

Visiting Nursing Homes

On **Monday 8th April**, 18 students with Ms. Mc Inerney travelled to Ballynoe nursing home and Glytown care centre to sing Irish folk songs and chat with the residents. We spent many weeks practicing for this and really enjoyed the experience. It was nice to see the residents faces light up when we sang and see the residents clapping and singing along to the songs. Some of the residents danced and sang along with us. The lunch time rehearsals were worth it. It was nice to go and chat and hear their stories and share ours. It was both an emotional and rewarding day. *(Elizaberth, Dita, Louise and Aoife – TY students)*

Practicing in the Reflection Room





The Reflection Room

The Reflection Room was created by the Chaplain's team earlier this year. It is a very comforting space which is welcoming for the students to talk and feel in a safe place. The colours and scents help the students to relax and feel at ease.

It is a place where the students can reflect and take a breather from their busy lives. In the last few weeks during the season of Lent the students have been invited to participate in a Lenten prayer service, where the students have reflected on ways in which they can make positive changes to their lives.

We really appreciate this space and feel refreshed following our time in the Reflection Room.

Elizabeth, Dita, Louise and Aoife – TY Students





On **Tuesday 9th of April** we travelled to the “3 Arena” Dublin, with Ms. Hegarty and Mrs. McNerney. Students from the Wellbeing Committee in GCC (Kayley O’Farrell, Anna Cosgrove, Julieanne Noonan, Allie Savage, Megan Savage, Caitlin Murphy, Alexandra Amani, Rachel Walsh and Laura Lewandowska) attended on the day. We met at Kent station at 6.45 am, an early start. We arrived at the “3 Arena” at 10am. We were welcomed by the song ‘This is Me’ and asked to focus on the lyric ‘I am glorious’. Professor Fiona McNicholas spoke about the importance of developing good habits to look after our mental health, one such habit is to be yourself, in the words of Oscar Wilde, *‘...be yourself because everyone else is taken’*.

We learned that anxiety is not always a bad thing for young people. It can be a motivator, especially around time of exams and assessments. However if anxiety prevents your day to day activities, it is important to speak to a trusted adult or friend. Another man spoke about the importance of love in our lives,

‘Love never fails’.

As he spoke about his personal life experience of losing his wife and how he overcame his suicidal thoughts through love from his family, friends, the church and the Samaritans. His advice to us was,

‘Hold onto that day, tomorrow might be a better day’.

We were reminded of how we clean our teeth daily and so we should put as much care into our mental health as our dental health daily. We can strive to do this through talking, volunteering, eating well, exercising, having an attitude for gratitude, and face to face conversations. One of the moments that really stuck with us after the day with us was that:

“Life is like a camera

Capture the moment

Develop from the negatives

If it does not work out, take another shot!”

We really enjoyed our day, and we are very grateful for this opportunity to attend the Cycle Against Suicide Congress. *Report written by Kayley O’ Farrell (Rang Diarmuid)*



As part of this weeks Big Brother Big Sister we had our end of year trip to Planet Entertainment for a morning in eachothers company bowling. A great time was had by the entire group. Teams of six played together and fostered an atmosphere of fun, respect, enjoyment and a little bit of healthy competitiveness was also witnessed. BBBS would not be able to operate without being facilitated by Foroige and Mr Brian O Toole who gave of his time each week aiding the development of real friendships between the big brother/sister and little brother/sister. A very big thank you to Brian and a very heartfelt well done to both Class Cliona (TY) and Class Aoife (1st yr) for working so well together all year. (Ms E. Gilbert & Ms M. Mc Inerney)



On Friday 12th April GCC ran a cake sale in aid of Darkness Into Light 2019. The student wellbeing committee worked very hard to organise and run this event for both staff and students. The student and staff community were fantastic in their support of this event. Thank you to all who brought in cakes and supported the donation bucket.

(FROM THE DIL COMMITTEE)

Anna Cosgrove,
Kayleigh O Farrell &
Jade Star Murphy in
the "C" Block



Oisín Hedderman, Alexandra Amani
and Sean Soden in the "B" Block