

Wellbeing Week 2022



7th to the 11th of March 2022



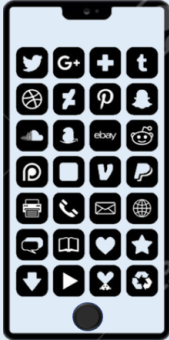




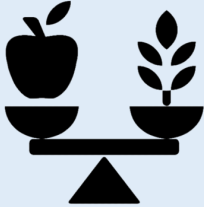

‘Wellbeing is present when you realise your abilities, take care of your physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community.’

Activities include:

- * Nutrition & Lifestyle
- * Five Tips For Wellbeing
- * Cyber Safety
- * Yoga
- * Resilience
- * Humourfit
- * Art Exhibition



Summary of Events

1st Years	2nd Years	3rd years	TYs	LC1s	LC2s
<p><u>Tools for Wellbeing</u></p>  <p><u>Online Safety Talk</u></p> 	<p><u>Cybersafety Talk</u></p> 	<p><u>Five Tip's for Wellbeing</u></p> 	<p><u>Resilience</u></p> 	<p><u>Resilience</u></p>  <p><u>Message in a bottle</u></p> 	<p><u>Nutrition & Lifestyle</u></p>  <p><u>Yoga</u></p> 

Tools for Wellbeing: Mon to Fri (1st-SPHE)
 Staff yoga / walk (Wednesday)



Wellbeing Placemats in 1st year Science (class varies)
 Whole school Art Exhibition



Supports Available:

Pieta House - 061 484444

Childline - 1800 666 666

BodyWhys - 1890 200 444

CARI - 1890 92 45 67

Community Substance Misuse - 086 416 3508

Aware - 1890 303 302

Grow - 1890 474 474

Samaritans - 1850 60 90 90

LGBT Helpline - 01 670 6223

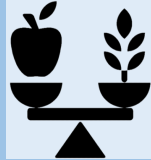
Timetable of Events

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
<p><u>1st Year (40 mins)</u></p> <p>Tools for Wellbeing talk 2.05-2.40: Class Caimin Rm 205</p> <p>Speakers: Ms Isadora Killeen & Mr Páraic Ahearne</p> <p><u>3rd Year (40 mins)</u></p> <p>5 Tips for Wellbeing Neeve Guinnane (in person) 9am 9.40am 11.55am 1.20pm</p>	<p><u>1st Year (40 mins)</u></p> <p>Tools for Wellbeing talk 9- 9.40: HUB Ms Chloe Morey</p> <p>Tools for Wellbeing talk 2.40-3.20: Class Moibhí Rm 207</p> <p>Speakers: Ms Tara O Loughlin & Ms Sharon Bulfin</p> <p>Tools for Wellbeing talk 11.55-12.35pm: Class Seannán Rm 206</p> <p>Speakers: Ms Niamh O Dea & Mr Dave Nolan</p> <p>Online Safety with Wayne Denner</p> <p>Live stream (option teachers) 1.20-2.40pm</p> <p>1st Year Wellbeing Placemat-Science Option class Ms McPhillips/Ms.Roche</p>	<p><u>1st Year (80mins)</u></p> <p>Humourfit: Mighty Bully Brady 1.40-3.10pm PE Hall</p> <p>Yoga (Hub) 2.15-3.10pm</p> <p><u>LC1 (80mins)</u></p> <p>Humourfit: Message in a Bottle 11.35am-1pm PE Hall</p> <p><u>LC2 30 mins)</u></p> <p>Grainne Travers Nutrition & lifestyle (Canteen/Diner) 9.45-10.15 Earnán & Lorcán 10.30—11am Iarla & Feargas 11.45-12.15 Caoimhe & Síofra</p> <p><u>Staff</u></p> <p>Yoga/Walk 3.20pm</p>	<p><u>1st Year (40mins)</u></p> <p>Tools for Wellbeing talk 9.40-10.20: Class Colmán Rm 208</p> <p>Speakers: Ms Laura O Brien & Mr Aidan Moynihan</p>	<p><u>1st Year (40mins)</u></p> <p>Tools for Wellbeing talk 9.40-10.20: Class Pádraig Rm 216</p> <p>Speakers: Ms Carol O Leary & Mr Brian Corry</p>

