



Rockford Manor Secondary School

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Dear Parent/Guardian,

Our annual Health and Wellbeing week will take place next week. The theme for this week is the “Five Ways to Wellbeing”. The Five Ways to Wellbeing have been used worldwide by young and old to help people take action to improve their mental health and wellbeing. There will be a number of events during the week to promote a greater understanding of health and wellbeing including, in-school Cinema Experience, Gladiator Bouncy Castle Challenges, International Culture Day, Leave your phone away for the day, Meditation, teacher v student Tug O War, Healthy Breakfast Morning, photography competition and much more.

A number of invited expert speakers and workshops in the area of mental and physical health have been arranged for the week. The activities have been designed as part of Rockford Manor’s whole school response to promote health and wellbeing. **To help fund the overall costs of running the events we are asking parents/guardians to contribute six euro to be paid into our VSWARE system by next Wednesday 17th January.** Please see the accompanying information for details of the events for the week.

Kindest regards,

Paul Kelly

Guidance Counsellor

Mental Health Week organising committee: Ms Miriam Howlin, Ms Kate O’Toole, Ms Elisebeth Sinnott, Ms Cathy Keane, Ms Nicki Russell, Ms Laura White, Mr Harry Blackmore, Mr Paul Kelly, Ms Kathy Behan

Positive Mental Health Week Rockford Manor Calendar of Events

<u>Date</u>	<u>Speaker/Organiser</u>	<u>Organisation/Activity</u>	<u>Class and times</u>	<u>Venue</u>	<u>Theme</u>
15 th	Ms Howlin	Whole School Macarena	Whole School Activity Assembly	Sports Hall	Be Active
	Ms Keane	Meditation	1 st 2 nd 6 th years during Ms Keane classes	Oratory	Keep Learning
	Mr Blackmore	International Culture Day	Whole School Activity Lunch Time	Sports Hall	Connect
16 th	Ms Howlin/Ms McLean	Gladiator Bouncy Castle Challenges	L1D and half of LCA Class 1 L1M and half of LCA Class 2 3 rd Years Class 3 TY 1 Class 4 TY 2 Class 5 TY 3 Class 6 Leaving Certs (Lunch Time) 1 st Years Class 7 2 nd Years Class 8	Sports Hall	Be Active
17 th	Alan Gilhooley	Psychotherapist	L1D-9am-10:55am L1M 11:10-13:10	Study Hall	Connect Resilience Self Care Kindness to others
	Lorna Lee	Barnardos Ireland	3rd years 9-10:15 2nd years 11:10-12:30 1st years 13:40-15:00	Study Hall	Connect Cyber awareness/ bullying
	Caoimhe McDonald	Eatwell.ie	Sports Hall 2-3pm 2 nd 3 rd 4 th 5 th LCA	Sports Hall	Self Care
18 th	Ms Smith with help of prefects	Leave your phone away for the day	All Students drop phones in envelopes for the day. Prize awarded for one of these lucky people.	In first class	Take notice
	Gavin J Fleet Community Garda	The internet and the law	1 st and 2 nd years 9-9:40	Study Hall	Learn
	Ms Sinnott and Ms Whyte	Jamming Session	All Students	Music Room	Keep Learning
19 th	Healthy Breakfast Morning	Ms Horkan and Ms Joyce	Whole School activity in Sports Hall 8:20-9:00	Sports Hall	Connect
	Dr Pat Barker	Rape Crisis Centre	All 6 th years 9-11am	Study Hall	Learn
	Mr Kelly	Cinema Experience	All 1 st 2 nd 3 rd 4 th 5 th and LCAs 11:10-1PM		
	Mr Burns	Tug O War Prize Giving	Lunch Time	Sports Hall	Be Active Connect



Rockford Manor Health and Wellbeing Week 2018



WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

