

Scoil Mhuire NS

Bornacoola

Ck-on-Shannon

Co Leitrim

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To All Parents

Scoil Mhuire NS Parents Association has organised two seminars for parents for this term, the first of which will take place in **Bornacoola GAA Clubhouse on April 24th at 8pm**. The PA is to be greatly commended and thanked for this initiative and we look forward to as many parents as possible availing of these opportunities.

1. Supporting parents to support their children's mental health and wellbeing

Positive mental health and wellbeing enables young people to lead fulfilling lives. It is recognised that the family is the primary source of nurturing and support for children and plays a central role in the promotion of their positive mental health.

A new training programme by NPC in conjunction with St. Patrick's Mental Health services which is being run in your local school.

This programme supports parents to encourage and promote positive mental health and wellbeing in their children. The programme also explores how the building of resilience in children helps them to manage and cope with the day to day stresses of life as they occur.

Parents who attend this session will:

1. Explore the factors that influence mental health and well being in their child.
2. Learn how to build and nurture resilience within their own child.
3. Be given tips on how best to support their child's positive mental health and wellbeing

For: Parents of Scoil Mhuire NS, Bornacoola

Venue: Bornacoola GAA Clubhouse

Date: Tuesday April 24th at 8pm

2. Anti Bullying Training for Parents

National Parents Council Primary and National Parents Council Post Primary have developed an Anti Bullying Programme for parents of primary and post primary children.

The session will enable you to support your child regarding issues of bullying and will also inform you about the Anti Bullying Procedures for Primary and Post Primary Schools.

Please note these sessions have been developed specifically for a parent audience and they are therefore not suitable for children.

This Training Programme is a joint initiative between National Parents Council Primary and National Parents Council Post Primary. The training is funded by the Department of Education and Skills under the Anti Bullying Action Plan.

For: Parents of Scoil Mhuire NS, Bornacoola

Venue: Bornacoola GAA Clubhouse

Date: Monday May 21st at 8pm

Note: Each session runs for two hours and is provided **FREE** of charge.