

Wellbeing

Wellbeing Newsletter December 2022



THE AMBER FLAG

PROMOTING POSITIVE MENTAL HEALTH

This year we are working towards our Amber Flag.

The Amber Flag initiative is an initiative run by Pieta House which recognises the individual efforts of primary and secondary schools, youth reach, third level institutions, community groups, clubs and companies to create healthy, inclusive environments that support mental wellbeing.

As part of this initiative and to promote pupil voice in wellbeing journey as a school, we have set up a **student wellbeing committee**. The Wellbeing Committee will work together to help promote positive mental health in our school and help us to think of ways to enhance wellbeing amongst our students. Their job will also be to share our wellbeing focus with each class every month.

Our wonderful Student Wellbeing Committee



Noah & Sophie from 6th Class, Max & Dillon from 5th, Danny & Ed from 4th and Eric & Alex from 3rd Class (Not all pictured)

The wellbeing committee linked in with classes across the school to look at what is going well in our school to enhance pupil wellbeing and what we could work on to improve our overall wellbeing; we will be working on these targets throughout the year.

This month's **Learn Together** value and **Wellbeing Focus** is Kindness.



Strength, courage and power do not exclude kindness, understanding and consideration. You can be strong and kind; you can be courageous and understanding; you can be powerful and considerate." - Linda R. Dominguez

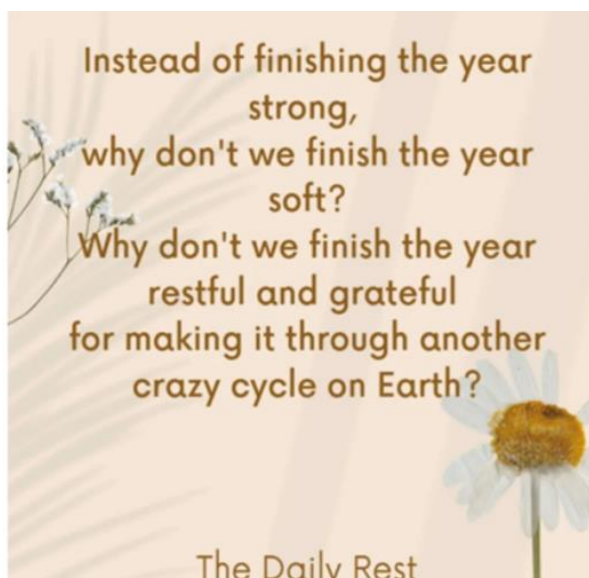
The Wellbeing committee meet each month to discuss our wellbeing focus and then they share ideas across the school by visiting each classroom. Two members of the committee make an announcement on the intercom to share the wellbeing message.

The wellbeing committee came up with some ways we can be kind to ourselves and kind to others and shared these with all of our pupils.



Some of their ideas of how we can practise being kind to ourselves are through continuing to practise our affirmations, doing mediation and yoga, exercising, and my favourite one: *'Be yourself! By being ourselves and not comparing ourselves to other people.'*

Our student Wellbeing committee also shared ways we can show kindness to others and each class came up with lots of their own ideas too of course!



At the end of the day, tell yourself gently: "I love you, you did the best you could today, and even if you didn't accomplish all you had planned, I love you anyway."

@Sketchesinstillness ~ François 2013



Some tips to support your wellbeing during the holidays:
[10 tips for wellbeing this Christmas](#)

Wishing you all peace, health & happiness this Holiday Season.

