Wellbeing and Positive Mental Health at Old Bawn Community School

In times of crisis like COVID 19, people have instinctively come together to share experiences, show solidarity, listen, understand and help each other. We in OBCS encourage this social support and to date this has proven to be an important factor in our school. Protecting our students, staff and families against the negative impact that COVID19 has had on peoples' mental health is of utmost importance to us.

Integr8

- Journaling
- Artistic Expression
- Personal Skills
- Anger Management
- Social Skills
- Organisation Skills
- Friendship Skills
- Mental Health
- Brand New Me
- Music Therapy
- Mindfulness
- Behaviour for Learning
- Individual Support Programmes
- Treo Nua

- Small Groups

- Referrals from
  - Management Team
  - Parents
  - Year Heads
  - Teachers
  - Pastoral Care Team

- Two – Four Weeks

- Second year of Integr8
- We know it is successful because of positive feedback.
- Teachers too can see the difference with the students in the classrooms.
- Benefits the whole school community
- Happy, confident students who can continue with their learning and engage fully with all that OBCS has to offer.

OBCS Junior Cycle Wellbeing Program

- Physical Education
- Civic, Social and Political Education
- Social, Personal and Heath Education
  - Relationship and Sexuality Education

All of these subjects follow Junior Cycle specifications.

Wellbeing Modules

- Guidance
- IT & Internet Safety
- Music for Wellness
- Mindfulness
- Healthy Living and Nutrition
- Philosophy
- Drama and Expression

In these difficult times we encourage our students to….

- Get fully involved in school life
- Stay Active
- Maintain their hobbies and interests
- Stay connected with family and friends

Minding your Mental Health during Covid 19

Please remember it is important that we are aware of and acknowledge our own emotions. We may, at different stages, be feeling worried, angry, sad, restless, irritable or helpless. Whatever our experiences are, they are valid.

Minding your Mental Health during Covid 19

- ‘an abnormal reaction to an abnormal situation is normal behaviour’ – Viktor Frankl

- Stay connected
- Limit social media usage
- Maintain healthy sleep habits
- Make sure you implement a self-care plan into your daily lives
- Find meaning

A self care plan can help you to enhance your health and wellbeing, manage your stress and maintain a balance in your life

1. Develop friendships that are supportive
2. Write down 3 good things that you did each day
3. Do something that you enjoy
4. Learn to identify triggers to your emotions

1. Keep a reflective journal
2. Make time for relaxation
3. Make time to engage with positive friends and family
4. Engage in a hobby

1. Prioritise close friendships
2. Celebrate events with friends and family
3. Meet and communicate with friends
4. Listen, understand and respect one another

