



Emotional Wellbeing at the heart of school communities

IPPN Symposium 4 November 2015

The Way Forward

Margaret Grogan, Regional Director National Educational Psychological Service

Relationship between social and emotional learning and cognitive learning (OECD 2014)

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Basic cognitive ability

- Pattern recognition
- Processing speed
- Memory

Knowledgeacquired

- Access
- Extract
- Interpret

Knowledgeextrapolated

- Reflect
- Reason
- Conceptualise

Cognitive

• Mental capacity to acquire knowledge, thoughts & experience

> • Interpret, reflect and extrapolate based on the knowledge acquired

Achieving

- Perseverance
- Self-control
- Passion for goals

Social and Emotional

• Relatively enduring patterns of thoughts, feelings & behaviours that reflect the tendency to respond in certain ways under certain contexts

Working with others

- Friendliness
- Respect
- Caring

Managing emotions

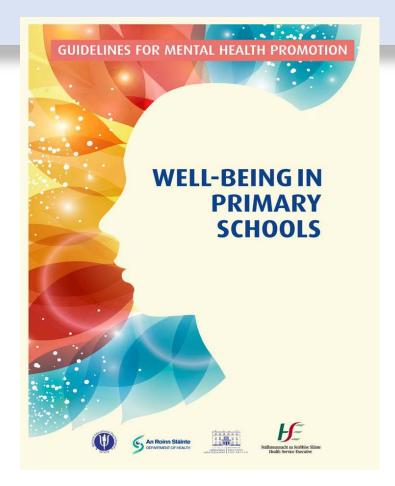
- Calm
- Optimism
- Confidence

Wellbeing Promotion is a National Priority

Well-Being in Post-Primary Schools

Guidelines for Mental Health Promotion and Suicide Prevention

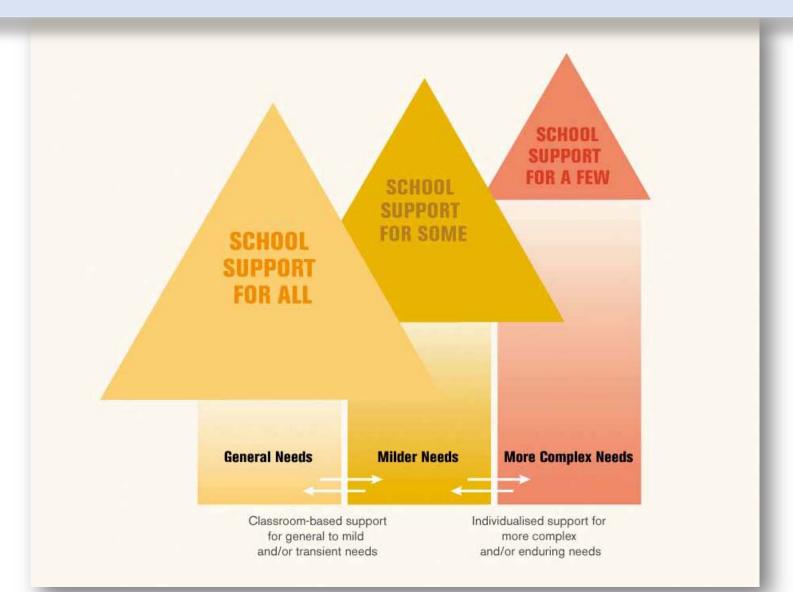




PublishedJan 2013 post primaryJan 2015 primary

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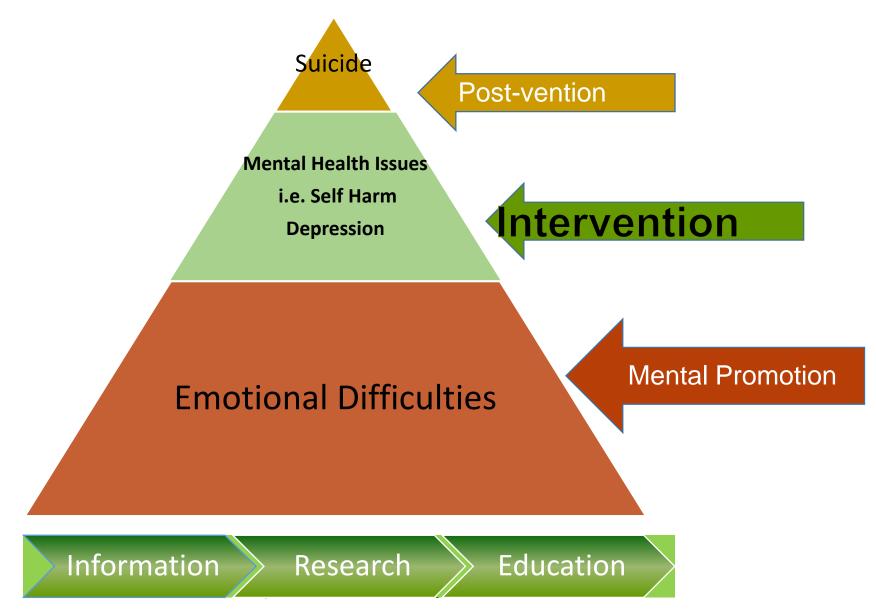
Structure of Well-Being Documents



