



Mini Me Yoga with Geraldine
Mini Me Yoga Ambassador in the North-West

Date: Monday, 9th October
Venue: County Donegal Education Centre

Date: Monday, 16th October
Venue: Mount Errigal Hotel, Letterkenny
Time: 7 – 9pm
Facilitator: Geraldine Patton

Aimed at enabling teachers to introduce children to positive thinking and mindfulness in a variety of fun techniques over 15min periods of yoga and positive thinking using games and exercises. No experience with yoga is necessary. Each participant receives a set of 14 Magic Yoga Cards. This is an action-packed workshop full of information as well as practical tools ready to get started in the classroom. Introducing these simple games in school can help to significantly reduce stress, increase children’s capacity to learn, be gentle to one another, respect nature and grow strong mentally and physically. During this age where childhood diabetes, food intolerance’s and hyper active syndromes are on the rise, games and activities bring much needed fun time where children can create and express themselves. Improved concentration can also help to lead to improved academic performance and improved behaviour.
Please note: Cost of resources: €30

Jacinta Kitt
Positive Behaviours, Relationships and Emotions:
The Heart of Leadership in a School School Leaders Seminar

Date: Thursday, September 21st
Time: Registration from 10am, Seminar: 10.30-12.30 followed by lunch
Venue: Villa Rose Hotel, Ballybofey

With over twenty years’ experience as a teacher, facilitator & author Donegal EC is delighted to be bringing Jacinta to the county. Jacinta will bring her vast experience and unique style to the day when she will look at the heart of leadership in school and what it means to be a school leader. She will look at the toxicity of conflict and bullying in the workplace and offer a guide to the accessible skills of communication and facilitation as well as the qualities of humour and humility that make for successful school leadership.
Not to be missed!

Relationships and Sexuality Education

Date: Thursday, 19th & 26th October
Venue: Mc Gettigan’s Hotel Letterkenny
Time: 12.00pm - 3.00pm
Facilitator: Margaret Rowland

An overview of RSE as an aspect of SPHE, the role and function of an RSE policy, methodologies for teaching RSE from Junior Infants to Sixth Class while creating a safe classroom environment. **Participants are asked to bring along their own copies of the four RSE teaching books- “Resource Materials for Relationships & Sexuality Education”.** Schools are invited to nominate one or two teachers. Limited to 25 participants, places will be allocated on a first come basis. Priority will be given to ensure that as many schools as possible send at least one teacher.
A light lunch will be available from 11.45. Participants are eligible to claim for travel expenses but not for substitution cover.

FASD in School:
(Foetal Alcohol Syndrome Disorder)
Trying Differently Rather Than Harder

This workshop will provide an overview of Foetal Alcohol Syndrome Disorder (FASD). It will include some of the most common behavioural and cognitive difficulties associated with it and point to some simple/practical adaptations teachers and schools can adopt to enhance classroom management and teaching and learning in general. Participants will:
-Gain basic knowledge of the contributing factors and incidence rates for FASD in Ireland.
-Become familiar with common signs and symptoms of FASD in students and the typical difficulties for both student and professional when these are misunderstood.
-Practical ways to improve the fit between the unique needs of the student and what classroom teachers and the wider school community can do to support

Date: Thursday, Sept. 28th **Time:** 3.30-5.30pm
Venue: Mount Errigal Hotel, Letterkenny.
Date: Wednesday, October 18th **Time:** 1.30 – 3.30pm
Venue: Mount Errigal Hotel, Letterkenny
Date: Tuesday, October 24th **Time:** 6.30 – 8.30pm
Venue: County Donegal Education Centre

Facilitator: David Gerry, Co-founder of The FASD Community Circle, Canada; David also co-founded the international Living with FASD on line Summit and is an acknowledged expert advisor to the Integrated Court in Victoria BC & pilot program in Vancouver, BC Canada on FASD, addictions and mental health concerns.

Positive Behaviour Management

Date: Monday, 2nd October
Venue: County Donegal Education Centre
Time: 3.30 – 6.00pm

Date: Monday, 9th October
Venue: Clanree Hotel, Letterkenny
Time: 3.30 – 6.00pm
Facilitator: Harry Freeman

This course, which will take place over two evenings, offering teachers an opportunity to reflect on their approach to behaviour management in their classrooms. **It includes:**

- An introduction to societal and whole school issues that impact on student behaviour
- An exploration of the importance of positive student teacher relationships
- A summary of the main theories of behaviour management (Positive, Assertive Discipline)
- Practical strategies to minimise and respond to low level misbehaviour in the classroom
- Responding to the challenging student in the classroom

The course is anchored in practice and draws on the expertise and experiences of the participants. While the course has a practical focus it examines positive behaviour management in the context of current research findings and best practice.

Diploma in Personal Coaching

Dates: Eight weekends from Oct. '17 to May '18.
Venue: County Donegal Education Centre
Course Fee: €1950 (payable in instalments)

This fully approved and accredited course will, on completion, enable participants to begin work as professional Life and Business Coaches or simply enhance their own personal development aimed at:

- Improvements in classroom experience
- Improvements in admin experience
- Interactions with others – colleagues, students & parents
- Improved stress management
- Conflict resolution skill development
- Improved sense of personal accountability
- Enhanced leadership skills
- Greater self-esteem & confidence

Delivered and accredited by The Irish Lifecoaching Institute
Online applications and full course content & details at <http://www.ili.ie/diploma-in-coaching-overview/>
Closing Date: Friday, September 29th.

Dealing with Violent & Challenging Behaviour
The role of School Leaders, Teachers & BOM

Date: Wednesday, October 11th **Time:** 5-8pm
Venue: Mount Errigal Hotel, Letterkenny

Date: Thursday, October 12th **Time:** 10-1pm
Venue: County Donegal Education Centre
Facilitated by Cara Training

These workshops will provide an overview of what schools can legally do when dealing with aggressive or violent children, or more importantly – what not to do. Many interesting topics are covered such as de-escalation techniques, reasonable force, the proper reporting & recording of incidents, the role of management/BOM and how so many issues can be solved through correct school policies.

Other very controversial topics are also covered such as:

- Children absconding from schools
- If parents can record teachers during meetings on their phones – is it legal? – What can you do about it? - Can you do the same?

Mental Health Awareness for Parents/Caregivers

Venue: Mount Errigal Hotel, Letterkenny
Date: Monday, 23rd October
Venue: Inishowen Gateway Hotel, Buncrana
Date: Thursday, 12th October
Time: 7-9pm **Facilitator:** Margaret Rowland

Objectives: Gain a better understanding of mental health and key issues impacting on mental health

- Learn to improve children’s mental health
- Learn the value as a way of supporting children
- Learn about other resources available
- Practical tips will be given in how best to promote and support all children’s mental health

If you are interested in having your parents attend this seminar, please contact the Centre and we will supply you with information fliers etc.

ACTIVE SCHOOL FLAG

Date: Tuesday, 10th October
Venue: Clanree Hotel, Letterkenny
Time: 6.00pm – 8.00pm
Facilitator: Ita Seoighe

Schools wishing to apply for the ASF or schools wishing to renew their flags are advised to attend. Schools will receive guidance on the new online ASF application and Success. Also - ideas about ways that can promote physical activity & direct schools to the many available supports and resources.