

# Emotional Health & Wellbeing Update

I am writing to you on behalf of Pupil Wellbeing Services within the Education Authority to remind you of several resources that are available to support the physical and emotional health and well-being of our pupils. *Nicola Topping*



## Youth Wellness Web

Click the link (above) to find resources for ages 8-10, 11-15 and 15+ as well as parents and teacher zones.

The website includes a training zone with a range of free training for

- working with children and young people
- promoting adult mental health and resilience in the workplace, and
- courses for parents.

## Adverse Childhood Experiences: Trauma Informed Practice Level 1

The Education Authority in partnership with the Safeguarding Board for Northern Ireland and the Department of Education are delighted to continue to be able to offer Adverse Childhood Experiences (ACES) /Trauma Informed Practice level 1 training. This is an online resource that can be completed by individual members of staff or groups of staff and is suitable for teaching and non-teaching staff alike. Click the title link to access the training.

## Resources

I also wish to remind you about the Little Book series, which have been designed for children and young people.

Little Books Series are available on EA site at:

[The Little book of Taking Care of Me for Children](#)

[The little book of Self Care for Young People](#)

I would in particular draw our post primary school attention to the little book dealing with exam stress.

[The little book of Exam Stress for Young People](#)

Teachers, school, and EA staff have access to the [EA Health Well Hub](#)

And to the Primary Behaviour Support and Provisions [PBS&P High Five Newsletter](#)

**DON'T FORGET**



As a partner with the Daily Mile Network in Northern Ireland we wish to remind schools that this is a free initiative that can be used to support both the physical and emotional health and well-being of children and young people. Over 5 million children take part in The Daily Mile across 96 countries and that includes 628 schools in Northern Ireland.

The Daily Mile  
[Children Fit for Life Award](#)  
click the link to view the video!

A webinar explaining the history and background to the Daily Mile as well as one school's experience of participating in it can be found at:

[The Daily Mile Makes You Smile](#)

Want more information about TDM?

[The Daily Mile](#)

For the 628 schools in NI who have embedded the Daily Mile into their school day a new award scheme has just launched



This award celebrates schools that have embraced and promoted the Daily Mile in their setting. Similarly to the Daily Mile the award is free and is a great way to raise the profile of physical activity and skills in Northern Ireland

Support and assistance regarding the Daily Mile can also be obtained by contacting the newly appointed TDM Co-Ordinator [toni.shields@athleticsni.org](mailto:toni.shields@athleticsni.org)

Toni told me:

*“ I am thrilled to embark on a journey dedicated to enhancing the well-being and physical fitness of children through my passion for running and promoting healthy lifestyles. My background as a teacher has been instrumental in steering me towards the promotion of the Daily Mile, aligning seamlessly with my passion for holistic child development. Having spent time in the classroom, I developed a keen awareness of the physical and mental well-being of students, recognizing the crucial role of regular exercise in fostering a conducive learning environment”.*