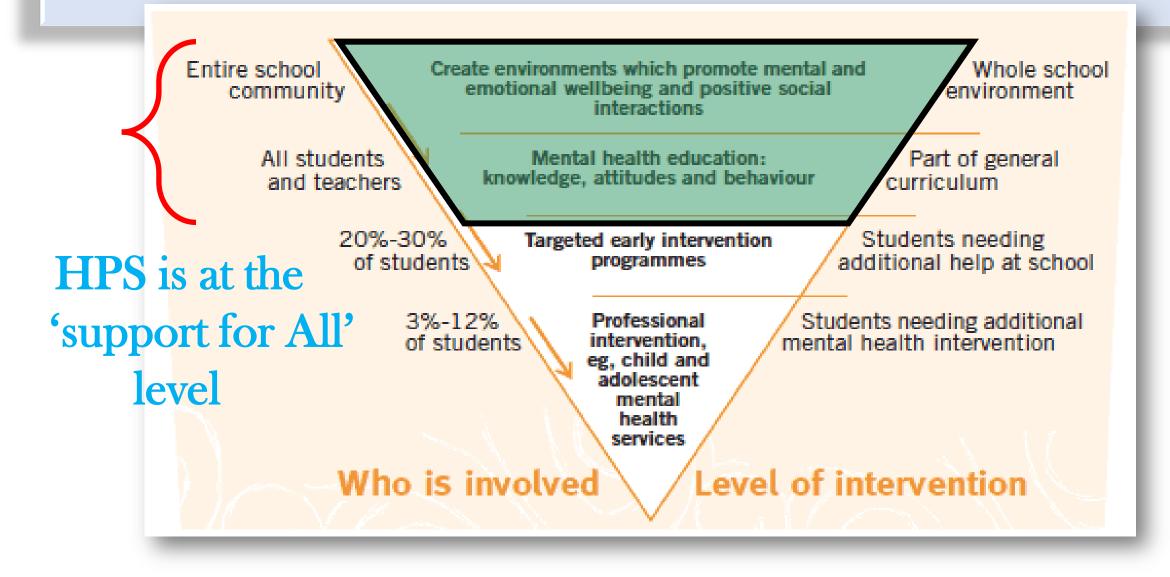




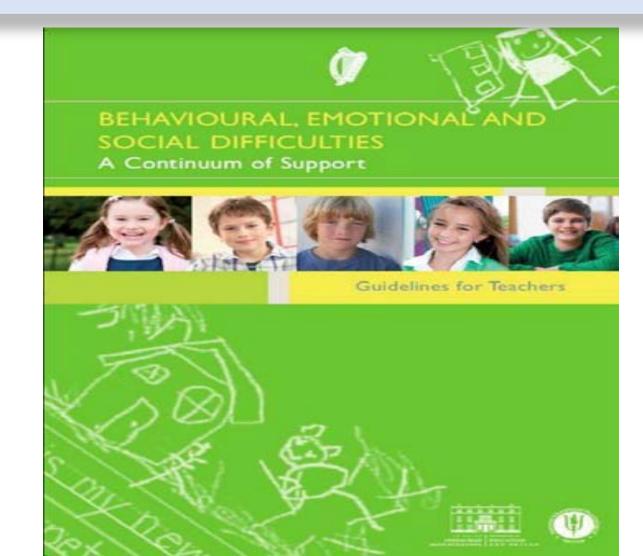
Why are the guidelines important?



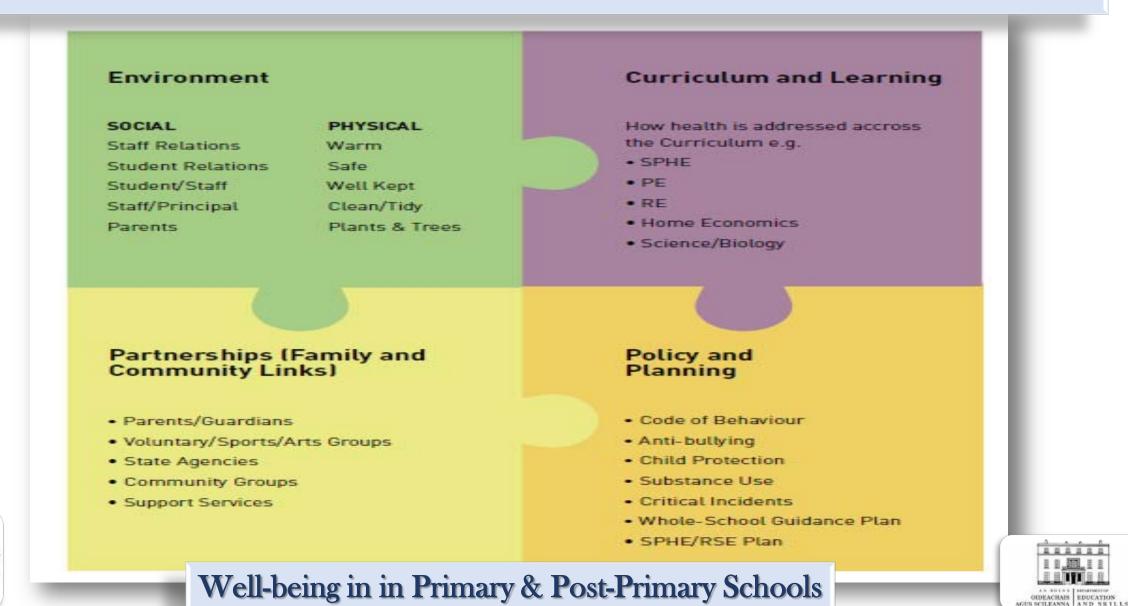
Where does HPS fit with Wellbeing Guidelines?



Continuum of Support – Emotional Difficulties



What does the International Evidence tell us?



