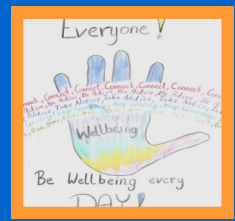


Wellbeing Newsletter

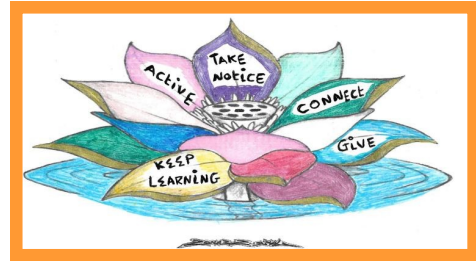
Scoil Iósaf

November 2021



Scoil Iósaf is Looking Forward to Wellbeing Week 2021

Mental Wellbeing is very important to us in Scoil Iosaf. On November 22nd to 26th we are looking forward to celebrating Wellbeing Week. During this week we will be learning about five ways to look after our Mental Health and Wellbeing.



Our First Wellbeing Committee

We are pleased to say that third to sixth classes have elected their Wellbeing Champions. Each champion is a pupil representative with a special responsibility for leading and promoting the wellbeing of the school community.



A Note From Our Committee

"We have had many meetings where we have learned about wellbeing, we have discussed ways to look after our wellbeing, and we have made many, many plans for the future. Our aim is to help everyone in Scoil Iósaf!

We have organised a week to promote wellbeing and mental health awareness in Scoil Iósaf, while raising funds for Pieta. We have lots of ideas and plans for Wellbeing Week and we cannot wait to share them with everyone in the school!!! There is definitely lots to look forward to!!!"

Wellbeing Week

Each day of Wellbeing Week we will promote and celebrate different ways of wellbeing.

Monday 22nd - Connect

Tuesday 23rd - Take Notice

Wednesday 24th - Be Active

Thursday 25th - Keep Learning

Friday 26th - Give (Mental Health Awareness Day)



We will practice mindful activities every morning and reflective activities each afternoon. Each day, each class will participate in activities to promote the daily theme. Also our wellbeing committee have created a reflective journal for each student to continue their 5 ways of wellbeing with someone at home.

If you would like to learn more about what we are doing in Scoil Iósaf visit www.scoiliosaf.ie

Children are asked to wear something inside out on Friday for Mental Health Awareness Day and donate €2 to Pieta.

What is Pieta?



Pieta support people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie