

ST. ATTRACTA'S N.S. SCHOOL NEWSLETTER

WELCOME TO OUR FIRST EDITION!

WELLBEING WEEK 19TH - 23RD FEB



WHAT A FANTASTIC WEEK WE'VE JUST ENJOYED HERE IN SCHOOL AS WE CELEBRATED 'WELLBEING WEEK'. THROUGHOUT OUR SCHOOL YEAR, WE ENDEAVOUR TO PROMOTE MENTAL HEALTH IN THE CLASSROOM, TO TEACH CHILDREN ABOUT WELLBEING AND TO INSTIL POSITIVE ATTITUDES TOWARDS THEIR MENTAL HEALTH. WHILE WELLBEING ACTIVITIES ARE INTEGRATED INTO THE SCHOOL DAY THROUGHOUT THE YEAR, THIS WEEK WE TOOK EXTRA TIME TO HIGHLIGHT THE IMPORTANCE OF WELLBEING. OUR WEEK AIMED TO FOSTER POSITIVE MENTAL HEALTH AND WELLBEING IN OUR WIDER SCHOOL COMMUNITY.



MONDAY

THE CHILDREN DISCUSSED WELLBEING AND HOW IT PROMOTES MENTAL HEALTH AND THE IMPORTANCE OF ALL ASPECTS OF OUR WELLBEING. WE WERE REALLY IMPRESSED BY THEIR IDEAS AND ENGAGEMENT IN CLASS DISCUSSIONS. THEY WERE INTRODUCED TO AFFIRMATIONS AND MEDITATION AND THEY PRACTICED WRITING WHAT THEY WERE GRATEFUL FOR IN THEIR NEW JOURNALS.

TUESDAY

WE KICK STARTED TUESDAY MAKING FRUIT SMOOTHIES FOR HEALTHY BODY, HEALTHY MIND DAY. ALL CHILDREN PARTICIPATED IN THE MAKING OF THEIR SMOOTHIE AND ALL HAD THE OPPORTUNITY TO TRY DIFFERENT FRUITS. DEIRDRE FROM MAYO SPORTS PARTNERSHIP VISITED AND GAVE WELLBEING TALKS TO OUR OLDER STUDENTS AND OUR YOUNGER CLASSES ENJOYED DIFFERENT ACTIVITIES ON BALANCE BIKES.



WEDNESDAY

ALL CHILDREN HAD THE OPPORTUNITY TO GO TO THE PLAYGROUND. GREAT FUN WAS HAD BY ALL WITH LOTS OF SMILES AND LAUGHTER!

WE PRACTICED MEDITATION TECHNIQUES BY MAKING BREATHING WANDS AND SPENDING TIME IN THE MOMENT.



THURSDAY

AS THE CHILDREN ARRIVED TO SCHOOL THEY DANCED AND SANG TO THE UPLIFTING MUSIC. WE THEN SET OFF ON OUR WHOLE SCHOOL WALK TAKING ADVANTAGE OF THE FANTASTIC FACILITIES ON OUR DOORSTEP. AN IMPROMPTU DANCE PARTY ON OUR RETURN WAS ENJOYED BY ALL!

OTHER MEDITATING EXERCISES WERE INTRODUCED TO THE CHILDREN IN THE AFTERNOON.



FRIDAY

WE FINISHED THE WEEK WITH A CALMING PYJAMA DAY IN AID OF PIETA HOUSE. THE CHILDREN ALSO ENJOYED MOVIES AND POPCORN IN THE AFTERNOON.

A LOVELY END TO A VERY POSITIVE WEEK ENJOYED BY CHILDREN AND STAFF



WELLBEING WARRIORS

WE KNOW AT ST. ATTRACTA'S THAT ALL OF OUR CHILDREN ALWAYS SHOW IMMENSE KINDNESS AND THAT THEY KNOW HOW IMPORTANT THEY ARE. ALL CHILDREN IN THE SCHOOL ENGAGED AND PARTICIPATED WITH GREAT ENTHUSIASM THIS WEEK AND MADE IT VERY DIFFICULT FOR TEACHERS TO CHOOSE AN OVERALL WELLBEING WARRIOR FOR THEIR CLASS



A HUGE THANK YOU TO OUR WONDERFUL AMBER FLAG COMMITTEE LED BY MS. DURKAN WHO PLANNED AND ORGANISED SUCH A BRILLIANT WELLBEING WEEK FOR US ALL. THEIR IDEAS WERE FANTASTIC AND THEY DESIGNED TASKS THAT THE WHOLE SCHOOL THOROUGHLY ENJOYED. A HUGE WELL DONE TO THEM ALL FOR THEIR HARD WORK, WE ARE VERY PROUD AND GRATEFUL TO THEM!



WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO REMIND OUR WHOLE SCHOOL COMMUNITY TO PRIORITISE YOUR WELLBEING TOO AND TRY TO TAKE SOME EXTRA TIME THIS WEEK TO FOCUS ON WHAT MAKES YOU FEEL HAPPY AND SUPPORTS YOUR WELLBEING.

HAVE SOME WELL-EARNED 'ME' TIME AND PRIORITISE YOUR SELF-CARE!

