

As part of Jigsaw's One Good School Initiative, parents/guardians are invited to join the parents' webinar on 'Friendships' on 14th March at 7.30pm.

Webinar Objective;

- Consider the impact friendships can have on your child's mental health.
- Explore ways in which you can support your child to build positive friendships.
- Learn supportive strategies to navigate conversations about friendships with your child.

Details of how to access the webinar are outlined below -

Step One

Create a One Good School LearnUpon Account

Sign up and create a One Good School (OGS) account. Please use the link provided:

<https://onegoodschool.learnupon.com>

Step Two

Register for 'Understanding Friendships' Webinar (14th March 7.30-8.30pm)

Select Catalogue-Category-Parents click on register for 'Understand Friendships Webinar'.

When you register for the Webinar in advance a link will be sent to your email or you can return to your OGS LearnUpon account on the night and sign in.

Step Three

Online Course(s) 45 Minutes

Your school will have selected an online course(s) for parents and guardians when putting together your school's OGS Action Plan. This course(s) can be found by selecting Catalogue - Category - Parents. If you complete the course(s) by May 15th it will be included in your school progress report, ultimately contributing to their whole school approach to promoting mental health and wellbeing.

- Mental Health Awareness for Parents & Guardians

- and/or
- Self-Care Parents & Guardians

Useful Tip: After you complete a LearnUpon course **AND** evaluation you can should see the download cert option below. Once these steps are completed the courses completion will be credited to your school's account.

