

Dear First Year Parents/Guardians,

You are invited to a Parent Emotional Intelligence Awareness Seminar, Wednesday 27th January at 7pm via Zoom. This seminar is part of a mental health program that has been carried out alongside a workshop for the school's First Year students.

The program is carried out by Motus Learning, who are a research based mental health education provider working alongside University College Cork. The program was designed by clinical psychologists and has also had consultation from primary school teachers and the London Institute of Education. The program is proven by research to improve emotional intelligence.

The seminar will speak about why there is an upsurge in mental health issues among children, what the students were taught in their workshops, how to maintain a positive mental health environment and how to take care of your own mental health. The seminar will take an hour in total and the facilitator will be happy to answer any questions in relation to child and adolescent mental health. For more information, please visit the Motus Learning website at www.motuslearning.com.

Join Zoom Meeting:

<https://zoom.us/j/93906520396?pwd=QkdGNkpWWUhsazNXYW5lWkNEYkxoQT09>

Meeting ID: 939 0652 0396

Passcode: 8hKUA9

Sincerely,

Roseanne Sinnott (School Chaplain)

