

ombudsman
for children • do leanaí

Emotional Wellbeing – At the Heart of School Communities

Dr. Niall Muldoon
Ombudsman for Children
IPPN Symposium,
Citywest Hotel, Dublin
19th October 2015

OMBUDSMAN FOR CHILDREN'S OFFICE

- Ombudsman for Children Act, 2002
- Presidential appointment
- Independent statutory office
- Directly accountable to the Oireachtas





Emotional
Wellbeing

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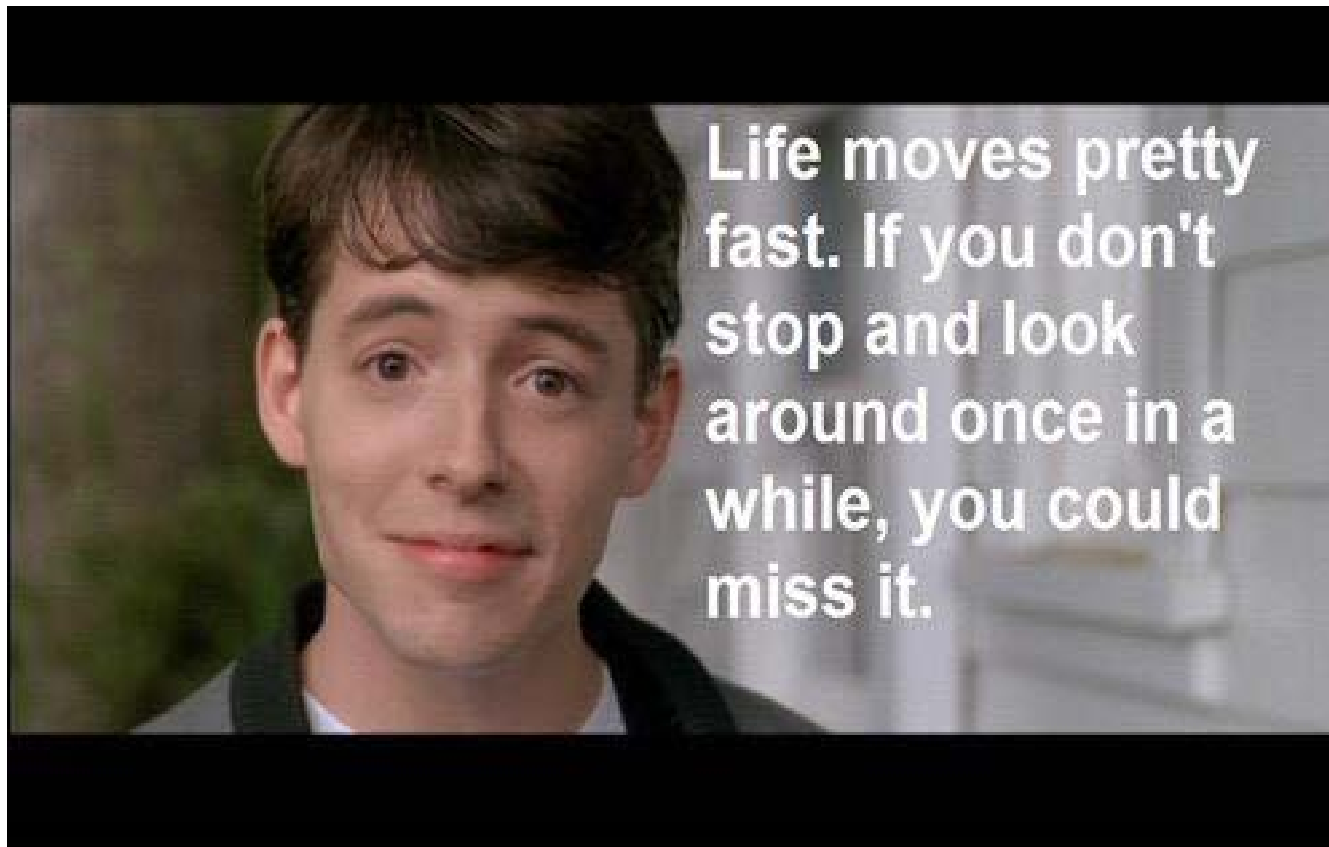
The



of



Just a thought to start with.....



