

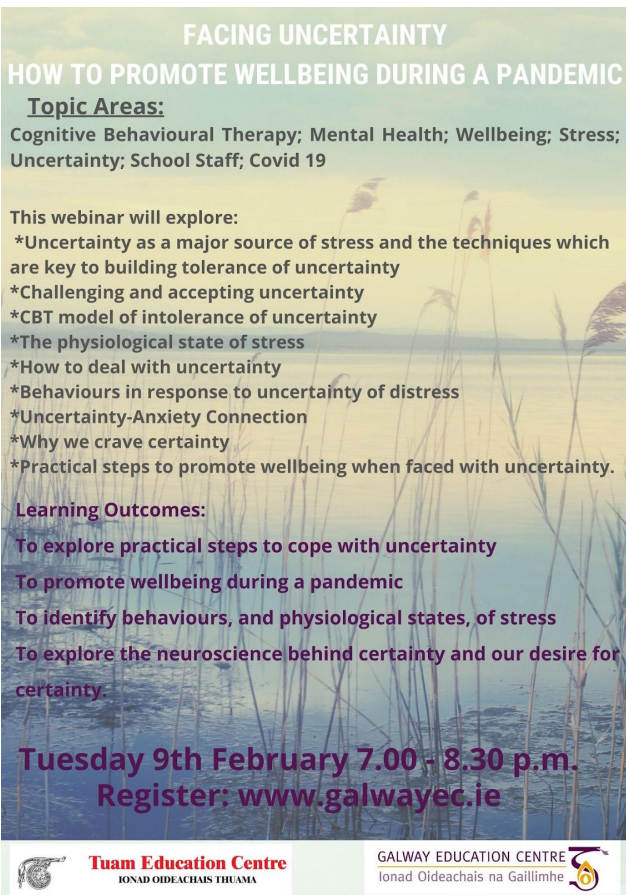
Spring Courses 2021 at Tuam Education Centre

All courses are free

Name of Course	Dates and times	Course Information	Facilitator	Link
HIIT FIT Dance Workout:	Tuesdays: 2,9,16,23 Feb, 2 & 9 March 6.30pm to 7.10pm	 <p>HIIT FIT DANCE WORKOUT</p> <p><i>Health and Wellness for the School Community</i></p> <p>A combination of fundamental movements and dance in a HIIT format to increase fitness levels, burn calories and boost your mood!</p> <p>2nd, 9th, 16th, 23rd February 2nd, 9th March</p> <p>REGISTER: www.galwayec.ie</p> <p>Tuam Education Centre IONAD OIDEACHAIS THUAMA</p> <p>GALWAY EDUCATION CENTRE Ionad Oideachais na Gaillimhe</p>	Maeve Mullins	<p>Register:</p> <p>https://bit.ly/39pFhQY</p>




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<p>Facing Uncertainty: How to promote wellbeing during a pandemic.</p>	<p>Tuesday 9th February 2021 at 7pm-8.30pm</p>	 <p>The poster features a background image of reeds in water. The text on the poster includes: FACING UNCERTAINTY HOW TO PROMOTE WELLBEING DURING A PANDEMIC Topic Areas: Cognitive Behavioural Therapy; Mental Health; Wellbeing; Stress; Uncertainty; School Staff; Covid 19 This webinar will explore: *Uncertainty as a major source of stress and the techniques which are key to building tolerance of uncertainty *Challenging and accepting uncertainty *CBT model of intolerance of uncertainty *The physiological state of stress *How to deal with uncertainty *Behaviours in response to uncertainty of distress *Uncertainty-Anxiety Connection *Why we crave certainty *Practical steps to promote wellbeing when faced with uncertainty. Learning Outcomes: To explore practical steps to cope with uncertainty To promote wellbeing during a pandemic To identify behaviours, and physiological states, of stress To explore the neuroscience behind certainty and our desire for certainty. Tuesday 9th February 7.00 - 8.30 p.m. Register: www.galwayec.ie At the bottom, there are two logos: Tuam Education Centre (IONAD OIDEACHAIS THUAMA) and Galway Education Centre (Ionad Oideachais na Gaillimhe).</p>	<p>Nicola Culloty</p>	<p>Register:</p> <p>https://bit.ly/2NzRudv</p>
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Integrating Sensory Play into your Classroom	Wednesday 24th February 2021 at 7pm	 <h3>INTEGRATING SENSORY PLAY INTO YOUR CLASSROOM</h3> <p>Sensory play has countless benefits including the development of gross and fine motor skills, supporting language development, problem solving skills and social interaction.</p> <p>This webinar will outline the benefits of sensory play and how it can be utilised in a classroom setting.</p> <p>There will be a focus on regulation and how to help all children to regulate, so that they can take in information effectively.</p> <p>The webinar will entail simple and innovative ways of using sensory play activities, while also linking them to your curricular objectives.</p> <p>It will provide information on valuable resources and recipes that will make sensory play part of your daily classroom routine.</p> <p>Suitable for Teachers and Special Needs Assistants</p> <p>Wednesday 24th February 7.00 p.m.</p> <p>Register: www.galwayec.ie</p> <div> Tuam Education Centre IONAD OIDEACHAIS THUAMA</div> <div> GALWAY EDUCATION CENTRE Ionad Oideachais na Gaillimhe</div>	Debbie Cullinane	Register: https://bit.ly/3iRZdiS
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The Learning Journey

For parents of
Junior and Senior
Cycle Students

Monday 1st
February 2021 @
7.00 p.m.



