCE

1.0 INTRODUCTION:

The purpose of this report is to provide Governors, Trustees, and our Stakeholders with a succinct overview of the outcomes from the recent conference. The information is primarily based on the LGF feedback forms completed by Governors and Trustees attending the event.

This was our 9th half-day conference we have organised for Liverpool school governors and trustees when the focus on this occasion was on *“Sleep and its importance in Education”*.

We were delighted to welcome Dr. Neil Stanley to deliver and facilitate the presentation for us. Dr. Stanley is one of the UK's foremost sleep experts and the author of *“How to Sleep Well”*. Over the last 37 years, he has helped diagnose thousands of people with sleep problems who have been referred to his sleep laboratory at the Royal Surrey County Hospital in Guildford. Further information on Dr. Stanley can be obtained through his website as follows:

<https://www.hippocraticpost.com/author/dr-neil-stanley/>

2.0 ATTENDANCE AND ANALYSIS OF FEEDBACK FORMS:

NUMBERS ATTENDING FROM ALL SECTORS	NUMBER
Total number of governors/trustees attended	19
Booked-in who did not attend/apologise	5
Booked-in on day	1
LGF EVALUATION FORMS	
Feedback forms completed	18 (95%)
OVERALL RATING BY ATTENDEES	
Very good	15 (83%)
Good	3 (17%)
Requires improvement	0

3.0 SCHOOLS REPRESENTED:

SCHOOL SECTOR	NUMBER
Nursery & Infant	4
Primary	12
Secondary	2
Special	2
TOTAL (NB: 2 governors serve on two boards)	20

The full listing of the actual schools represented at the conference is detailed in Appendix A.

4.0 SYNOPSIS OF DELEGATES COMMENTS:

SUMMARY OF KEY COMMENTS
<p>Objectives:</p> <ul style="list-style-type: none">• There was a strong endorsement from the delegates that the conference fully met its key objectives
<p>Outcomes:</p> <ul style="list-style-type: none">• Excellent event; the speaker was very knowledgeable, engaging, and easy to listen to• Clear, focused and informative, and useful presentation• Excellent delivery and told with some humour• Passionate and knowledgeable speaker• Incredibly important information• Highly informative, thought-provoking, and engaging• Directly relevant to every school• There were good opportunities to ask questions
<p>Quality Assurance:</p> <ul style="list-style-type: none">• Generally speaking, nothing needs to improve• Breakfast was welcome• Well organised event/Good communications• The quality of information was outstanding• No opportunity for table discussions/exercises/time for group activities• Some of the presenter's examples were considered inappropriate by a couple of delegates for the modern world
<p>Venue:</p> <ul style="list-style-type: none">• Excellent/Very good venue and facilities/Easy parking• A more central location may be beneficial next time but the venue was great
<p>Refreshments:</p> <ul style="list-style-type: none">• There were no issues regarding refreshments. The general consensus, of the delegates was that Saturday morning was convenient. The breakfast is clearly more appreciated than having lunch after the presentation, which we have previously offered.

5.0 SUGGESTED FUTURE CONFERENCE TOPICS:

Thank you to those governors who suggested the topics below. We will take them into account when planning future LGF conferences:

- SEND and educational needs
- Nutrition
- Importance of physical activity and impact on learning
- The speaker kindly offered to return to Liverpool to work further with governors and schools free of charge in view of the low turnout at the conference. LGF will discuss this at their next meeting.

6.0 SUMMARY:

Dr. Stanley was clearly an engaging and easy to listen to speaker with comprehensive and in-depth knowledge on the subject of the importance of having quality sleep.

The delegates attending the conference clearly indicated the key objectives set out were fully met and that they had benefitted from their attendance. Furthermore, it was another opportunity for governors/trustees from across the educational sectors to learn together.

We had a total of 19 Governors and Trustees attending this 9th conference representing 20 Liverpool schools across the city with an overall average of 41 attendance for the nine conferences.

The number of governors/trustees who attended this conference was rather disappointing and primarily appears to be due to some unease at returning to these 'live' events.

Furthermore, several days before the actual event we did have the courtesy of 7 apologies. We also had a small cohort of 5 Governors/Trustees who booked-in, but unfortunately did not attend on the day nor offer any apology for their non-attendance. It will be appreciated that it does have unnecessary cost implications for us not cancelling in advance.

With regards to the presentation, we are all aware of the critical function of sleep. However, perhaps the key message we could all take away is that regular quality sleep at night allows us to be energetic, alert, reduces stress, and improves our learning and memory; these are all essential benefits our children need so that they are 'ready to learn' and thus thrive and develop at school.

For information, a summary of all 9 conferences arranged by the LGF to date is listed in Appendix B.

We would like to take the opportunity to record our thanks to Dr. Neil Stanley for making this another successful LGF conference and for ensuring that our members found it a well-worth and enjoyable event from which they fully benefited.

Finally, we would also like to thank you the delegates who supported and attended the conference and for your important contribution in raising appropriate questions which contributed to making it a successful event.

APPENDIX A

SCHOOLS REPRESENTED AT THE 2022 JULY CONFERENCE

PRIMARY SCHOOLS	SECONDARY SCHOOLS
Blueberry Park Primary	Gateacre
Broad Square Primary	St Margaret's CE Academy
Corinthian Primary	(Total = 2)
Florence Melly Primary	
Lawrence Primary	
Mospits Primary (<i>2 governors attended</i>)	
St Cleopas CE Primary	
St Cuthbert's Catholic Primary	
St Mathew's Catholic Primary	
St Nicholas's Catholic Primary	
The Beacon CE Primary	
The Faith	
(Total = 12)	
NURSERY & INFANT SCHOOLS	SPECIAL SCHOOLS
Abercromby	Hope
Everton Nursery	Palmerston
St Cecilia's Nursery	(Total = 2)
Lister Infants	
(Total = 4)	
The grand total of schools 20 participated in this 9th LGF Conference.	

NB: 1 = St Nicholas's Catholic and Gateacre. 1 = Hope and Gateacre

APPENDIX B

SUMMARY OF LGF CONFERENCES

CONFERENCE NUMBER	CONFERENCE DATE	NUMBER ATTENDED	CONFERENCE SUBJECTS / TOPICS
1	October 2015	46	<ul style="list-style-type: none"> • Headteacher Wellbeing
2	October 2016	20	<ul style="list-style-type: none"> • Headteacher Appraisals and • Philosophy for Children
3	March 2017	41	<ul style="list-style-type: none"> • Budget Reductions, • LLP Mental Health & Emotional Wellbeing project & • Improving Children’s Wellbeing through Yoga
4	October 2017	31	<ul style="list-style-type: none"> • Mental Health <ul style="list-style-type: none"> ○ The touch that matters and ○ Attachment Friendly Principles
5	April 2018	41	<ul style="list-style-type: none"> • Online Safety and • Liverpool Promise
6	November 2018	64	<ul style="list-style-type: none"> • Governing Body Self-Assessment and • Liverpool’s Education Vision
7	May 2019	51	<ul style="list-style-type: none"> • The effective governance of SEND and • SEND provision in Liverpool
8	November 2019	47	<ul style="list-style-type: none"> • Headteacher and Staff wellbeing; how can Governing Bodies ease the pressure
9	July 2022	20	<ul style="list-style-type: none"> • Sleep and its importance in Education
AVERAGE ATTENDANCE		40	-

No conferences were held in the years 2020 and 2021 due to the worldwide Covid 19 pandemic.

ATTENDANCE:

There are currently about 2,125 governors/trustees across all educational sectors and thus on average, approximately 1.9% attend our conferences.