“Set the Scene” they said!!

- Donegal
- GAA and Sports ++
- Bank, College, Psychology, OCO, Ombudsman
- People without Judgement (S.O., Intellectual Disability, Children, Families, Athletes)
- GPA Counselling Service
- EMOTIONAL VOCABULARY

- “Teaching – in the most practical, human sense, is about connecting – connecting to the wider world, and connecting with our inner selves.” (Tomás Ó Ruairc Stiúrthóir / Director – Teaching Council – Aug 2015)

**No matter what
people tell you,
words and ideas
can change the
world.**

*-Robin Williams,
Dead Poet's Society*



POSITIVE PROGRESS



Well-Being in Post-Primary Schools

Guidelines for Mental Health Promotion
and Suicide Prevention



NUI Galway
OÉ Gaillimh



Mindfulness All-Party Parliamentary Group

(IRISH INDEPENDENT 20/10/2015)

Education Secretary Nicky Morgan, one of three ministers at the launch, **backed calls to create education policy that acknowledged the long term importance of wellbeing.**

- She said: "I want to make it very clear that of course academic achievement is important, but so too is turning out well-balanced young people who are able to fulfil all of their potential. I'm not just on this stage [saying this] as Secretary for Education, but also as a mother and also somebody who has had family experience of mental ill health. It's really a no brainer for me."
- £1 = £15 saved in healthcare alone

SOAR



GAA Health & Wellbeing CONFERENCE

Healthy Minds...Healthy Bodies...

HEALTHY CLUBS

KEY SPEAKERS...



CONOR
CUSACK

For more info
or to get your FREE
tickets, go to
www.gaa.ie/community

CROKE PARK STADIUM
SATURDAY 21st MARCH 9:00AM - 3:40PM

- **Mental health initiative the best learning tool ‘in years’** (Irish Examiner – 8/10/15)
- “Breathe Programme” – (Ger Canning, ETB Cork – retired Principal) *“prevention...so doesn’t deal with students who are at the cliff edge”*

Children's and Young People's Views on Education

- During 2014, OCO's education workshops were also an opportunity to hear children's and young people's views on what key **aims of education** should be (Article 29, UNCRC)
- Over 700 children and young people from 30 primary and post-primary schools shared their views
- Key themes and priorities included:
 - developing life skills
 - promoting health and well-being
 - supporting personal and social development
 - developing communication skills

“Discovery ... You should get to find out more things about yourself through education ...Like discover your own talents and skills rather than it being forced upon you that you have to do this, this and this to get on ... It’s just very stressful ...You don’t really get to find out much about yourself through education.” (Co Louth)

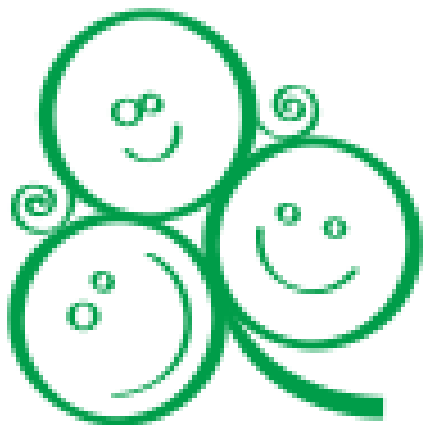
“More group work ... to build up our confidence to talk to new people or to speak out.” **(Co Donegal)**

“Every child should leave school with self-confidence ... I think they would get that if school focused a bit less on academic work and more on personal growth.” **(Co Monaghan)**

“Education should teach us more about real-life situations, for example helping or caring for a relative if they are sick or in need.” **(Co Kilkenny)**

To Finish Off

*“When you make a commitment you build hope
- when you keep it, you build trust” (Unknown)*



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www.oco.ie

Freephone 1800 202040

It's Your Right:
www.itsyourright.ie

