

Mental Health Awareness

Mind your head will commence 28th Jan – 1st Feb 2019.
During this week there will be a particular focus on positive mental health and wellbeing.

As part of this week we invite speakers from various different organisations and backgrounds to talk to the students. This offers them a broadened experience of the RSE programme and alerts them to supports outside of the school community.

All talks will be age appropriate to the class group.

See attached schedule of talks and activities.

If you have any queries, please contact the school.

Mind your head Week

28th Jan – 1st Feb

Monday :

6th Years - Beat the Blues programme. See www.aware.ie.

Tuesday:

Games room: 1st and 2nd Year students are invited to the games room to play board games! This is open to other classes throughout the week.

The Samaritans (www.CorkSamaritans.ie)

3rd Years: 2.20 – 3.00

Wednesday:

5th Years: Mna Feasa on positive relationships. See www.mnafeasa.com

Thursday:

Transition Year: Jigsaw Mental Health Services. See www.jigsaw.ie

Friday:

Transition Years: Beat the Blues programme. See www.aware.ie