

Mental Health Week Schedule October 11th-October 15th 2021

Year Group	Activity	Details
1 st Years	Wellbeing Connectivity- Hand Prints Display in Prefabs	Monday, October 11 th 11.50am 1 st Year Class Tutors. Templates will be provided.
TY	Good Vibes- Positive Quotes	Canteen Screen for the full week Each TY Digital Media Literacy class to prepare a powerpoint
1 st Years & Réiltin	Butterfly Wings Art- Will I Fall? No, you will Fly.	During timetabled 1 st Year Art Classes. Inspired by the artist Kelsey Montague students will create butterfly wing art for display on the Wellbeing Wall.
Whole-School Activity	Intercom Mindfulness	Tuesday, October 12 th Intercom mindfulness at 3.30pm-3.50pm by Michelle
2nd Years	Digital Detox Savour Your Sleep	During timetabled 2 nd Year SPHE Classes
3 rd Years	Growth Mindset Compassionate Self-Talk	During timetabled 3rd Year SPHE Classes
Whole-School Activity	Smoothies at lunchtime	Wednesday, October 13 th at 1.10pm Home Economics Dept
Whole-School Activity	Walk 5,000 Steps Challenge	PE Dept. will lead and promote this initiative during PE classes. Students & staff upload steps walked to the St. Marys Mallow 'Icons of the World' Walk on the free 'World Walking' App.
Whole-School Activity	Meditation & Mindfulness	Full week during Religion classes
1 st , 2 nd & 3 rd Years & Réiltin	Mindfulness Positive Quotes Colouring Competition	Competition open to all junior classes. Colouring sheets will be available from class tutors, who can collect them from the box in the staffroom. They will be displayed on the Wellbeing Wall.
TY	Walk in My Shoes Webinar Staying Resilient-Mind your Selfie	During timetabled TY SPHE Class
Staff	'Food for the Soul'	Wednesday, October 13 th Staff surprise in the staffroom & resources emailed
5 th & 6 th Years	Walk in My Shoes Webinar Nurturing Ourselves with Self-Care	Friday, October 15 th Religion Class 5 th Years 2.30pm & 6 th Years 1.50pm
Whole-School Activity	Funky Feet Competition for Students & Staff	Friday, October 15 th Led by the Student Council Fundraiser for Pieta House €2 per student