

## **Wellbeing Guidelines**

Wellbeing Guidelines 22/03/21

Hello Everyone. I hope we are all doing well.

We are heading into our last week before the Easter holidays. Well done to everyone for your excellent online attendance. We know it's not easy. Thank you to 5th and 6th years for your smooth transition back into school life and for follows all covid protocols within the school.

We are really looking forward to getting the full school community back after Easter.

## **Wellbeing Initiatives**

A big thank you to everyone who took part in our wellbeing initiatives during closure. We are busy planning our Schools Wellbeing Week and will provide this information when you return after the holidays.

Remember to keep up with all Covid Protocols while you are on your Easter break.

## **Covid Restrictions**

Continue to:

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

## **Mindful poems**

Two poems for you to read today. First one is about the challenges of lockdown and the second one is a blessing for you all.

### **Quarantine**

What if I just want to be

In the same room as you?

Keeping up conversations

Is not my strong point

I am better at breathing when you breathe

Typing at my laptop while you're

Biting your pen and flipping pages

Or scrolling through your phone

Laughing occasionally.

You'd ask me to open my window

As it's gotten too hot  
I'd stretch out on the carpet  
If I needed a break  
Silence on a video call means  
It's time to hang up  
But if you were here  
We'd have the kind of silence  
One would never want to leave  
My friendship with you  
Is better side by side  
Than face to face.

#### An Easter Blessing

I said a prayer for you today  
And know God must have heard.  
I felt the answer in my heart  
Although he spoke no word.  
I didn't ask for wealth or fame  
I knew you wouldn't mind  
I asked him to send treasures of a far  
More lasting kind.  
I asked that he'd be near you  
At the start of each new day.  
To grant you health and blessings  
And friends to share your way.  
I asked for happiness for you in all things  
Great and small.  
But it was for his loving care  
I prayed for most of all.

**Enjoy your week and have a lovely Easter Break.**

**Kind Regards**

**The Wellbeing Team**