

BANBRIDGE HIGH SCHOOL

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Principal: Mr A Bell BA (HONS), MA, PQH



22nd March 2019

Dear Parent/Guardian

Mental Health Awareness Week 1 April to 5 April

Throughout each academic year Pastoral leaders from each of the post primary schools, in the Banbridge Area Learning Community area, meet to discuss how we can best support the social and emotional needs of our young people. Developing strategies to help our young people improve their mental health is a priority for us all and, as a result, we have come together to organise a **Parent Information Session** to explore mental health concerns and share strategies that parents can use to support their children.

During the first week of April (1 April to 5 April), various workshops will be organised in each of the schools to focus on developing our pupils' coping strategies to help manage their mental health. Workshops for each year group will cover a range of issues such as:

- Self harm and suicide prevention
- Self image
- Building resilience
- Managing stress
- Bounce back ability
- Relaxation techniques/meditation
- Mindfulness

On Thursday 4 April 6.45pm-9pm, we have organised an information session for all parents, which will take place in the Belmont Hotel, Banbridge. On the evening there will be two key speakers who will provide advice and guidance to our parents/guardians to enable you to support and advise your child on mental health issues. See attached flyer for more details on the format of the evening. Other local and national organisations which offer support in our local community will also be present on the night to talk to parents about concerns and can provide advice on the services provided for young people in our area.

This is a wonderful opportunity for parents to obtain information about strategies to support our young people and I would urge you all to attend. Please can you phone the school office to indicate your intention to attend. Many thanks for your support with Mental Health Awareness Week.

Yours sincerely

Anne Anderson

Chair of Pastoral Group Banbridge Area Learning Community

BALC Pastoral Group Members:

Mrs G Lundy St Patricks Banbridge/Mr A Waddell Banbridge High/Mrs H Evans Banbridge Academy

Mrs W Herron Dromore High/Mr P Robinson Rathfriland High/Ms K Murphy New-Bridge Integrated



Parental Information Session (Mental Health Awareness Week)

Organised by

Post Primary Schools
In the
Banbridge Area Learning Community



Venue: Belmont Hotel
Date: Thursday 4 April, 2019
6.45-9pm

6.45pm – 7.00pm	Tea and Coffee	Local and National Support Displays
7.00pm – 7.50pm	Social Media and Online Resilience	Damian Harvey
7.50pm – 9.00pm	The Role of Resilience in maintaining emotional health	Mary and Eddie Bannon (PIPs Programmes)

Resilience = the capacity to recover quickly from difficulties.
RESILIENCE SKILLS WORKSHOPS

Session 1 – Social Media & Online Resilience 7pm-7.50pm

Damian Harvey
Regional Support Manager C2k Southern



Damian has twenty-three years' experience built up working within the Northern Ireland education system. As ICT co-ordinator in Holy Cross Boys' Primary School in north Belfast he helped the school secure 'The Times Educational Technology School of the Year' award. Since 2004 Damian has been working within C2k as a Core and Curriculum Officer and more recently as Support Manager for the C2k Southern Team. He is the Lead Officer within C2k for Online Safety and sits on the Filtering and Security group. He also acts as C2k's representative on the National Education Network Safeguarding Group and the Safeguarding Board NI Online Safety Group.

Session 1 will focus on Social Media trends, extending our understanding of what types of social media young people are using, and what they themselves say about their use of it. There will be an opportunity to view some of the material that can be used to educate young people in the area of Online Resilience and a look at the topics covered by C2k when they train teaching staff.

Session 2 The role of resilience in maintaining emotional health 7.50-9pm

PIPs PROGRAMMES – Eddie and Mary Bannon

“Training that creates a more resilient and suicide safer environment.”

PIPs Programmes CIC was established in 2009 as a non-profit social enterprise that develops and delivers training to improve emotional health and safety. Their training programmes range from an introduction to mental health for pupils entering post primary education to suicide prevention training for police officers. PIPs programmes have been awarded a National Award at the National Training Awards.

Session 2 will focus on:

- What is resilience?
- The two qualities of resilience
- Building blocks of resilience
- Protective and risk factors which determine your level of resilience
- Resilience as a defence against depression
- The role of optimism and pessimism in determining your reaction to adversity
- Changing your predisposition towards pessimism by using ABCD

Life skills of resilient people

- Active listening
- Using strategy maps to solve life problems
- Managing your emotions (Vicktor Frankl)
- Building open networks/working with people with different personalities
- Accessing help