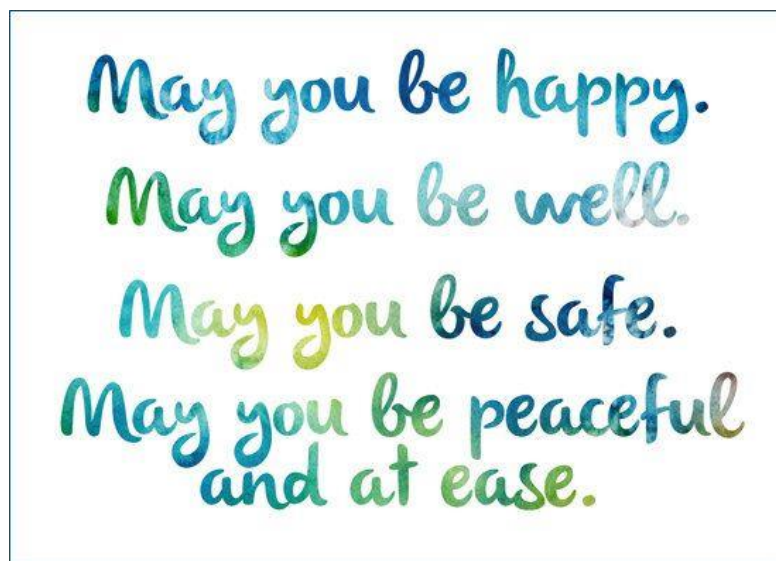


To all our students, staff, parents and guardians, welcome to GCC's

Virtual Wellness Space.



gingerbluestudios.com

This page will be updated weekly and we hope you may find something of interest here that will help you through the next couple of weeks.

Marie Mc Inerney

Chaplain, Glanmire Community College



Throughout these unprecedented times, daffodils remind us that brighter, longer days of summer are coming. As we stay at home, it is our way of standing with our loved one, friends and strangers who can't protect themselves without your help. Even though we are cooped up in our houses, it is our way of standing in solidarity with each other, we can and we will get through this time. It's been challenging adjusting to our new routine, for students, staff, parents and guardians but we are all in the same boat and we are supporting each other while social distancing. It is important to keep in mind self-care and connections at this time, staying in touch through video call, texting or even participating in live streaming exercise sessions with people from all over the world. While it is important to keep on top of your school work, it is

important to mind you. Below are some tips and links that you many find useful.

1- Stay Active



<https://www.youtube.com/watch?v=Rz0go1pTda8>

PE with Joe

Joe is *The Body Coach* from the UK who has kindly offered his skills to post a live P.E. lesson at 9 am Monday to Friday, if 9 am is a little too early, the videos are available on you tube for you to use later in the day. During this time of school closure, it is so important for all of us to stay active and look after ourselves, after this workout you will feel more energised and as you all know, exercise lifts the mood. Be part of the global community, almost 1 million people streaming the class live.

2- Stay Healthy



Tips on staying well during the time of school closure:

- 1- Limit your time watching and reading the news, pick your times to check in with news updates, only check in with reliable sources such as www.hse.ie, RTE news, Virgin Media news.
- 2- Look for information that is positive and uplifting, notice the good and acknowledge that which is good.
- 3- Focus on what you have control over, accept the things you cannot change.

- 4- Create your own timetable and routine for the day, plan this the night before so you are ready to start your day after your breakfast.

- 5- Get exercise – out for walks in fresh air, keeping social distancing, using the wonderful resource YouTube for workouts for indoors, you will feel more energised and focused after exercise.

- 6- Eat a well-balanced diet

- 7- Sleep – Stick to a routine, an old saying 'An hour before 12 is better than 2 after'. Limit screen time before bed, practice a meditation and/or pray before sleep.

- 8- Breath.....Take a deep belly breaths (in through the nose for 3 seconds and out through the mouth for 6). The longer outbreath helps slows down any feelings of anxiousness.

3- Get Creative



Will Slyney - Cork artist's online art initiative started as a response to the coronavirus shutdown and has become a social media hit. Will Slyney, who has drawn Spider-Man for Marvel and now works on their Star Wars comics, has started the [#wewilldraw](https://www.youtube.com/watch?v=0GnC1g1-uHw) challenge. He has been inundated with pictures of superheroes and cartoon characters ever since and would love some entries from the students of GCC. Please keep all your art work as we will have our 'School closure Art Work Display' in GCC when our school opens again. Please email your art work and it will be displayed here next week: marie.mcinerney@glanmirecc.ie

You can see more here:

<https://www.youtube.com/watch?v=0GnC1g1-uHw>

Follow Will #wewilldraw on twitter and youtube. You never know, you may even draw for Marvel yourself someday!!



4- Let's Sing, Play or Listen



Music lifts our spirits and mood. Have a listen below to the Couch Choir, it is a great example of how we can be creative while keeping social distance but still connected.

<https://www.youtube.com/watch?v=HezxlnuN1YA&feature=youtu.be>

Couch Choir - (They Long To Be) Close To You



5- Be Mindful

Mindfulness helps train your attention to be more aware of what is actually happening, rather than worrying about what *has* happened or might happen. Here is a short video to explain the benefits of mindfulness:

<https://www.youtube.com/watch?v=mjtfyuTTQFY>

Mindfulness Animated in 3 minutes



Try this - 13 Minutes Body Scan Meditation For Teens and Adults/ Mindfulness For Children

<https://www.youtube.com/watch?v=0GnC1g1-uHw>

6- Let's Cook

It is very important to have a healthy diet and cooking for ourselves and our family at this time. This will help us stay healthy and well. See the Safe Food website for tips on how to eat well.

