



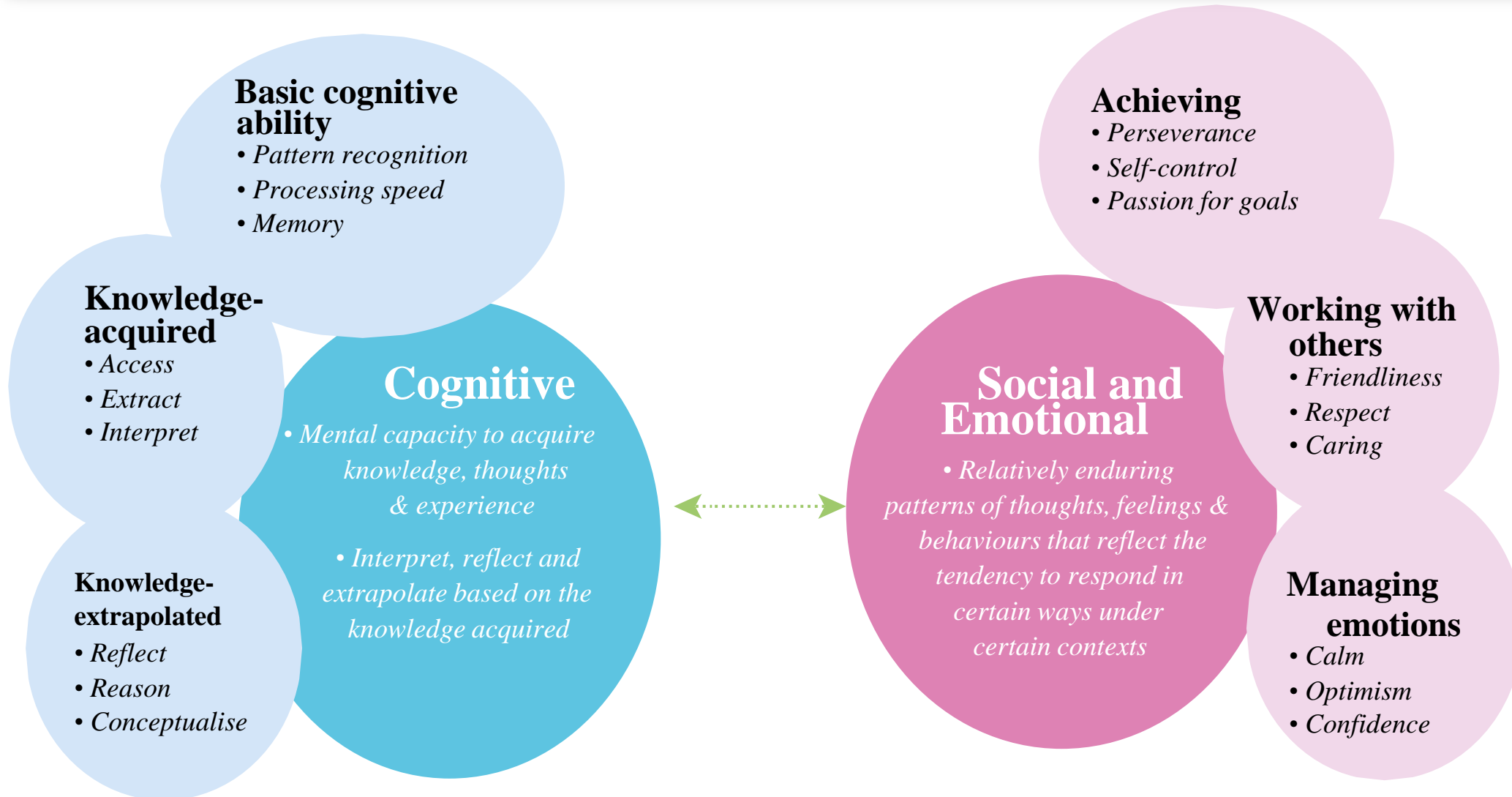
# Emotional Wellbeing at the heart of school communities

