

Antrim Learning Community Work Together to Build Resilience among Pupils

Teachers from the four local post primary schools had the opportunity recently to learn and work together so they can help support and build resilience among their pupils. The session looked at the importance of developing social and psychological well-being and the impact on the classroom environment.

The Antrim Learning Together event, which was organised in partnership with the Antrim Locality Planning Group, brought Simon Ward, Senior Education Psychologist to deliver a workshop for post primary teachers and those who regularly work with young people.

Some of themes explored the changes in how children are raised and educated today, the importance of the balance in positive and negative emotions and the significance of having a growth mind-set on the impact of mental health on learning, helping children develop coping skills and building resilience.

Selena Ramsay, CYPSP Locality Planning Officer said, "This event was an excellent opportunity to look further into how mental health and emotional wellbeing can be impacted by those around us. There are many tools which teacher and those working with young people can use to bring out the best from them. Feedback from the training session was very positive and will hopefully allow an opportunity to build training for the future."

Those who attended said the course was useful and beneficial to them both as teachers and as parents.

The Children and Young People's Strategic Partnership (CYPSP), led by the Health and Social Care Board, is a multi-agency partnership that includes the leadership of key statutory agencies and community and voluntary organisations that have a responsibility for improving the lives of children and young people in Northern Ireland.

For more information about the CYPSP visit www.cypsp.org

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