

Wellbeing Week 2019

March 19th - 22nd 2019



Wellbeing Week in Our Lady's School begins next Tuesday 19th of March. It is an exciting week of activities for students and staff. Wellbeing is a key area of the new Junior Cycle. In Our Lady's School we recognise that schools are an ideal environment to help with the promotion of student mental health and wellbeing. This year the themes are based on the indicators of Wellbeing:

Aware, Active, Connected, Respected, Responsible and Resilient.

Each day will have a specific focus based on the above indicators of Wellbeing.

IMPORTANT POINTS:

- **Wear your school tracksuit in to school each day.**
- Look out for the daily schedule at reception and updates on the school app and intercom.
- Participating in activities will be rewarded by students collecting stickers. Collect 4 stickers and get a free breakfast kindly provided by the Parents Council on Friday morning in St. Joseph's Hall. Stickers can also be collected by walking/cycling to school. Have your journal ready at the school gate each morning and bring it all to lunchtime activities to collect these stickers.
- Look out for the information point in the library, participate in a wide range of lunch time activities and enjoy the extra healthy options in the school canteen all week.

• BRING A SPARE PAIR OF SOCKS ON TUESDAY FOR THE BOUNCY CASTLE