Timetable of Events

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
<p><u>LCA1 (40 mins)</u> Wellbeing Activity 3.20pm-4pm Ms Cora Guinnane</p> <p><u>LCA2 (40 mins)</u> Wellbeing Activity 3.20pm-4pm Ms Isadora Killeen</p>	<p><u>2nd Years (80mins)</u> Online Safety with Wayne Denner (live stream) 1.20-2.40pm Option Teachers</p> <p><u>TY (40 mins)</u> Resilience: Rob Heffernan (zoom) 12pm-12.35pm</p> <p><u>LC1 (40 mins)</u> Resilience: Rob Heffernan (zoom) 12pm-12.35pm</p> <p><u>LC2 (60 mins)</u> Yoga with Julie Hyde 2.15-3.15pm (group of 30 students only)</p>			

Nutrition & Lifestyle with Gráinne Travers: A Nutritionist will discuss how small changes in daily practices can help students. Students will be introduced to simple coaching techniques which can help them to achieve their goals during the leaving cert year. They will also learn how to cook some simple nutritious meals in minutes!



Information On Our Sessions



Tools for Wellbeing: Local women and men within our school community will motivate students about the importance of having an outlet in achieving positive mental health. They will address how an active lifestyle boosts wellbeing and health.



Art Exhibition

Students in our school community have put their creative hats on and created pieces of work based on the theme of Wellbeing. It is not a competition! All entries will be showcased throughout Wellbeing Week 2022!

Five Tips for Wellbeing with Neeve Guinnane:

A life and wellbeing coach will introduce Students to five simple techniques which are scientifically proven to promote wellbeing. Student's will be guided on how to reduce stress, anxiety and how to change negative thinking.

Humourfit : Message in a Bottle

An 90 minute drama on drink awareness

Introduction on drink awareness from relevant research and resources followed by play. This drama is Based on true events inspired by the young people who attended AA and gave selflessly of their time in guiding the words and lines of this performance.

Rob Heffernan: An Olympian hailing from Cork gives his story. He is a very engaging, gregarious speaker and delivers insightful talks on what it takes to be the best and peak performance. His life story is compelling and he is very frank and honest about the inner ambition, mental resilience and drive that was required for him to make a dream come true.

Humourfit: The Mighty Bully Brady

A 90 minute play where the bully and victim are seen through the eyes of one actor. The play and talk before hand delivers on all aspects of bullying including race, size, shape, name calling, isolation and cyber bullying. The play shows the audience how unknown to themselves they have become involved laughing at the names and taunts and acting like bystanders in a yard or canteen.

Yoga with Julie Hyde is an incorporation of meditation and breathing can help improve a person's mental well-being. Yoga creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration



Whole School Approach

Throughout the week, each subject department will be encouraged to introduce activities and initiatives which promote well-being. A wide range of creative resources and techniques will be explored by students which will aid them in finding ways to promote their own wellbeing during challenging times.

Wayne Denner—Online /

Cybersafety

Speaker, Author and Trainer, Wayne has spent over 21 years in the digital space using social media, smart phone tech and the internet to his advantage. Wayne speaks to 50,000 students (and their parents) & businesses every year.

Wayne shares his story and tips - motivating audiences all over the world to protect themselves online, take control of technology and grab the opportunities being connected can give us!



Information On Our Sessions



Family Resource Centre

The Family Resource Centre (FRC) programme is Ireland's largest National Family and Community-based support programme, core funded by Tusla – The Child and Family Agency. FRC provides information, advice and support to target groups and families, deliver education courses and training opportunities, provides counselling and support while also supporting personal and group development.

Adapt

ADAPT offer services to those who may be experiencing domestic abuse. This workshop will help students understand what domestic abuse is and how to take positive action if it is happening to them. Work will also be done on promoting and identifying healthy rela-



St Caimins Community School Wellbeing Padlet

<https://padlet.com/>

General Information



Student Support in St Caimins Community School

Student Support | St.Caimin's CS
saintcaimins.ie

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Ireland, often through their telephone helpline.



Pieta House

Pieta House provide a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. Pieta House has seen and helped over 60,000 people in Ireland in suicidal distress or engaging in self-harm and now operates in 20 locations across Ireland. Pieta offers one-to-one, in-person, phone or video therapeutic counselling and 24-hour phone and text crisis prevention services.