

Mind your Head Week

27th Jan – 31st 2020

“Mind your head” week will last from 27th Jan – 31st Jan 2020. 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.

All talks will be age appropriate to the class group.

Monday:

Transition Year: Aware (aware.ie)

6th Years: The Samaritans
(www.CorkSamaritans.ie)

Tuesday:

1st & 3rd yrs: That’s Life Nurse (HSE nurse on Mental and physical wellbeing).

2nd year: Art studio

Friday:

5th Years : Mná Feasa Healthy Relationships
(www.mnafeasa.com)

* There will be board games available in the library for class groups to enjoy all week!

Catholic Schools Week

27th Jan – 31st 2020

Catholic Schools week:

1. Reflection day for 1st years on Monday in Ennismore Retreat Centre.
2. Fr. Alan Neville will speak to all 1st years and 6th years regarding the work of the MSC's both here and abroad.
3. Mass will be celebrated in the College Chapel on Friday 31st Jan at 8.30am. Students, staff and parents are most welcome.
4. Fr. Alan will be available to hear confession and/or offer a blessing to those who would like to avail of it on Friday morning after mass until 11am.

More resources and information are available on:

<https://www.catholicbishops.ie/2020/01/20/new-audio-thought-for-the-day-for-catholic-schools-week-2020/>

<https://www.catholicireland.net/category/popes-videos/>

<https://www.catholicschools.ie/catholic-schools-week-2020/>

If you have any queries, please feel free to contact the school.