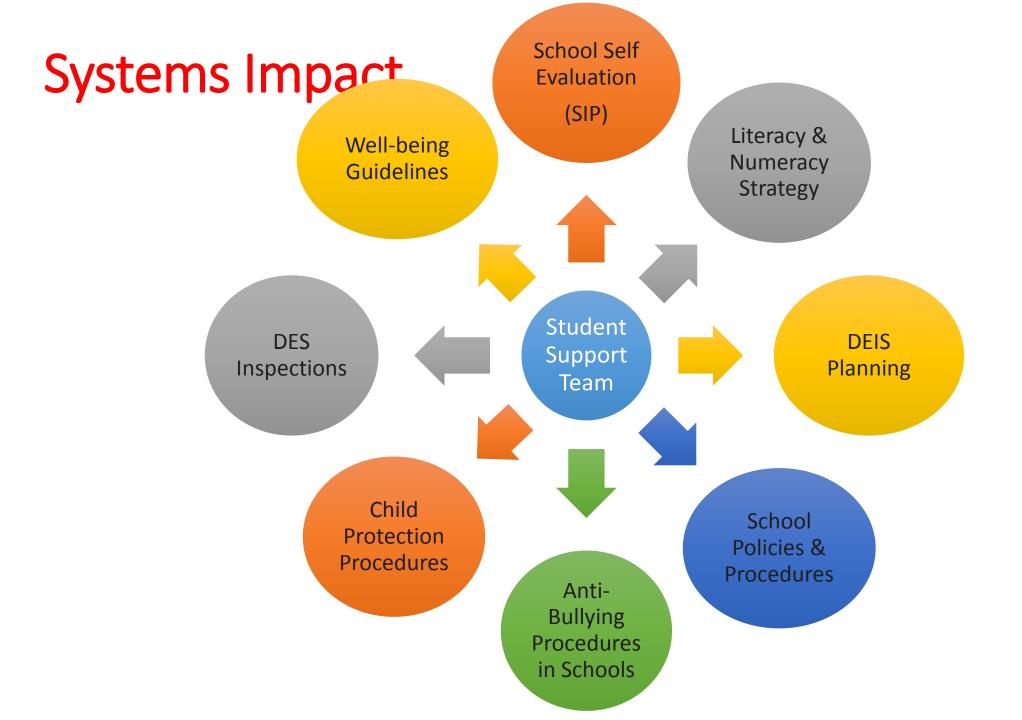


DEMOCRATIC ENVIRONMENT

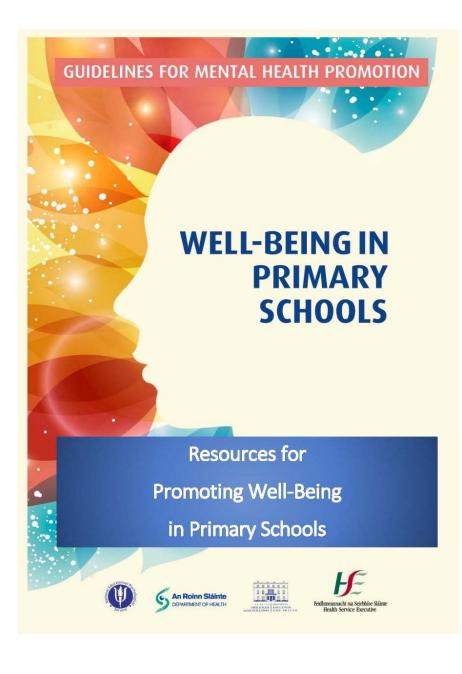


Student Support Teams in Post-Primary Schools

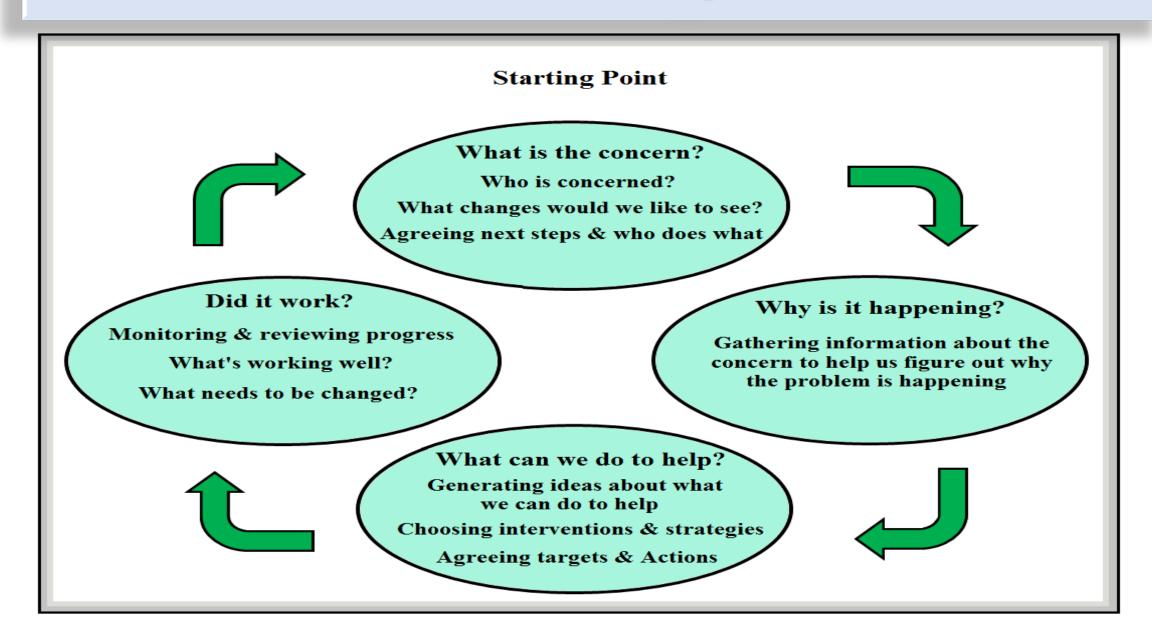




2.CURRICULUM



NEPS Problem Solving Framework



2 Policies - connected with nurturing school

- Guidance Plan/ Pastoral Care Policy
- Health and Safety Policy
- Code of Behaviour/ Attendance Policy
- Critical Incidence Policy
- Child Protection Policy
