

# Teachmeet Ireland

~~ Be Well~~

**A Teachmeet focusing on Mental Health & Wellbeing in Children**



Presenter	Presentation
<b>Anne Farrelly</b> <a href="mailto:annederm@eircom.net">annederm@eircom.net</a> @annederm	<b>Health Promoting School</b>  HPS provides a framework for a school to assess it's social, emotional and health needs and begin a process of working towards better health for all who learn and work within the school setting. This short presentation explains how we started the journey as a HPS school and our experience so far.  <b>Be Well Month</b>  This presentation will be an outline of what we did for the month of October, how we did it and how to get the whole school involved.
<b>Joanne Toal</b> <a href="mailto:mstoal@scoilfhursa.ie">mstoal@scoilfhursa.ie</a> @joannetoal1 @MsToalsClass	<b>Visual Voices</b>  Using digital photography as a methodology to explore emotional well-being and multiple intelligences in the classroom
<b>Marie Flanagan</b> <a href="mailto:marie.flanagan@stpatsbray.com">marie.flanagan@stpatsbray.com</a>	<b>Zippy's Friends</b> An overview of this evidence-based, emotional wellbeing programme for junior classes.  <b>Bray Youth Mental Health Subgroup</b> Brief introduction to the group and their work
<b>Patrick Burke</b> <a href="mailto:patrick.burke@live.ie">patrick.burke@live.ie</a> @patjburke	<b>Using children's literature to promote wellbeing (and literacy!) in the classroom:</b>  This presentation will provide a menu of new (and relatively new!) children's books and activities for teaching aspects of the SPHE curriculum. It will also explore the potential of children's books for tapping into concepts like resilience and self-identity in a child-friendly way.
<b>Melissa Hogan</b> <a href="mailto:melissahogan@iol.ie">melissahogan@iol.ie</a> @early_foucs	<b>Cook's Hook Up from Brian Gym</b>  <b>Alphamusic by John Levine (as a calming tool in the classroom)</b>

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<b>Sandra Doody</b> <a href="mailto:doody.sandra@gmail.com">doody.sandra@gmail.com</a> @dhubhda	<b>What is Attachment?</b> Understanding Attachment difficulties - their origin and how they might manifest themselves in the classroom. Supporting the wellbeing of children with attachment difficulties in school.
<b>Laura Mc Garr</b> <a href="mailto:lauramecgarr@gmail.com">lauramecgarr@gmail.com</a> @bungobarr	<b>Yoga &amp; Mindfulness</b> A yoga & mindfulness demonstration that can be used in any class with any age group.
<b>Ciara Brennan</b> <a href="mailto:ciarapbrennan@gmail.com">ciarapbrennan@gmail.com</a> <a href="mailto:stpetersbrayblog@gmail.com">stpetersbrayblog@gmail.com</a> @PrimEdTeacher @StPetersBray @TeachmeetIRL	<b>Mindset with Classdojo</b> In 1978, Stanford psychologist Carol Dweck made a profound discovery: children who believed their intelligence could grow did better in school, and better in life. She called this basic belief about intelligence “mindset.” In 2016, Carol Dweck’s lab at Stanford, PERTS, partnered with ClassDojo to bring this important lesson to classrooms everywhere through a five episode video series.  Ciara will outline how you can use these lessons in the classroom.
<b>Annaick Farrell</b> <a href="mailto:annaick@gmail.com">annaick@gmail.com</a> @annaick	<b>Mindfulness and Preparing children for an as yet unknown future</b> We ask children daily to ‘pay attention’ but when was the last time they were showed how? Attentional Training is not a soft skill but rather a foundational one, which helps prepare children for the jobs they will have which we have never heard of because they don’t exist yet.

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<p><b>Paul Knox</b> <a href="mailto:pknox.cetns@gmail.com">pknox.cetns@gmail.com</a> @pauldechnoic</p>	<p><b>Using Playworks to organise Yard Time</b></p> <p>Playworks is a semi-structured approach to organising yard time, it's an inclusive, active and positive approach that has some interesting ways to help children get the most out of yard. Please note: Paul's presentation will involve some audience participation.</p>
<p><b>Michelle Stowe</b> <a href="mailto:michellestowerp@gmail.com">michellestowerp@gmail.com</a> @mstowerp</p>	<p><b>Restorative Practice (RP) is a collaborative and proactive values-based way of being that aims to build community and manage conflict by modelling positive behaviour.</b></p> <p>My intention is to offer a brief insight into RP and illustrate how it informs well-being using MOM – outlining the Motivation, Observation and Mechanics of RP.</p>
<p><b>Ann Prendergast</b> <a href="mailto:Hillcrestgorey@eircom.net">Hillcrestgorey@eircom.net</a></p>	<p><b>Social Skills in Primary School</b></p> <p>I am completing facilitating five 8 week Social Skills Programmes in 4 primary schools. Group size 4-8. Classes 3rd, 4th ,5th and/or 6th. First and Last session with parents. Focus on self esteem. Included bullying, loss/separation/bereavement, coping skills, dealing with authority</p>
<p><b>Kathleen Byrne</b> <a href="mailto:principal@glencullenschool.ie">principal@glencullenschool.ie</a> @katzb21 @Glencullen_NS @TeachmeetIRL</p>	<p><b>The 7 Habits of Happy Kids</b></p> <p>Based on the principles of Stehen Covey's '7 Habits of Highly Effective People', his son Sean Covey brings us the 7 Habits of Happy Kids. The 7 Habits are leadership qualities all students can learn. Developing these leadership skills will prepare students for the future.</p> <p><b>Powering Kindness Week</b></p> <p>Electric Ireland's Powering Kindness is a special initiative that empowers people to be kind to one another, while raising much-needed funds for three chosen charities. An excellent opportunity to remind pupils the power of kindness.</p>

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