



Scottish Guidance Association Annual Conference & AGM

Saturday 20th September 2025

Online 9:30am - 1:15pm

Programme:

09:30-09:40 **Welcome & opening remarks**

President, Scottish Guidance Association

09:40-10:00 **Education Scotland: Health and Wellbeing - a national update**

Tracy Johnston, Senior Education Officer for Health and Wellbeing Curriculum, Education Scotland

With over two decades of experience in education, TJ offers a timely update from Education Scotland. Her session highlights evolving priorities in health and wellbeing education, providing insights to help educators navigate new policies, resources, and support structures.

10:00- 10:25 **Adoption UK- Foetal Alcohol Syndrome**

Paula Gilhooly

Paula Gilhooly, Education Adviser at Adoption UK, presents "Supporting Learners with FASD." Drawing from 30 years in education, she shares practical strategies for teachers and support staff to better understand and support young people with FASD or suspected diagnoses across learning environments.

10:25 - 10:50 **Hope Virgo - Eating Disorders**

Hope Virgo

A leading voice in mental health and eating disorder awareness, Hope Virgo sheds light on the often-missed signs of disordered eating. Drawing from advocacy and lived experience, her powerful session challenges stigma and encourages proactive, compassionate responses across education and care environments.

10:50 - 11:05 **Comfort Break**

11:05 - 11:30 University of Aberdeen - MEd Pastoral

Stephanie O'Reilly

Stephanie O'Reilly introduces the new MEd in Health and Wellbeing Education from the University of Aberdeen. Drawing from her extensive secondary teaching experience, she explores how this innovative programme can enhance professional practice, support student wellbeing, and align with Scotland's wellbeing curriculum.

11:30 - 11:50 Discussion Groups on Internal Truancy

11:50 - 12:00 Feedback from Discussion Groups

12:00 - 12:15 AGM

12:15 - 12:25 Comfort Break

12:25 - 12:45 YGam - Evidence-led education to help prevent gaming and gambling harm

Amy Campbell

Amy Campbell, Training and Engagement Manager at Ygam, leads "Gaming and Gambling Harm Prevention Awareness." Learn how Ygam's award-winning work equips educators to support students and families in addressing digital risks through education, prevention, and safeguarding initiatives.

12:45 - 13:05 Professional Insights & Reflections - Group Discussions

Helen Waggott

In a change to our initially advertised programme, this breakout session will allow delegates to share their thoughts on our profession, and discuss key insights gained from the conference. We will also be asking delegates to give feedback on the continuing role of the SGA in supporting and promoting best practice across the sector.

13:05 - 13:15 Plenary and closing remarks

President, Scottish Guidance Association

We hope that you enjoy the conference.

Don't forget to check us out on social media and our website: www.scottishguidance.org.uk



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