<https://www.safefood.eu/Home.aspx>

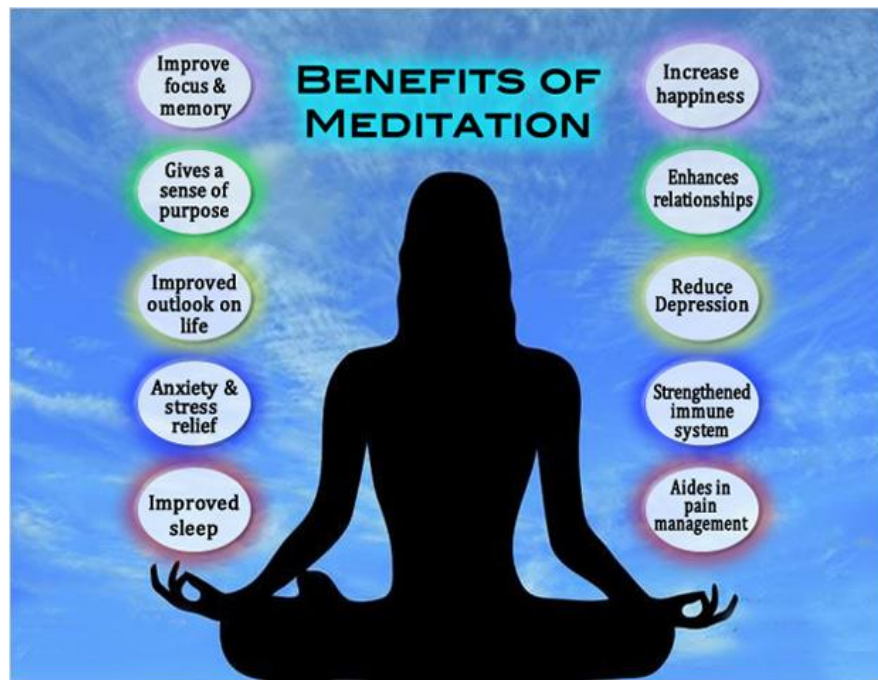
Try a new recipe and share with us for next weeks update.

Email marie.mcinerney@glanmirecc.ie with your recipe ideas.

Let's get
COOKing

7- Meditate

Meditation can help us through this time of school closure, finding a quiet area of the house, dimming the lights, getting into a comfortable position and letting the mind settle. See below for the benefits of Meditation.



Click here for 6 minutes of calm and reflection,

<http://animoto.com/play/EMe1Jcbgv2DmcVRL5ZyEMQ>



8- Time to Reflect

John O' Donoghue gives us Something to think about

This is the time to be slow,

Lie low to the wall

Until the bitter weather passes.

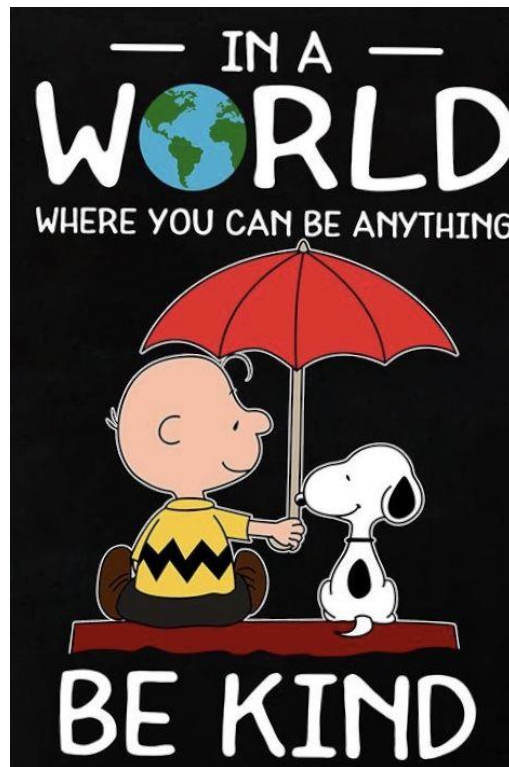
Try, as best you can, not to let

The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

JOHN O'DONOHUE

Excerpt from his books, *To Bless the Space Between Us*

9- Be Kind



Throughout this time, it is important that we notice the kindness in others and the kindness we demonstrate ourselves. Our Taoiseach Leo Varadkar in his address to the nation asked us to 'ask our parents/guardian what we can do to help them once a day'. You are invited to share your goodwill gestures and that of others as we go through these challenging times so we can we inspire each other. Please email marie.mcinerney@glanmirecc.ie and these will be shared next week.

10- Prayer 🙏

Lord Jesus, you travelled through towns and villages curing every disease and illness. At you command, the sick were made well.

Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Help those who are sick with the virus. May they regain strength and health through quality medical care, heal us from our fear. Stay be our side in this time of uncertainty and sorrow. Be with the families of those who are sick or have died, as they worry and grieve, protect them from illness and despair. May they know your deep peace.

Be with the doctors, nurses, carers, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in this process. May they know your protection and peace.

Be with the leaders of so many countries as they make difficult decisions for the greater good. Be with us in our homes as we try to keep safe. Soothe our worried minds and keep us calm. Protect us and wrap us in your loving care today and everyday.



We make our prayer through Christ Our Lord.