Mental Health Awareness Week
Jan 23-27th CC/GC 2017
Seachtain Feasacht Meabhair Shláinte

'Mind Your Mental Health'

MENTAL HEALTH AWARENESS WEEK 23RD -29TH JAN
As we all know, the key to surviving a bad day , a bad week or a difficult time in our lives is being aware of our mental health and knowing little things we can do to improve and maintain a positive outlook on life.

The Student Council , SPHE Dept , the RE and the PE Dept have created a number of events this week which will hopefully raise awareness among students and staff of the importance of caring for your mental health.
This week:
(1) The Little Things posters are displayed all over the school.
(2) Positive thought banners are also displayed.
(3) Religion teachers will organise a 'Random Act of Kindness' in all religion classes so that students get an opportunity to do something nice for their fellow students.
(4) Religion classes/SPHE classes will also focus on mental health /well- being this week.
(5) The Student Council Notice Board contains all info about this week and also useful websites.
(6) Google '1 Minute Meditation'...

1st years - SPHE classes will be brought by their teachers to the area outside the staff room. There they will write their worries on a page and post it into the worry box. Worries are anonymous and will be destroyed at the end of the week. Then each student will be given a piece of yellow ribbon and they will tie it to the tree as a sign of hope.
2nd years - Friday 10-11 Cultúrlann
Michelle and Frankie from Cork Mental Health will present to the year group.
SPHE teachers will run a Mental Health Week slogan poster competition. Winners will be chosen at the end of the week
3rd years - All PE classes will go on a walk during PE classes giving them a break from the normal routine and a bit of 'time out'
TYs -Tuesday periods 5&6 Halla Phádraig
Sylvia O Driscoll Wong from Pieta House, Cork will address the year group
5th Years - Monday periods 5 & 6 Halla Phádraig
Elma Walsh from the Donal Walsh#LiveLife Foundation will address the year group .
6th Years - All PE classes are doing yoga this term
Religion classes will be focusing on ways of minding your mental health
For the Teachers and all staff of Colaiste Choilm
(1) Google '1Minute Meditation ' a number of options on how to meditate in a moment come up ... have a look and maybe do it with your class ,it is a lovely way to begin.
(2)A box with all staff names has been placed in the staff room ...you are invited to pick a name from the box and do a Random Act of Kindness or 2!! for that person during the week.
(3) Yellow is the colour chosen for our Mental Health week so please take some yellow ribbon and wear it to show your support., especially on Friday
(4) Darkness into Light : The Ballincollig Darkness into Light walk will begin and end in Colaiste Choilm on May 6th. Please like and share the Facebook page to keep momentum about it going.
More information to follow in the coming weeks.

YELLOW NO UNIFORM DAY Friday 27th in aid of PIETA HOUSE and The Donal Walsh Foundation