

# SCHOOL & YOUTH NURSE SYMPOSIUM PROGRAMME

*Navigating the Journey of Youth, Health & Wellbeing*



Monday 28th September 2020

0800 Registration opens

0845 Welcome

0900 The eye of the beholder

Lynette Baines NP

Nurse Practitioner Lynette Baines, the first speaker of the day will take you on a journey of reflection into your own practice. How well do you listen and how intuitive are you at connecting those visual clues?

0940 The Voice of Youth

Hunter Wilson-Riches, Nicky Sayers

First-hand experience of the impacts a life changing event can have for a high school student. This session will solidify the importance of intuitive practice in the school and youth nurse environment. Hunter, will take you on his journey, management and recovery

1000 The Art of Nursing

Nicki Spring

Opportunities, collaboration, connection and partnership. A chance to extend our network and facilitate connection within the specialized field of school and youth nursing.

1015 MORNING TEA

1035 Resilience

Kathy Shaw

Ready to be inspired and motivated? Kathy Shaw is based in Hamilton as a life coach. With her experience as a registered nurse, she understands the challenges faced as health professionals, but also the motivation and aspirations instilled in us to make a difference with youth

1115 Navigating the Journey, Health and Wellbeing

Bridget Jelley

Here is your light bulb moment! An engaging session navigating health and wellbeing for ourselves and support for our youth. Bridget Jelley, Registered Psychologist and Director of The Effect has many years of experience and will provide clarity to look beyond the definition of mental wellbeing

1200 Embracing the diversity of our Rainbow Youth

Nathan Bramwell

Walking alongside Rainbow young people, this session is an exploration of gender and sexuality. How being aware of diversity and inclusive language relates to your organisation and empowers your interactions with your young people.

1240 LUNCH

1320 Let's talk about Sex

Dr Jane Morgan

This session will aim to provide you with the tools to empower the interactions and privilege we have to work with youth as they navigate their journey to adulthood, and how we can best support their needs.

1400 Concurrent sessions

Lynette Baines NP, Karen Thurston NP, Michelle Donaldson, Dr Sue Bagshaw

An opportunity for you to choose what interests you with four 30 minute sessions covering medical emergencies, musculoskeletal injuries, medicine management and a birds eye view of our workforce. The speakers for these sessions have a wealth of knowledge to share and will not only enliven the spirit after lunch but also offer practical training, facilitate discussion and provide advice to fit your needs.

1500 Afternoon Tea

1515 Youth Health and Development - Bringing it all together

Dr Sue Bagshaw

The final speaker of the day is a passionate advocate for youth health and wellbeing. Sue will pull key content of the day together including resiliency and mental health. Sue will explain how the brain is the largest sex organ, the impact of porn, gaming and addiction on youth, and how we as school nurses can nurture brain development in our youth. A session not to be missed!

1615 Where Nursing and Youth Unite: looking to the future

1630 Symposium Closing