IPPN Symposium  
4 November 2015

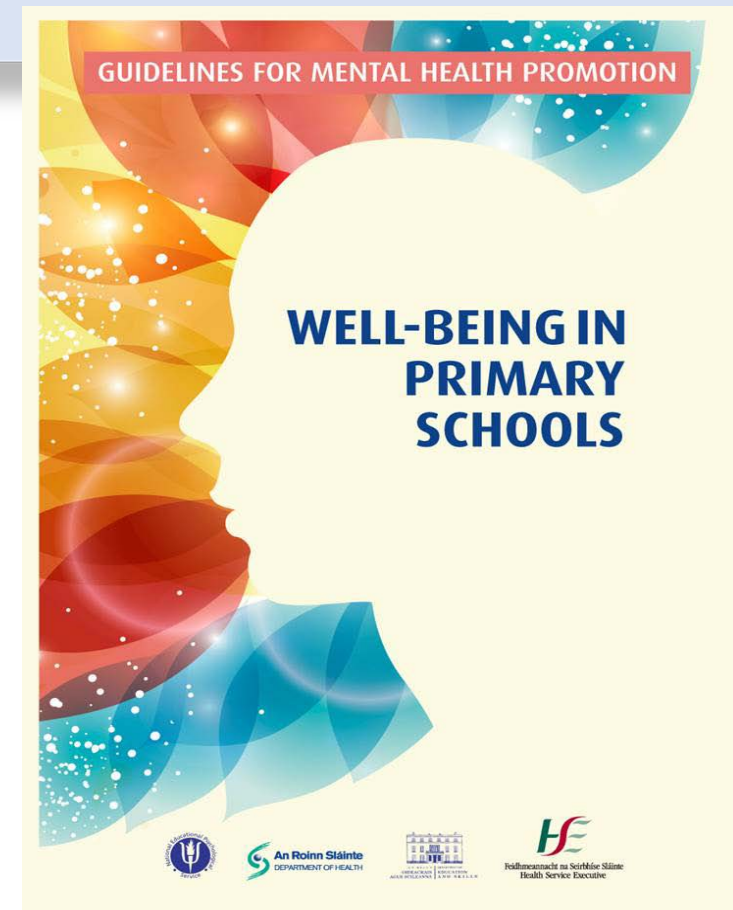
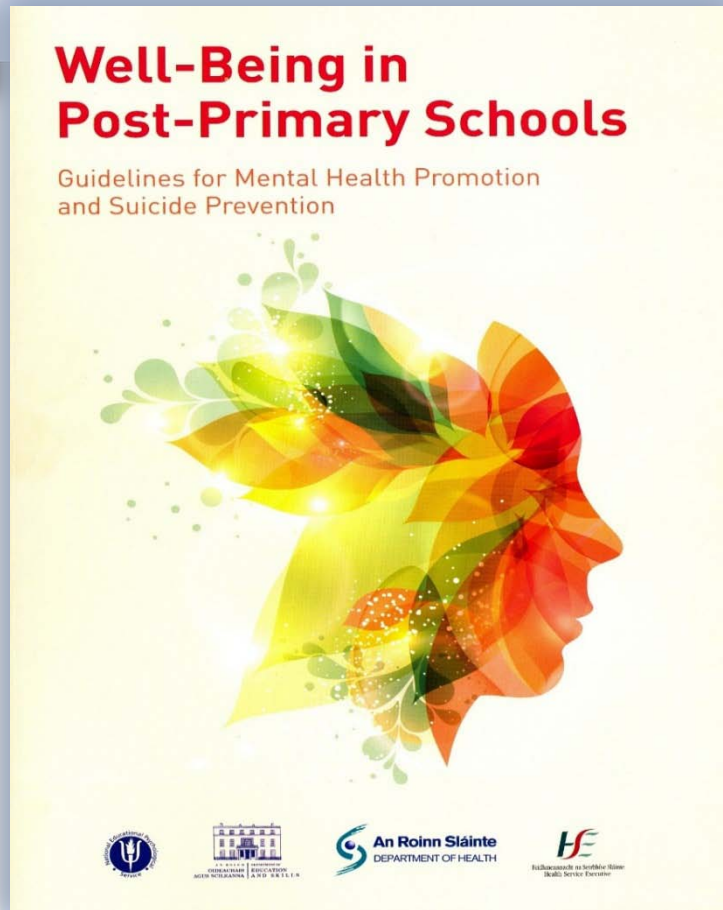
The Way Forward

