

Wellbeing Guidelines 15/03/21

Hello Everyone. I hope we are all doing well. Welcome back to all our fifth-year students. We hope you have a nice first day back as you get reacquainted with your fellow students and teachers. We are all now looking forward to the day when we can welcome you all back to school.

For those back in school, please be mindful of all covid protocols and maintain social distancing and good hand hygiene both inside and outside of school.

### **Art Competition**

Well done to all who took part in the art competition, the following students have won an easter egg which you will receive when you return to school.

First Years: Roisin Fraeney, Ruby Deegans, Anastasiia Holovina

Second Years: Sophie Diggins, Isabel Fitzgerald, Sophie Lynch Morata, Emma O'Brien

Third Years: An Easter Egg Raffle will take place in ALL SPHE classes.

Transition Years: Sarah Mc Grath

### **6th Year Talk**

A Wellbeing talk will take place for all 6th years on Tuesday 23rd March from 2 to 3.20. This will take place in school through Zoom. Further details to be given before the talk.

### **6th Year Wellbeing Walk**

All 6th years will be going on a wellbeing walk on Friday 26th March from 9 to 10am. Please wear appropriate foot wear

### **5th Year Wellbeing Walk**

All 5th years including LCA will go on a Wellbeing walk from 2.40 to 3.40 on Thursday 25th March

### **Covid Restrictions**

Continue to:

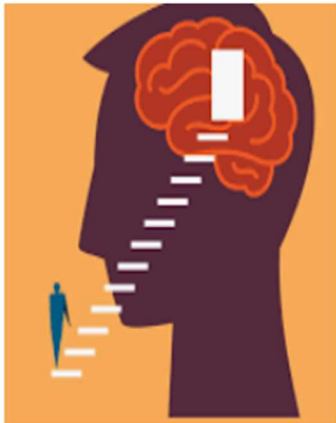
- Keep your distance.
- Wear a face covering.
- Wash your hands.
- Cover coughs and sneezes.
- Self-isolate if you have symptoms.

### **Wellbeing Tools**

*Smile anyway!*  
Never let **ANYONE**  
*steal your sunshine!!*



## Mental Self Care



- Play a quick game online.
- Read an interesting article.
- Take a screen break for an hour.
- Spend time in silence.
- Try eating breakfast mindfully.
- Keep a Google doc or a memo on your phone of all your ideas.
- Delete old emails and text messages you no longer need.
- Cross something off your to-do list.



We hope you have a good week.

Kind Regards

The Wellbeing Team