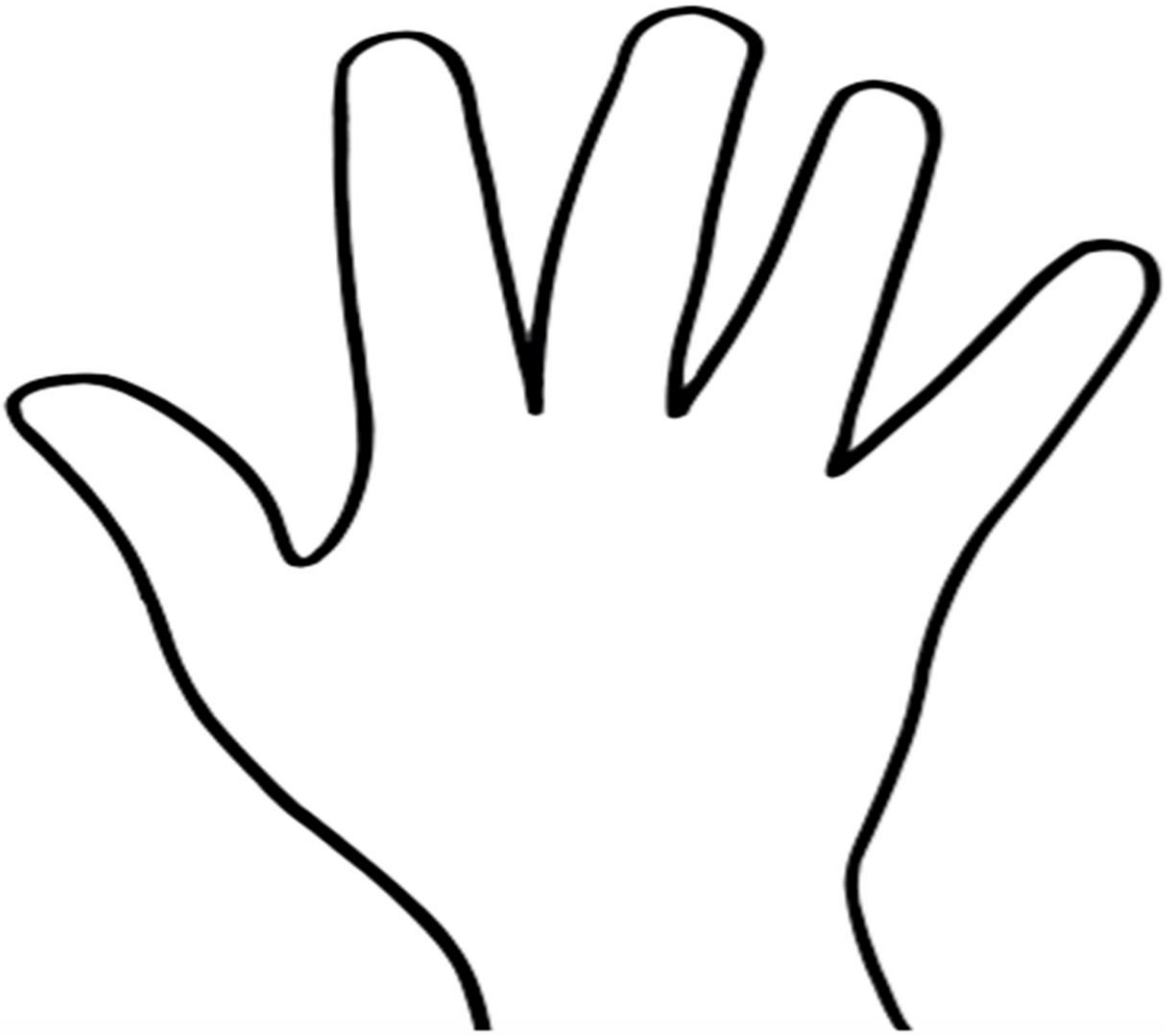
1. Good sleep routine
2. Healthy diet
3. Good health
4. Walk, cycle, gym, dance

1. Engage in reflective practises – meditation, mindfulness
2. Do some yoga
3. Go on nature walks
4. Reflect with a close friend for support

Self care is vital for building resilience towards stressors in life that you can not eliminate.
When you've taken steps to care for your mind and body, you'll be better equipped to live your

BEST LIFE

Create your own Self Care Plan



Support Services

- turn2me.org
- mymind.org
- shine.ie/covid-19
- suicideorsurvive.ie
- helplink.ie
- jo@samaritians.ie
- pieta.ie
- aware.ie
- hospicefoundation.ie
- lgbt.ie
- mentalhealthireland.ie
- grow.ie
- inclusionireland.ie
- exchangehouse.ie
- travellercounselling.ie
- bodywhys.ie
- childline.ie
- belongto.org
- jigsawonline.ie
- spunout.ie
- alone.ie

Any Questions?

- Please email us if you have any questions regarding wellbeing in Old Bawn Community School. We are happy to help in any way that we can.

  - barbaracunningham@oldbawncs.com
  - reginagrenham@oldbawncs.com
  - sarahmullen@oldbawncs.com

Take Care and Stay Safe

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‘What mental health needs is more sunlight, more candor, and more unashamed conversation’ – Glenn Close