Margaret Grogan, Regional Director  
National Educational Psychological Service

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



# Wellbeing Promotion is a National Priority



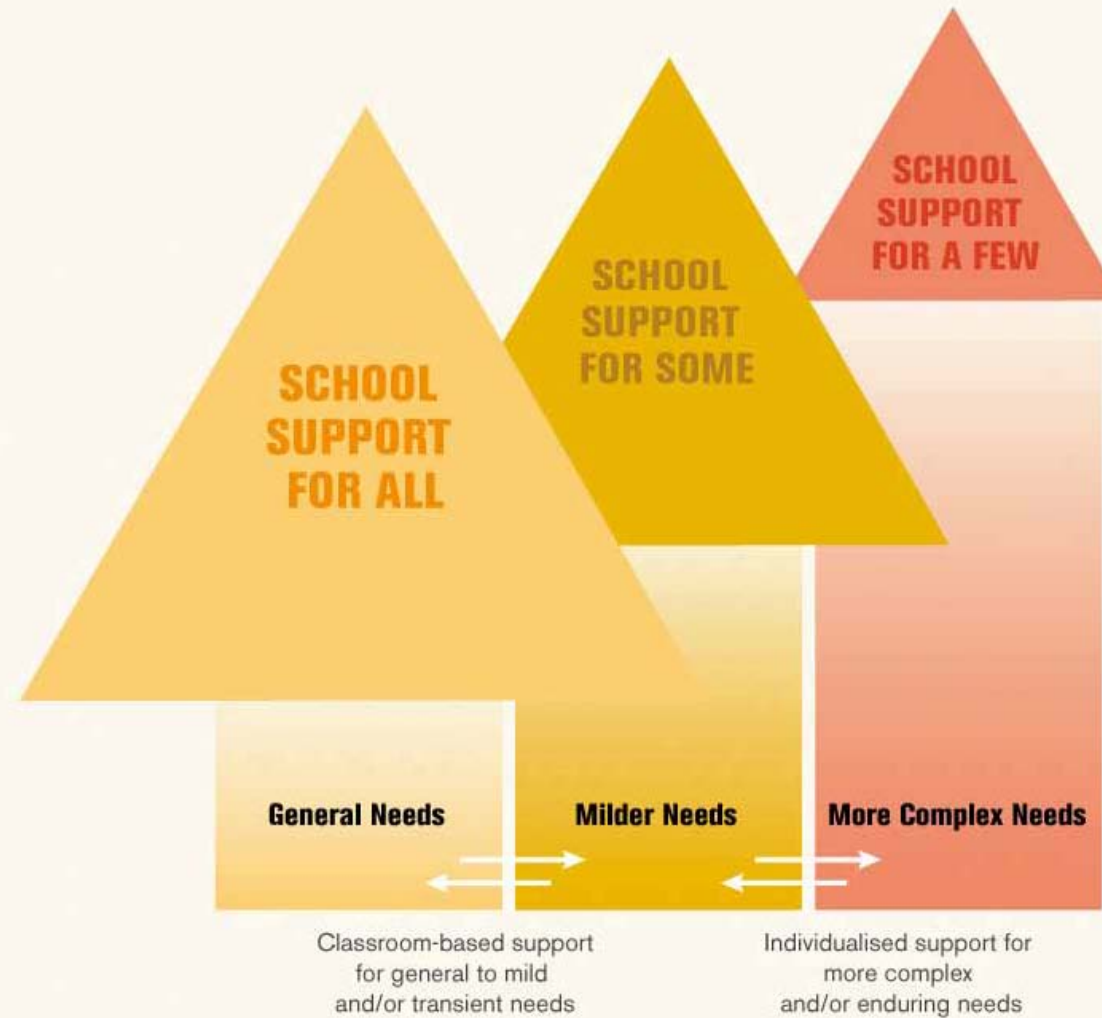
Published

Jan 2013 post primary

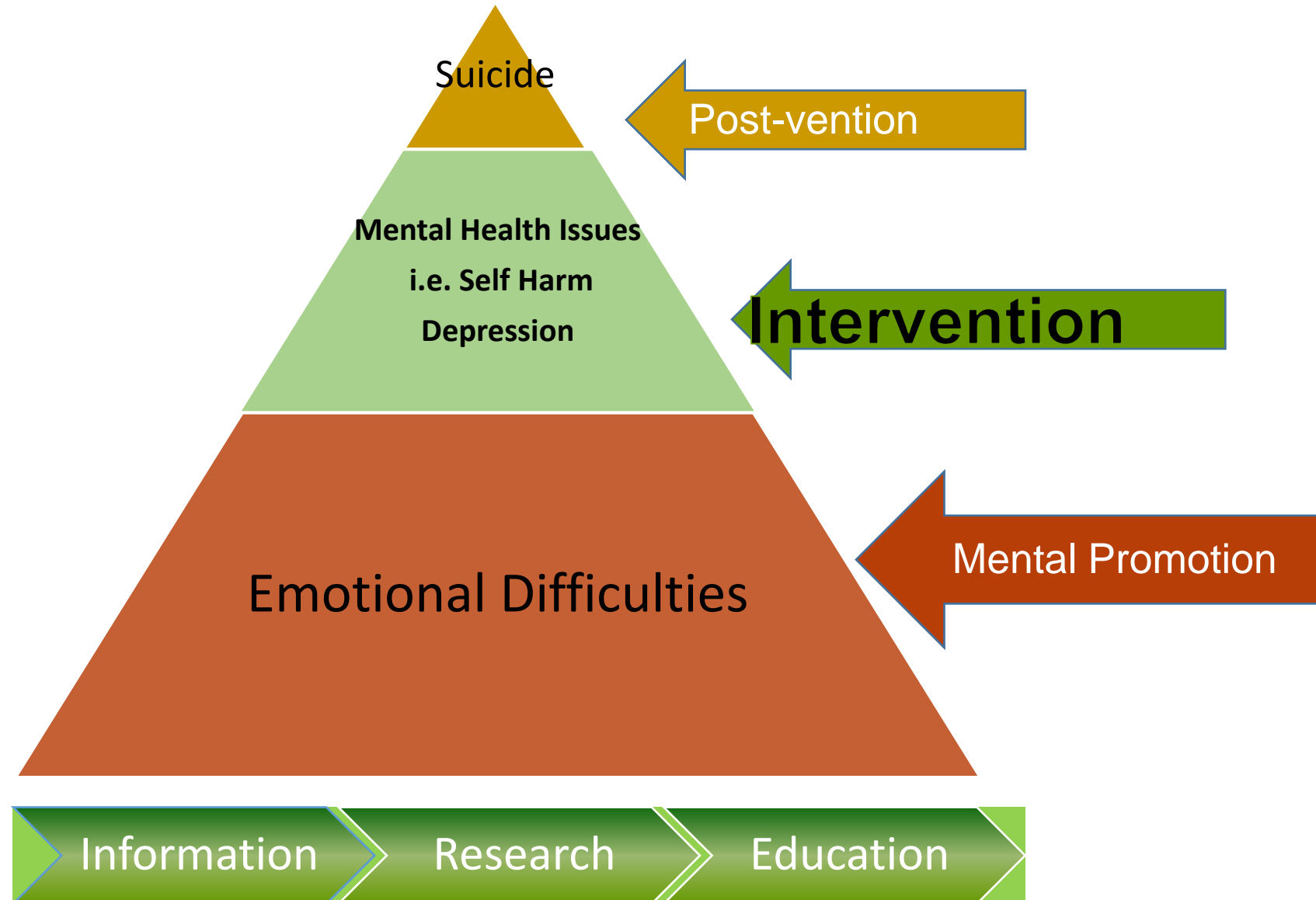
Jan 2015 primary



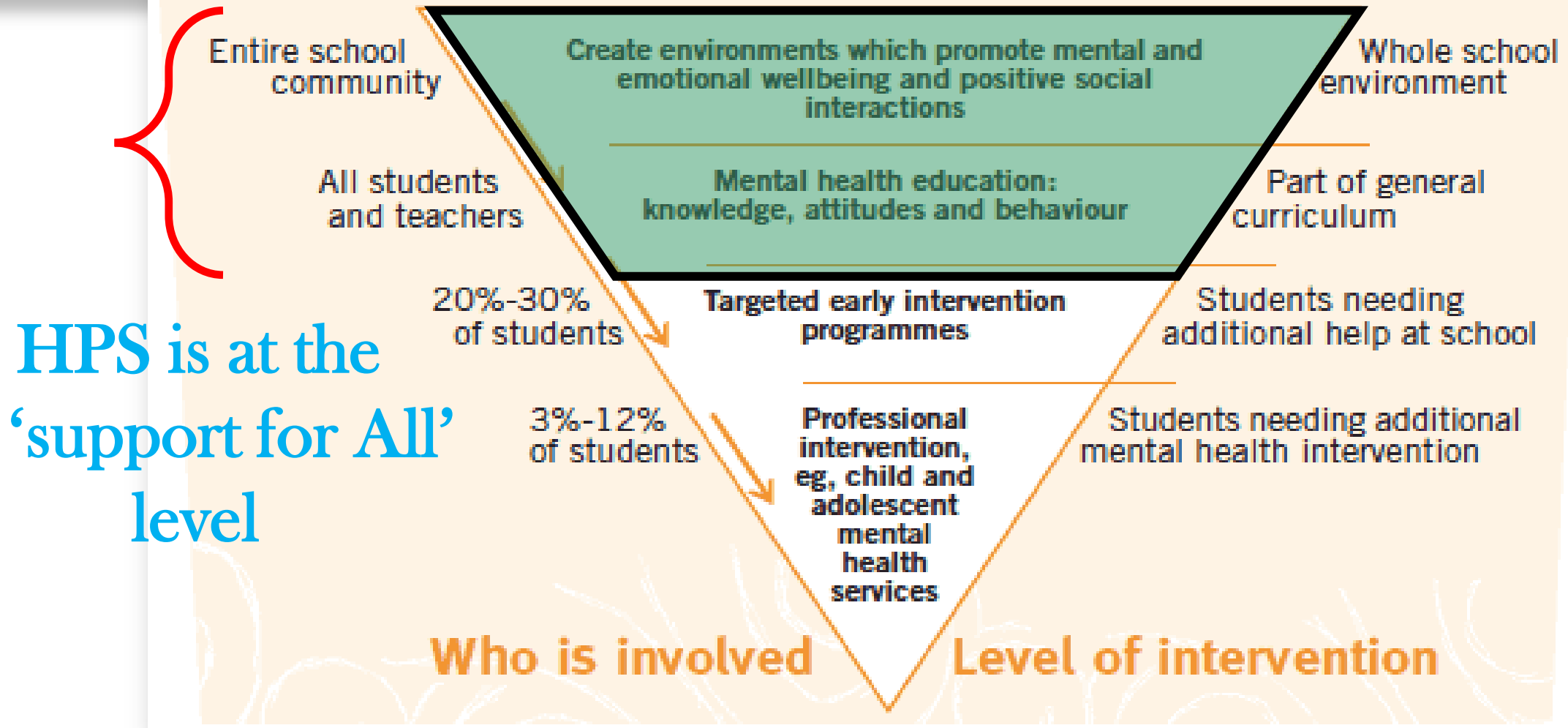
# Structure of Well-Being Documents



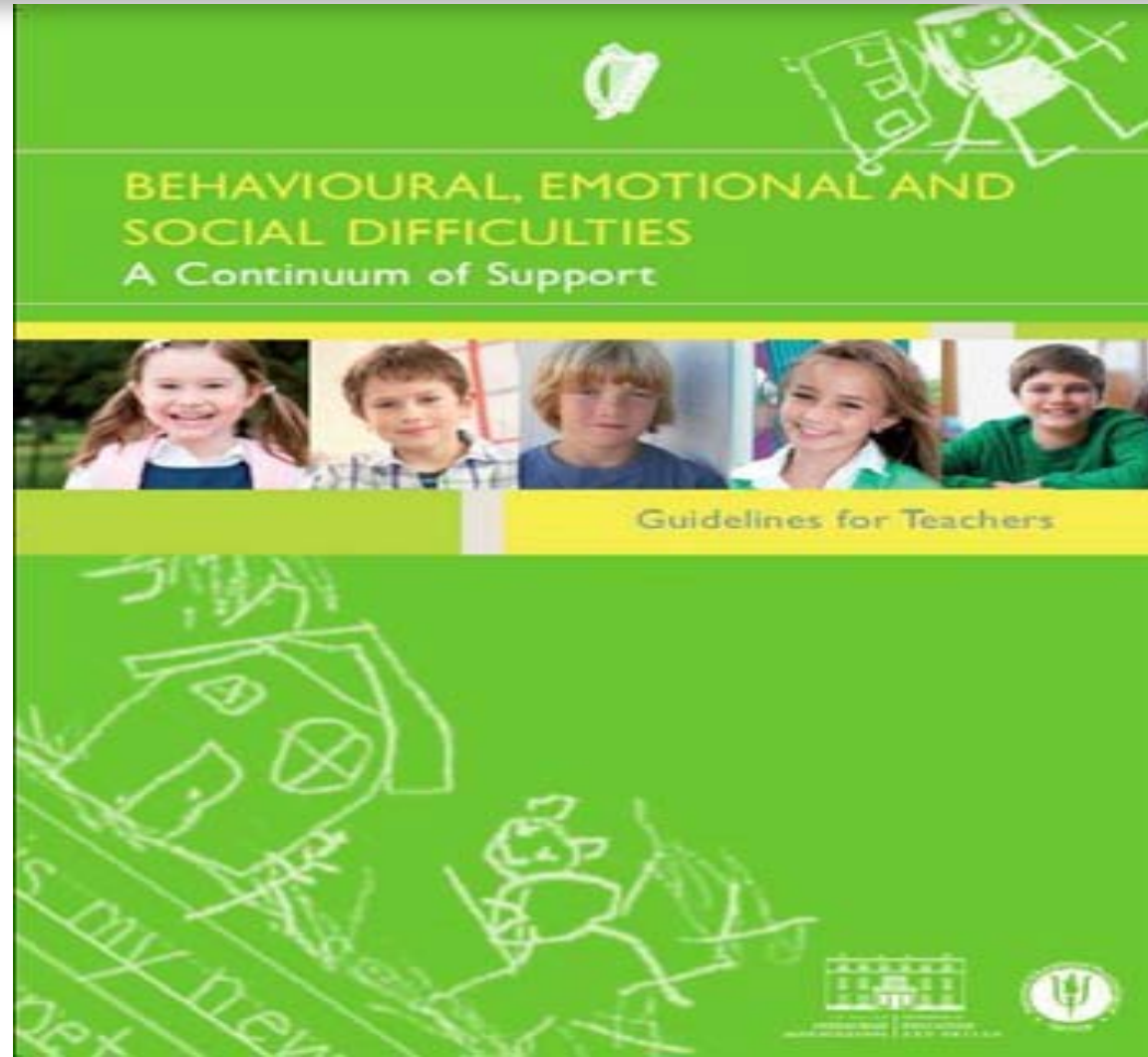
# *Why are the guidelines important?*



# Where does HPS fit with Wellbeing Guidelines?



# Continuum of Support – Emotional Difficulties



# What does the International Evidence tell us?

## Environment

### **SOCIAL**

Staff Relations  
Student Relations  
Student/Staff  
Staff/Principal  
Parents

### **PHYSICAL**

Warm  
Safe  
Well Kept  
Clean/Tidy  
Plants & Trees

## Curriculum and Learning

How health is addressed across the Curriculum e.g.

- SPHE
- PE
- RE
- Home Economics
- Science/Biology

## Partnerships (Family and Community Links)

- Parents/Guardians
- Voluntary/Sports/Arts Groups
- State Agencies
- Community Groups
- Support Services

## Policy and Planning

- Code of Behaviour
- Anti-bullying
- Child Protection
- Substance Use
- Critical Incidents
- Whole-School Guidance Plan
- SPHE/RSE Plan

