

WELLBEING WEEK

Scoil Chaitríona

February 2024



DEAR PARENTS...

Get ready to spread smiles and happiness throughout our school community as we gear up for Wellbeing Week, starting Monday, February 19th, 2024. Supported by our Amber Flag initiative, this week is dedicated to promoting mental health and fostering positivity in our children, teachers, and families.

During Wellbeing Week, we'll be focusing on various activities aimed at enhancing mental and physical health, teaching our children about wellbeing, and cultivating positive attitudes towards mental health. Our Wellbeing Coordinator Ms Coen has prepared a wonderful schedule of events. See more below.



YOGA CLASS FOR PARENTS

We would love to see you this Monday 19th February for a free Yoga session in our school hall. We are running this class as part of our Wellbeing Week. All Welcome! Click [HERE](#)

HIGHLIGHTS

- Yoga for Parents (Monday)
- Infants trip to Smarty Pants in Letterkenny (Tuesday)
- School Walk (Wednesday)
- Worry Dolls and Compliment Jars (Thurs)
- School Disco (Friday)

Scoil Chaitríona



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13th February, 2024.

Dear Parents/ Guardians,

Next week from Monday 19/02/24 we are aiming to spread smiles and happiness right around our whole school community—in homes, in the classroom & playground during our Wellbeing week supported by our Amber Flag initiative.

With a focus on wellbeing, we endeavour to promote mental health in the classroom, to teach children about wellbeing and to instil positive attitudes towards mental health in our pupils. While well-being activities are integrated into the school day throughout the year, we take some extra time to highlight the importance of wellbeing during this special week. Some of our fun activities include meditations, mindful colouring, baking cookies, blindfold mindful eating, school mindful walk in the community, making friendship bracelets, worry dolls and to finish off with a school disco. On Friday we ask that the children wear odd socks as an opportunity to encourage them to express themselves and celebrate their individuality and what makes us all unique!

The aim of this week is to foster positive mental health and wellbeing in our wider school community. Our committee discussed wellbeing last week and they agreed that:

- Wellbeing is present when a person realises their potential (how wonderful you are!)
- Wellbeing is present when a person is resilient in dealing with the normal stresses of their life (keeps on trying even when things are hard and can cope with and manage big feeling you don't like.)
- Wellbeing is present when a person takes care of their physical wellbeing (exercises regularly, getting enough sleep & eats nutritious food to keep your heart and body healthy.)
- Wellbeing is present when a person feels like they belong, and good relationships with other people (has friends to play with.)

We have to continue working on our wellbeing all the time, throughout our lives. We can support each other's wellbeing too, by being kind to each other and helping each other through hard times.

As part of our Wellbeing Week, the children on the Amber Flag committee voted to have no homework for the week. Therefore, there will not be any "official" homework assigned and in place of the time usually set aside for homework, it is the hope that it will allow families to spend more time together, choosing an enjoyable activity of your choice that enhances your physical and mental health.

We would like to take this opportunity to remind our whole school community to prioritise your wellbeing too and try to take some extra time this week to focus on what makes you feel happy & supports your own wellbeing. There will be a free Yoga class offered to the parents in the school hall on Tuesday.

Kind regards,

Aoife Coen & The Amber Flag Committee.

Some useful free resources to support general wellbeing:

□ Calm app have some new free mindfulness & meditation resources for adults and children: <https://www.calm.com/blog/take-a-deep-breath?fbclid=IwAR31tnAtOxhlaHcXp4c0zFfemzQJaliD9AW7yLuRfOIhS2isSYE1wqbThBw>

□ Free yoga classes: Yoga Videos - HSE.ie

www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/yoga-videos.html □ <https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

□ Yoga for children: Cosmic Kids Yoga (youtube)
□

PE with Joe Wicks: a live workout everyday for adults & children: <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

□ Free Pilates: Pilates videos - HSE.ie

www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/pilates-videos.html □ <https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/?tabname=pilates-and-yoga>

□ GoNoodle: A selection of dance/exercise & mindfulness activities for children: <https://www.gonoodle.com/for-families/>
□ Relaxing Music <https://www.youtube.com/watch?v=WUXEeAXywCY>