- Anti-Bullying Policy
- Substance Use Policy
- Data Protection Policy
- Internet Safety: Acceptable Use Policy
- Inclusion Intercultural Policy/transgender /SEN Policy

Literacy and Numeracy Policy/ SEN Policy/ Homework Policy

School/External Agency Liaison Policy School/Parent Partnership Policy

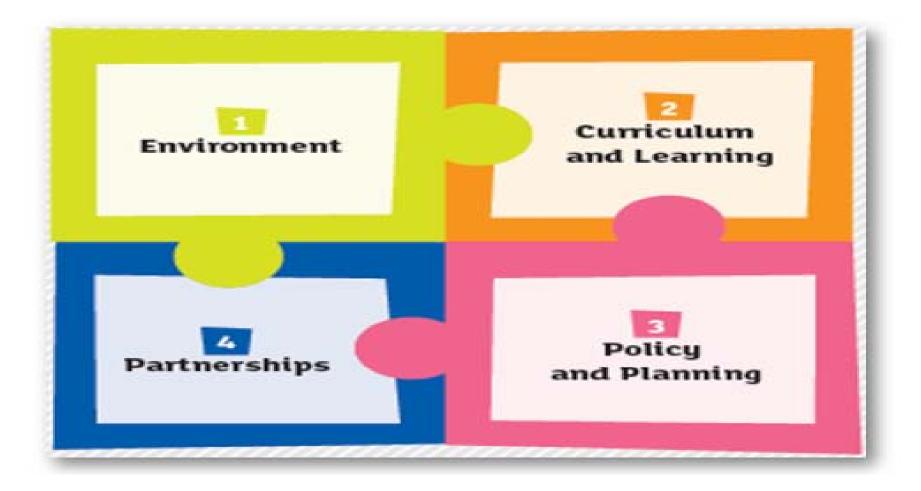
4 PARTNERSHIP

WELLBEING IN POST PRIMARY SCHOOLS

Working together to Support Mental Health Promotion & Suicide Prevention in Donegal

