

LETTER CIRCULAR - Institute for Education

Date: 21st October 2020

Ref: IfE 63/2020

From: Joanne Grima – CEO

To the attention of: All Educators

Subject: Promoting Mental Health and Well-being in the School System by Dr Claudette Portelli.

Application Link: See table below

Deadline: 31st October 2020

The Institute for Education is offering educators the opportunity to follow online professional development training in **Promoting Mental Health and Well-being in the School System** held by Dr Claudette Portelli. This will take place in the form of three (3) consecutive sessions per group. They will be available on the Institute’s portal and access will be given only to those who apply. Please see table below for the schedule of Group 1, 2 and 3.

Group	Date of Session	Time of Session	Application Link/Code
Group 1	10th, 17th, 24th November 2020	16:00 – 18:00	TSS44/01/2020
Group 2	2nd, 15th, 23rd February 2021	16:00 – 18:00	TSS44/01/2021
Group 3	4th, 11th, 18th May 2021	16:00 – 18:00	TSS44/02/2021

Synchronous (Live) Sessions

These non-accredited **online (live) sessions** are the perfect opportunity for educators to develop their knowledge and competences in self-sought areas. These sessions can form part of the **Accelerated Progression Scheme**. Applicants will participate in the live session through the Institute for Education’s online learning environment according to the date and time they have applied. A Certificate of Attendance will be issued to attendees who are present for not less than 1.5 hours per session.

Interested applicants are requested to submit an online application through the links found in the table above by no later than **31st October 2020**.

Joanne Grima
CEO Institute for Education

Promoting Mental Health and Well-being in the School System

This training aims in helping school staff promote positive mental health and wellbeing.

Schools are going through challenging times, more than usual. The COVID-Pandemic has created a turmoil of changes and uncertainties that is leaving significant impacts on mental health and well-being in the entire school system. Various EU countries are investing millions in promoting mental health so as to avoid dramatic repercussions in the future in children but also, in adults who feel disarmed in facing this surreal moment.

Participants will be guided to acquire essential notions and tools to facilitate prevention of mental illness in children and young people in schools. They will gain an understanding of the evidence of effective whole school mental health and be able to apply this as educational leaders. They will learn how to recognise issues such as psychosomatic symptoms, anxiety, obsessions, addictions, provocative behaviour and other social, emotional and behavioural difficulties in children so that they can take early steps to improve the mental health of children under their care.

Following a constructivist-strategic approach, participants will be guided to apply effective interventions to build students resilience and nurture appropriate coping mechanisms. Participants will develop operative knowledge to provide an inclusive and enabling environment where every student's mental health can be supported and strengthened.

The World Health Organization defines positive mental health as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community. Employees with good mental health will perform better in their work.”

Thus, following this wake, this training will help school staff take care of their own mental health and wellbeing because it is highly renowned that their multi-tasking role renders them prone to stress and burn out.

This training is an opportunity to help render participants reflective practitioner to increase awareness and self-awareness, to be able to confidently lead on best practice in the support and promotion of mental health and well-being across their school community.