Wellbeing Week 4th – 8th February



Events throughout the week for the various year groups.

Monday 4th February

1st Years Classes 1A,1B & 1C Tobar Nua

Workshop focusing on Wellbeing, Happiness and Gratitude.



5th Years - School Digest

The importance of Nutrition with regards to wellbeing. Interactive Workshop with Kevin Garde and Kate McDaid. Library



Tuesday 5th

1st Years Classes 1D,1E & 1F Tobar Nua

Workshop focusing on Wellbeing, Happiness and Gratitude.



Fruit Distribution

Assembly Area courtesy of Parents Council



Internet Safety Day



Wednesday 6th

6th Years Guest Speaker @11.50 Paul Keogan 5th Years Guest Speaker @12.30 Paul Keogan



5th Years Guest Speaker @3.20 Stacey Cannon GAA National Health and Wellbeing Co-ordinator



Transition Year – Guest Speaker – Ms Imelda McHugh– 'Let's Talk Mental Wellness'



Wednesday 6th

Parents – **Guest Speaker** – Dr. Colman Noctor St. Patrick's Hospital: 'Contemporary Challenges to Young People's Mental Health' Assembly Area @ 7.00pm – All are welcome!



Thursday 7th

1st Years Art Competition Winners

All SPHE classes entered a Wellbeing Art competition.

Prizes: Within each class group; overall class winner





2nd Years 'What's in a Label?'

Focusing on the nutritional content of various products & focusing on health implications of diet



Friday 8th

Whole School Rag Day

Wear Orange to promote Positive Mental Health *It's OK not to feel OK*,

and it's absolutely OK to ask for help.



3rd Years 9.30 -11.00 Park Run/Walk Naas Race course 2nd Years 11.15- 1.10 Park Run/Walk Naas race course.

Please make sure to wear comfortable /appropriate footwear as well as a jacket