Well-being in in Primary & Post-Primary Schools



DEMOCRATIC  
ENVIRONMENT

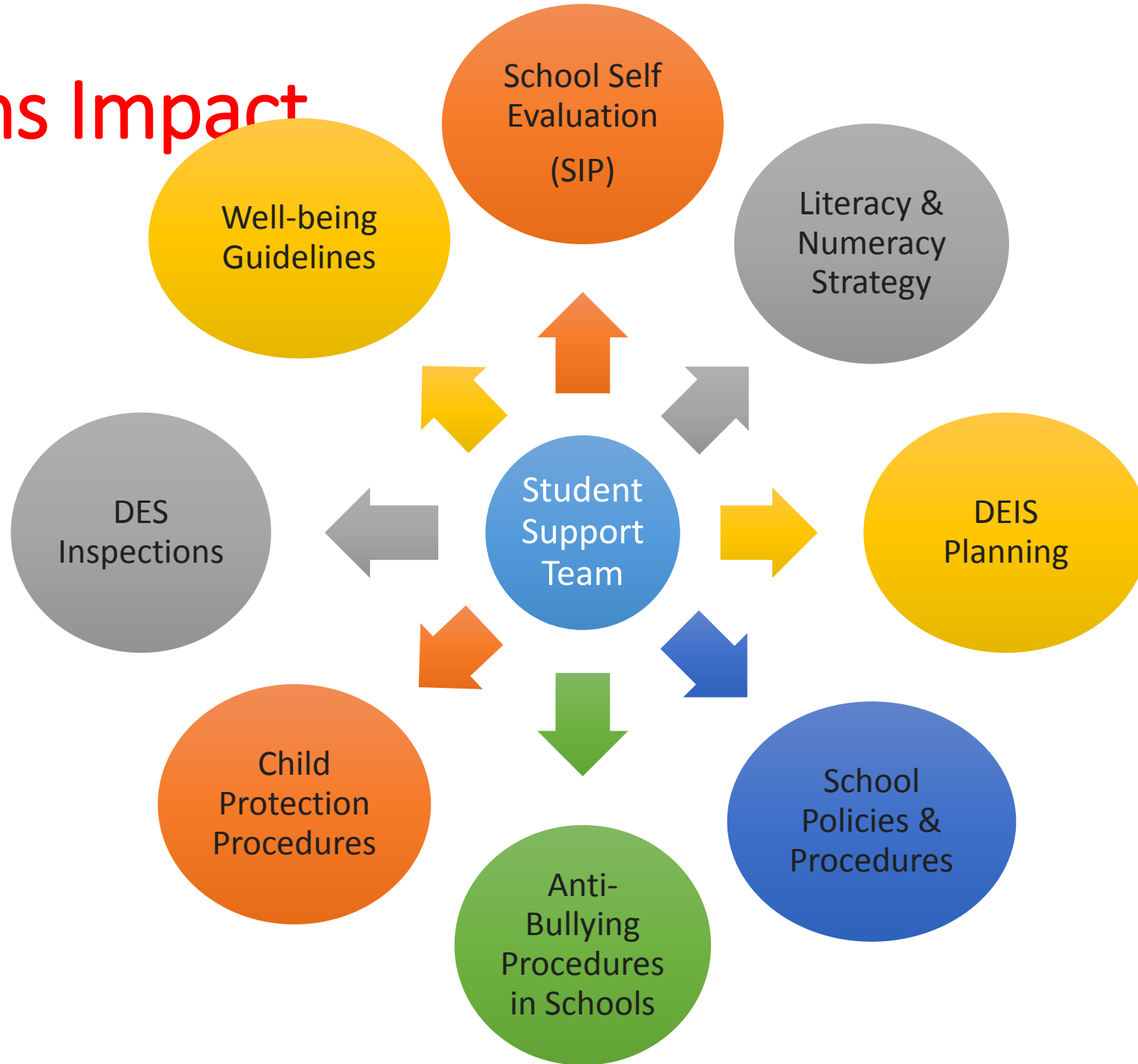


