

Course Title	SELB Dates	SELB Venue	Learning Intentions	Places	Audience
<b>Promoting Positive Mental Health and Well-being in Children and Young People</b>	Thurs, 6 Oct 2011	Dungannon Teachers' Centre	<ol style="list-style-type: none"> <li>1. To raise awareness of mental health and well-being issues which impact on children and young people.</li> <li>2. To examine opportunities for schools to promote positive mental health and well-being through curricular and pastoral programmes.</li> <li>3. To identify appropriate interventions, resources and external support services.</li> </ol>	30	Cross Phase Principals, Senior Managers, SENCos and Pastoral Heads
<b>Improving Educational Outcomes for Children in Need, including Looked After Children (LAC)</b>	Fri 11 Nov 2011	Dungannon Teachers' Centre	<ol style="list-style-type: none"> <li>1. To enhance participants' awareness of the complex additional needs of 'Children in Need' including Looked After Children.</li> <li>2. To identify the conditions and practice within schools and classrooms which help develop resilience, positive identity and achievement.</li> <li>3. To explore best practice when working with parents/carers and other services and agencies in support of these pupils.</li> </ol>	30	Cross Phase Pastoral Heads, SENCos, LAC Support Teachers, Form and Class Teachers
<b>Reviewing Your Anti-bullying Policy and Practice Interventions</b>	Wed, 7 Dec 2011	Armagh Teachers' Centre – Room 2.	<ol style="list-style-type: none"> <li>1. To explore ways of encouraging an anti-bullying ethos and culture in your school.</li> <li>2. To define and gain a greater understanding of the impact of bullying behaviour to help determine appropriate strategies and support.</li> <li>3. To explore a framework for planned interventions in responding to incidents of bullying behaviour.</li> <li>4. To provide a comprehensive framework for policy review, within the context of recent legislation, best practice guidelines and current bullying trends.</li> </ol>	30	Cross Phase Principals, Senior Managers and Pastoral heads
<b>Developing a Whole School Response to Loss and Critical Incidents (two day course) Day 1</b>	Tues, 21 Feb 2012	Armagh Teachers' Centre – Room 2.	<ol style="list-style-type: none"> <li>1. To be sensitive to our own responses to grief and loss.</li> <li>2. To increase awareness of the ways in which children and young people grieve.</li> <li>3. To explore effective strategies to support children and young people through bereavement and loss.</li> <li>4. To provide a Bereavement and Loss policy framework.</li> </ol>	30	Cross Phase Principals, Senior Managers and Pastoral Heads
<b>Developing a Whole School Response to Loss and Critical Incidents (two day course) Day 2</b>	Thurs, 1 Mar 2012	Dungannon Teachers' Centre	<ol style="list-style-type: none"> <li>1. To raise awareness of the many complex issues accompanying a critical incident and the impact of trauma on the emotional well-being of the whole school community.</li> <li>2. To provide clear advice and guidance on developing a comprehensive critical incident management plan and procedures to encourage an appropriate whole school response.</li> <li>3. To inform schools of the supportive role of the SELB/WELB's Critical Incident Response Teams.</li> </ol>	30	Cross Phase Principals, Senior Managers and Pastoral Heads

<b>Creating Conditions for Meaningful Pupil Participation</b>	Tues, 25 Oct 2011	Dungannon Teachers' Centre	<ol style="list-style-type: none"> <li>1. To explore ways to audit and evaluate current levels of pupil participation in your school.</li> <li>2. To explore the conditions necessary for effective School Council development.</li> <li>3. To consider how meaningful pupil participation can contribute positively to the ethos and environment of a school.</li> </ol>	30	Cross Phase Principals, Senior Managers and Pastoral Heads
<b>Getting Your Class and School Council Started</b>	Tues, 29 Nov 2011	Armagh Teachers' Centre – Room 2.	<ol style="list-style-type: none"> <li>1. To explore the framework and structure of class and school councils.</li> <li>2. To consider the role, responsibilities and boundaries of school councils.</li> <li>3. To consider the practicalities of getting your class and school council started e.g. the election process and development of a school council constitution.</li> <li>4. To identify best practice to allow your school council to develop and flourish.</li> </ol>	30	Cross Phase Principals, Senior Managers, Pastoral Heads, Form and Class Teachers
<b>MINDOUT – A Positive Mental Health Resource for KS4+</b>	Thurs, 1 Dec 2011	Armagh Teachers' Centre – Room 1	<ol style="list-style-type: none"> <li>1. To explore the conditions required for the successful implementation of a positive mental health programme in schools.</li> <li>2. To introduce 'Mindout', a programme promoting positive mental health for young people aged 15 – 18 years.</li> <li>3. To experience delivery of elements of the programme.</li> </ol>	30	Post Primary Pastoral Heads Year Heads and Form Teachers
<b>Listening to Children and Young People and Developing Solution-Focused Conversations</b>	Thurs, 19 Jan 2012	Armagh Teachers' Centre – Room 1	<ol style="list-style-type: none"> <li>1. To explore the core conditions for effective listening.</li> <li>2. To introduce the Solution Focused Brief Therapy model.</li> <li>3. To practise solution focused conversations to encourage pupils to move from problem-dominated to solution-orientated talk.</li> </ol>	20	Cross Phase Pastoral Heads, SENCOs, Year Heads, Form and Class Teachers
<b>Developing Peer Support Systems</b>	Thurs, 26 Jan 2012	Dungannon Teachers' Centre	<ol style="list-style-type: none"> <li>1. To consider a rationale for introducing Peer Support.</li> <li>2. To provide participants with a toolkit to assist with the development of Peer Listening and Peer Mentoring systems.</li> </ol>	30	Cross Phase Principals, Senior Managers, Pastoral Heads, Year Heads, Form and Class Teachers
<b>Developing Quality Circle Time in the Classroom</b>		School-based	<ol style="list-style-type: none"> <li>1. To consider the rationale for introducing Quality Circle Time.</li> <li>2. To familiarise participants with the structure of Quality Circle Time processes.</li> <li>3. To practise the five step model to Quality Circle Time.</li> <li>4. To consider elements of Quality Circle Time as a listening system.</li> <li>5. To explore a range of resources to support the five step model.</li> </ol>	To be agreed	Cross Phase Pastoral Heads, SENCOs, Year Heads, Form and Class Teachers
<b>SafeTALK – Suicide Alertness for Everyone* (3 hour course)</b>		School-based	<ol style="list-style-type: none"> <li>1. To become aware of opportunities to help prevent suicide.</li> <li>2. To learn how to become suicide alert.</li> <li>3. To identify people who might be having thoughts of suicide.</li> <li>4. To connect people who are having thoughts of suicide to persons trained in suicide interventions.</li> </ol>	25	Cross Phase Principals, Senior Managers and Pastoral Heads

<b>Mental Health First Aid *</b> <b>(2 day course)</b>		School-based	<ol style="list-style-type: none"> <li>1. To enhance participants' recognition of the symptoms of mental health problems.</li> <li>2. To give guidance on providing initial help.</li> <li>3. To give guidance on how to guide a person towards appropriate professional help.</li> <li>4. To build confidence in school staff to facilitate the promotion of good mental health and well-being in children and young people.</li> <li>5. To provide guidance on how to provide comfort to someone experiencing a mental health problem.</li> </ol>	20	Cross Phase Principals, Senior Managers, Pastoral Heads, SENCOs, Year Heads, and Form Teachers
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\* Facilitated in collaboration with colleagues from Southern Health and Social Care Trust. SafeTALK and Mental Health First Aid do not teach participants to be therapists and are not intended to replace any of the normal referral pathways accessed by schools.