For Parents of Junior and Senior Cycle Students

The focus of this particular talk will deal with the following aspects of learning:

1. How to simply get started and the importance of systems
2. The science behind motivation and how to apply it
3. The importance of clarity - how to get it and maintain it.
4. Noise - minimising distraction and building protected time
5. Changing our approach to "time at the desk" - what the science tells us about optimising study and homework time
6. How you can encourage a learning environment (without the stress!)

Register:
<https://bit.ly/3bYlxFW>

MONDAY
1ST
FEBRUARY
7-8.30 PM

GALWAY EDUCATION CENTRE
Ionad Oideachais na Gaillimhe



Tuam Education Centre
IONAD OIDEACHAIS THUAMA

Dr Sean Lally

Register:

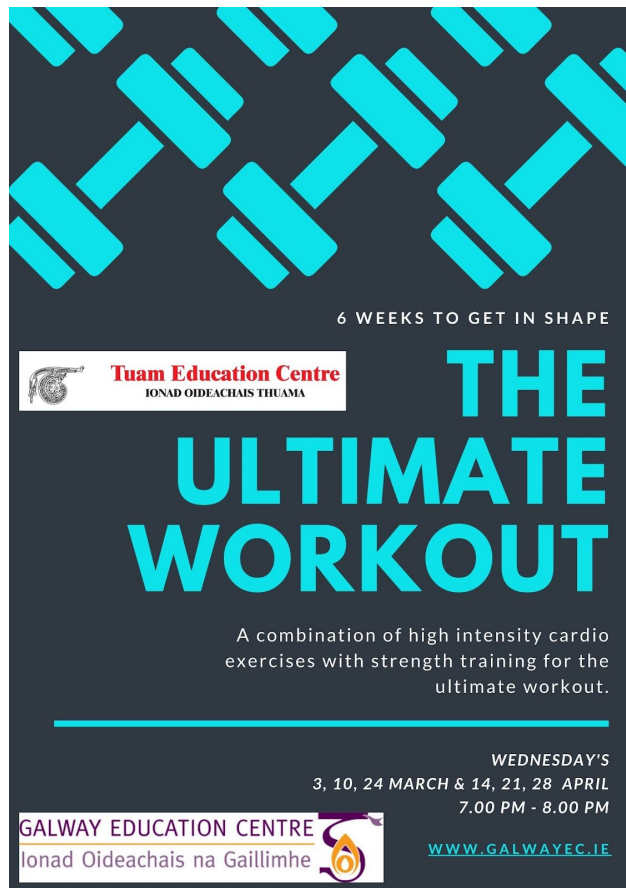
<https://bit.ly/3bYlxFW>

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The Ultimate
Workout: Five
weeks to get in
Shape

Wednesdays 3, 10 &
24 March 14 & 21 &
28 April 2021
7pm-8pm




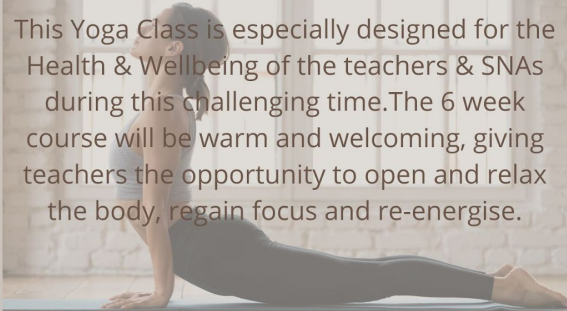

Ciara Finnegan

Register:

<https://bit.ly/3a6aqIx>

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<p>Yoga & Wellbeing Support for School Teachers & SNA's</p>	<p>Tuesdays 16 & 23 February 2 & 9 & 16 & 23 March 2021 at 4pm-5pm</p>	<div><p>Tuam Education Centre IONAD OIDEACHAIS THUAMA</p></div> <div><p>YOGA & WELLBEING SUPPORT FOR TEACHERS & SNA'S</p><p>This Yoga Class is especially designed for the Health & Wellbeing of the teachers & SNAs during this challenging time. The 6 week course will be warm and welcoming, giving teachers the opportunity to open and relax the body, regain focus and re-energise.</p><p>TUESDAY'S 16 & 23 FEBRUARY 2 & 9 & 16 & 23 MARCH 2021 @ 4PM-5PM</p><p>www.galwayec.ie</p><p>GALWAY EDUCATION CENTRE Ionad Oideachais na Gaillimhe</p></div>	<p>Charlotte Farragher</p>	<p>Register: https://bit.ly/3chsxOb</p>
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