



November Conference 2017

Let's be well: promoting mental health through the school library
with speakers from Jigsaw, and librarians Lorraine Marrey, Annie Brady, Mairead Duggan and Eileen McDermott

Friday, 24th November 2017, 10.00 – 13.00
National Library of Ireland, Kildare St.
Dublin 2

Programme:

10.00 – 10.30: Registration (Tea/coffee and biscuits)

10.30 – 11.30: Jigsaw

11.30 – 12.00: Break (Tea/coffee and pastries)

12.00 – 13.00: Teachmeet : ways to promote good mental health through the school library

IES will have a book display to browse on the day.

Jigsaw James Barry is Project Manager for Jigsaw Dublin City. Jigsaw is a mental health service that supports young people experiencing mild to moderate mental health difficulties aged between 12-25 years.

Teachmeet - Librarians and student mental health

Mairéad Duggan holds two Master's Degrees in Library and Information Science (MLIS) and Children's Literature (MA). She has worked as a school librarian on the JCSP Demonstration Library project in three different schools around the country over the past ten years. Her particular areas of interest are visual literacy and student well-being. Her library hosts sessions in meditation, yoga and relaxation to help students gain the resilience they need to fulfil their potential. There is also a mindfulness programme for staff and parents running in the library which includes yoga classes with a qualified teacher.

Eileen McDermott has worked for the the JCSP Demonstration Library Project since 2002 and is based in Beaufort College, Navan, Co Meath. Part of her continuing professional development has included training in Solution Focused Coaching and her presentation today will be on that topic.

Lorraine Marrey holds a postgraduate diploma in Library and Information Science, and a Master's degree in Applied E-Learning, she was a children's book buyer for 4 years, before spending 7 years in academic libraries. She has worked as a school librarian in Blackrock College for 4 years. Her presentation is on *Thursday Tunes* initiative, which sees students and staff of the school come together to perform and listen to music in an informal setting in the library at lunchtime. This initiative is a fantastic way to help promote mental wellbeing, generating positive feelings, self-belief and social support.

Annie Brady holds masters degrees in MLIS and Education (MScEd). She has worked as a school librarian on the JCSP Demonstration Library Project in St. Paul's CBS for a number of years. She won the SLA School Librarian of the Year in 2015. She will be speaking about Restorative Justice.

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*School Library Association
in the Republic of Ireland*

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10am – 1pm

National Library of Ireland, Dublin 2

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Booking Form

Please complete & return with cheque payable to **School Library Association Republic of Ireland**, to:

Joseph Peelo, JCSP Librarian, Kylemore College, Kylemore Road,
Ballyfermot, Dublin 10.

Please reserve place(s).

Name(s): _____

Email address: _____

Contact number (essential): _____

Name, Address and Contact Email of Institution from which you
are attending:

Cost:

€30.00, members/ €50.00, non-members/ €20.00, students.

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