

Local schools are coming together to improve the mental health and wellbeing of pupils through special training for teachers.

St Bede Teaching School is running one of the first positive education courses for teachers in the area. Positive Education* is the scientific application of what helps children flourish and cope more easily with life's ups and downs.

It is based on the science of positive psychology founded by Professor Martin Seligman from the University of Pennsylvania – which has become a global movement.

On the 6-day course teachers will learn a variety of skills to help them develop the resilience of their pupils and increase their wellbeing. This will include:

- Improving concentration and focus
- Developing greater grit and determination
- Recovering more quickly from setbacks
- Developing greater pro-social skills (this includes kindness and compassion towards others)
- Increasing feelings of confidence
- Dealing constructively with difficult emotions such as anger and frustration

Jack Hatch OBE, CEO of St Bede Primary MAT and Teaching School Alliance said: *“We have all heard and read the worrying statistics about poor mental health for our children. Increasingly, as a school community, we are doing more and more to address these issues and to promote both positive mental and physical health for pupils. We believe that positive education is a key part of this strategy and are pleased to be able to offer this training to local schools.”*

The course is run by Positive Psychologist Julie Hurst who has worked with schools throughout the UK, bringing the skills of positive education to the classroom. She said: *“I think of positive education as where the science of psychology meets the art of teaching. At a time when schools are under increasing pressure to support pupils well beyond academic learning, the tools and techniques of positive education are vital. Decades of research show that they have a powerful positive impact on pupils and in fact on teachers. They can improve academic performance as well as wellbeing, and can easily be folded into how teachers deliver their daily lessons.”*

Julie Hurst is a member of the International Positive Education Network (IPEN), an organisation that aims to equip young people with the knowledge and life skills to flourish and contribute to the flourishing of others.

The course begins on 17th January 2020 at: Training Room, Little Rainbows 2, 30 East Bond Street, Leigh, WN7 1BP.

Schools wanting more information should contact:

Ann Barton 01204 567470 bartona@stbedeacademy.org.

Julie Hurst julie@thewlbc.com

Issued by: St Bede Teaching School

* Positive education: the combination of traditional education principles with the study of resilience, happiness and well-being, using Martin Seligman's models and research.

Seligman, one of the founders of positive psychology, has incorporated positive psychology into education models as a way to decrease depression in younger people and enhance well-

being and happiness. His model, which outlines five key elements of well-being, can be used in schools to help the students increase their well-being and to flourish.