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School Support for All - General Needs			P - R - 82
In School Supports		School Support	
Policies & Procedures • Critical Incident (C.I.) Plan • School Improvement Plan • School Guidance Plan • Anti-Bullying Policy • SEN Policy • Code of Behaviour • Referral Systems • Student Support Teams/ Pastoral Care Teams • Student input re: all the above Regional SPHE Support Training • Whole staff training • Student welfare & child protection	• Substance Use • Internet Safety • Physical Health • Personal Safety	for Some - Milder Needs In School Supports Support - Student Support / Pastoral Care Teams - Support systems i.e. mentoring, peer support, link teacher, buddy systems, - Guidance Counsellors - School Completion Programme - Links to youth, community & voluntary organisations	School Support for a Few – More Complex Needs In School Supports • Referral pathways to HSE & other services e.g. Youthreach, Daybreak • NCSE resource teaching hours 8/or SNA support
 Introduction to SPHE RSE Sexual Orientation Mental Health 	•Anti-Bullying Support • Policy Development • SPHE	Student & family involvement Friends for Life programme NEPS	 Individual support from Guidance Counsellor Focussed support for at risk students during CI response
Support Continuum of Support Advice Support framework Developing student support teams C.I Planning C.I Planning		Training • Training on 'Friends for Life' programme to teachers. • Group work to students i.e. social skills, anger	response NEPS Casework which may include individual
County Donegal Education C Whole School Training • School Management Team • Pastoral Care Team • Policy Development • Anti-Bullying Programme • MHAI (Mental Health Awareness Initiative) NOT Support (Newly Qualifie	Centre CPD for Teachers • Mindfulness • Emotional Fitness • Stress Management • Restorative Practice • Mediation • Anti-Bullying • Conflict Resolution	 management, Friends For Life Support Help in identifying needs & planning interventions Problem solving with teachers & parents re: individual & groups of students Advice & support re: onward referrals Attending student support team meetings, on request 	assessment/intervention • Individual short term interventions • Support referrals to & collaborate with HSE Services • C.I. Support & follow up. HSE Supports Consultation/
 Mentoring Programme Work-shop Programme 		HSE Health Promotion	Referral Pathways to: • Psychology Service
ETB Training Restorative Practice for all scho HSE Health Promotion	pols	Training • Safe TALK & ASIST (school staff)	 Child & Family Service. Child & Adolescence Mental Health Service C.I. Support on request from NEPS
Support	• Stand Up Campaign	Jigsaw	Drug & Alcohol Services Suicide Resource Officer
 Health Promoting School Initiative Training & Campaigns LGBT Awareness 	 Mind Out Programme Girls Active Student Council Anti-Bullying Week 	Minding Youth Mental Health (school staff) Follow on from UYMH Direct referral to one to	
Jigsaw Training		Department of Education	one clinical support service • Consultation support for
 Training Understanding Youth Mental Health (school staff) UYMH Supporting Young People's Mental Health (parents) 	 Time to Start Talking (students) Support Advice & Information 	 Support National Behaviour Support Service 	
National Parents Council			
Training • Anti-Bullying Parent Training	Support • Parent Associations	SPHE CH. LOSSAN IF Reidemonstration Scittules St	Alate Standy Security Compare Education Callery Security Description of Alassian Science and Compared Science and

Reflection – where is your school? /where to start



Key Messages and References

Connectedness fosters belonging and builds resilience which is a powerful protective factor and significant in overcoming environmental risk factors for young people.

Comprehensive and developmental teaching of the Social Personal and Health Education curriculum from preschool to senior cycle provides the context for developing emotional wellbeing

Key Partners

Department of Education & Skills -

National Educational Psychological Service, Professional Development Service for Teachers, Special Education Support Service, National Behaviour Support Service, Teaching Council Health Service Executive –

Health Promotion Officers, Suicide Prevention Officers, Primary Care Psychology/Child and Adolescent Mental Health Services Department of Children & Youth Affairs -

Child and Family Support Agency, Children's Services Committees, Education Welfare Service - (HSCL, School Completion, Education Welfare Officers), Community Care Social work

<u>Community Supports</u>

Parents/Guardians and Young People