# Student Support Teams in **Post-Primary** Schools

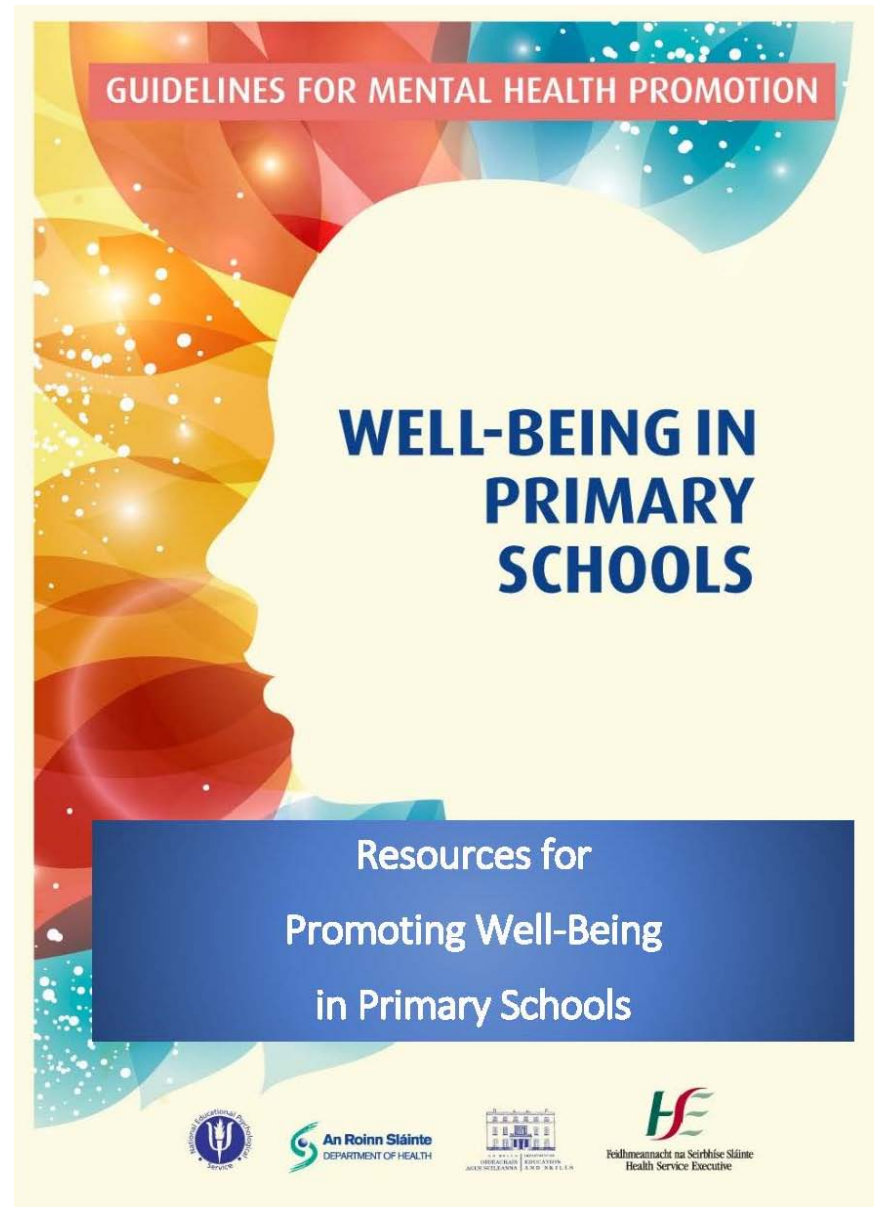
A Guide to Establishing  
a Team or Reviewing  
an Existing Team



