

## Parents Update regarding student wellbeing activities completed in line with

### Cycle Against Suicide HEADSTRONG Campaign and Amber Flag Initiative for

#### Pieta House

**First Years** – The First Years have been very busy over recent months settling into GCC. Ms McInerney along with the Meitheal Team have completed several activities with each class to help them integrate and settle in to the GCC community. Most recently, each first-year class have been taken around Glanmire on a brisk nature walk to the local church where they spent time praying, reflecting and contemplating individually or as a group. Following this, the students were taken to the local parish centre for a healthy snack and an opportunity to connect with their peers. Other activities throughout the year included a trip to the local lockdown garden, a visit to the local charity shops to highlight to importance of supporting these charities and a visit to the local library to encourage students to use reading as a positive wellbeing activity.

**Second Years** – Second years have been given an opportunity to revisit all the activities they may have missed out on during first-year due to the pandemic. Ms McInerney along with her Meitheal team coordinated and facilitated these activities. Most recently, all second-year classes have engaged in a walking challenge to promote exercise and positive mental health. Additionally, lunch benches have been provided near the Annex for students to use at lunchtime with decorative sunshine and daisies artwork being added by the Meitheal Team.

**Third Years** – Third years received a Wellbeing Workshop with Anne Tobár and will complete Mindfulness sessions with Ms McInerney as part of their end of year prayer services.

**Fourth Years** – Fourth Years will complete a mental health workshop with Miss O’Brien on Monday 28<sup>th</sup> of March that is taken from the Cycle Against Suicide Educational Programme. Students will work on breaking the stigma around mental health including the Porcupine Map Exercise, learning to cope with stress and a Look Out – How to Talk About it Exercise. All workshops are designed around information, resources and guidance given by the Cycle Against Suicide Campaign.

**Fifth Years** – Fifth Years completed ‘Boost your wellbeing’ workshops with Brainbox

**Sixth Years** – Sixth Years completed ‘Boost your wellbeing’ and ‘Worry-buster’ workshops with Brainbox. Coffee mornings were held in December 2021 and proceeds were given towards the SVP Christmas Hamper Appeal.

**Student Council** – Members of the student council will wear orange t-shirts for Amber Flag Initiative for Pieta House in the coming weeks to support the initiative and to open a dialogue between their class peers about positive mental health and wellbeing.

All activities completed throughout the academic year were designed to promote wellbeing in students including positive mental, physical and emotional wellbeing. It is hoped by the end of the year, the school will receive their next Cycle Against Suicide Award and Amber Flag for Pieta House. Any support from staff would be greatly appreciated.