# Systems Impact



## 2.CURRICULUM



# NEPS Problem Solving Framework

## Starting Point

**What is the concern?**  
**Who is concerned?**  
**What changes would we like to see?**  
**Agreeing next steps & who does what**

**Did it work?**  
**Monitoring & reviewing progress**  
**What's working well?**  
**What needs to be changed?**

**Why is it happening?**  
**Gathering information about the concern to help us figure out why the problem is happening**

**What can we do to help?**  
**Generating ideas about what we can do to help**  
**Choosing interventions & strategies**  
**Agreeing targets & Actions**

## 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**

# WELLBEING IN POST PRIMARY SCHOOLS

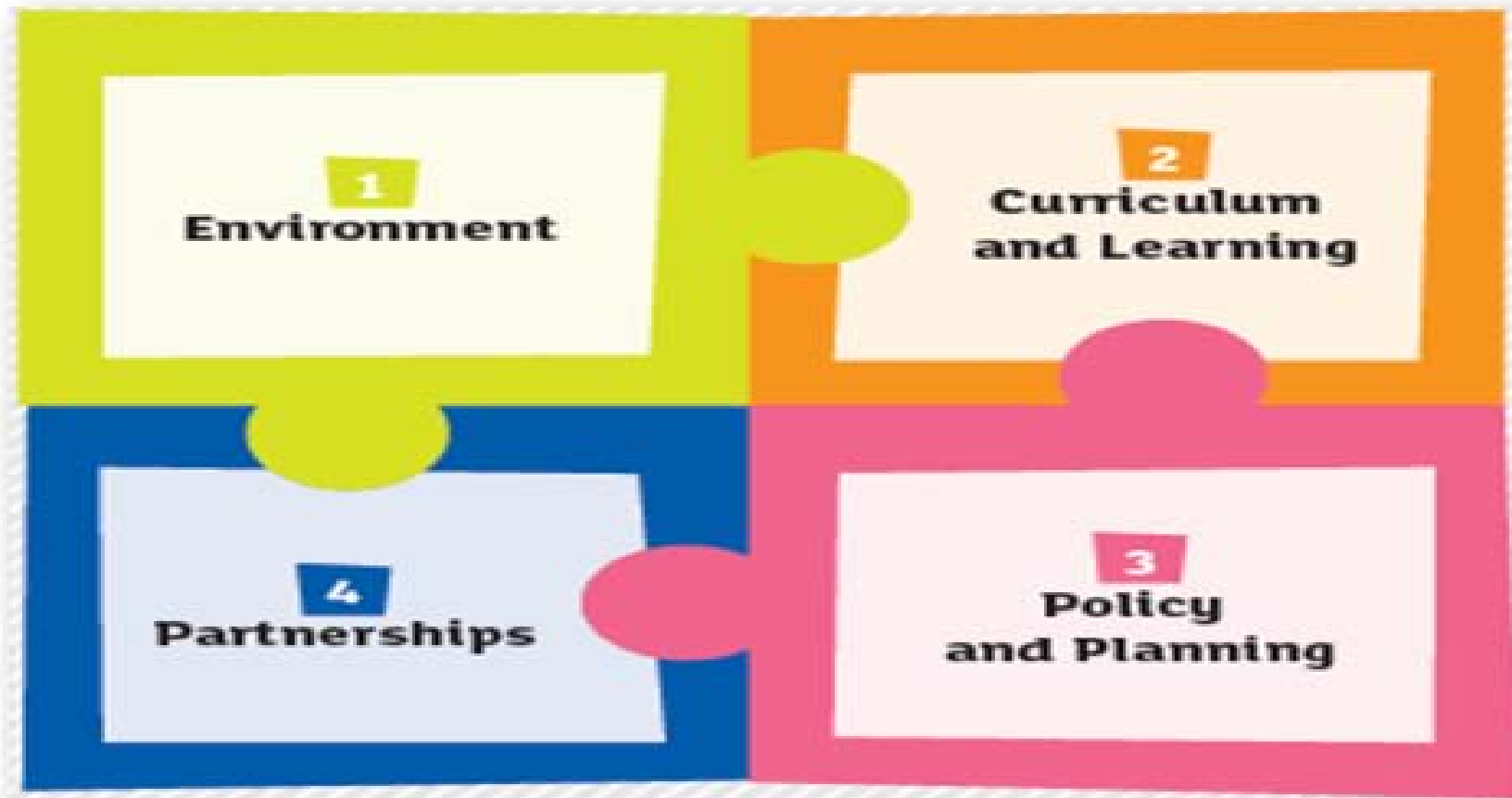
Working together to Support Mental Health Promotion & Suicide Prevention in Donegal



## 4 PARTNERSHIP



# 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*

## Community Supports

## Parents/Guardians and Young People

