

*Hi to everyone in our GCC community,*

I hope you and your families are well at this time, over 3 weeks have passed now since we have been in school and we find ourselves in a situation where we need to take each day as it comes, trying not to think too far ahead. This is not always easy for us but we can make the most of this time with our families and find value in the stillness that appeared in the usual busyness of our lives. We want you to know we are here to support you. We pray for all the health care and frontline workers and for all who have been bereaved that they may be consoled.

Understandably it is a worrying time and the need to support each other is great, but remember our community and friendships are strong. Keep up online connections, look out for others and access support while following HSE guidelines. As we hope for the return of normality, we trust in the Lord that just as the sun rises each morning against the dark of night, this darkness will too pass. Below are a number of reflections and thoughts that you may find useful in the coming days.

May you be safe, may you be well and may you be at ease with stillness.

*Ms. Mc Inerney*

*Chaplain*



As we approach a very different type of Easter break, congratulations to students, parents, teachers, guardians and our wider school community for making it this far.

The Easter Holidays might be an opportunity for us all to rest and recharge. A time for self-care, get exercise, enjoy a cup of tea, calling a friend, spending time with family. It is these close connections that will keep us grounded in the coming weeks. Reach out, if you have enough fuel in your own tank, and make connections if you notice someone else is finding things difficult. You never quite know how much it might be needed.

*Take this time to rest and refuel*



Our frontline workers are working for us, they are risking their lives for you, here is how we can show our support for them.





The residents in our local nursing homes need your help. You can brighten their day by sending a letter, writing short story or drawing a picture of flowers, pets, Easter theme etc. that would add a little cheer to their day. Please email:

[wearethinkingofyou2020@gmail.com](mailto:wearethinkingofyou2020@gmail.com) and I will pass on your good wishes and work to the activity coordinators.

Thank you, *Ms. Mc Inerney*

### Acts of Kindness

A huge thank you to all the work that has been done by our community as we come together to help each other. Below are just two examples of how we are helping each other through this time.

#### Let's bring a smile....

A Cork postman is cheering up locals with his new uniform!



The '**Club Together**' initiative is supported by the GAA, Supervalu and Centra. GAA clubs are calling on their members to join local task forces to help the elderly with everything they need through the crisis.



### We can all help...

Below is a short video to remind us of the importance of **washing our hands**, as we stay at home.

<https://www.youtube.com/watch?v=IsgLivAD2FE>

Below we are reminded by our sporting stars to .....

### Unite by Staying Apart

<https://www.youtube.com/watch?v=e9JjeUkZU8>

### Stay Active



<https://www.youtube.com/watch?v=faE7889AlaU>

PE – with Joe

New lesson every morning, great way to start the day.

### Lets's Sing



Remind ourselves again what makes you happy.



GCC Well-being Video  
100 Like Me [#focusonyou](#)

<https://www.youtube.com/watch?v=VLg1So5vdDo&t=7s>

## Be Mindful



The Smiling mind app has been designed to help every mind thrive and to provide accessible tools to support healthy minds.

**Thrive Inside** is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind. Download the app today, give it a go.



## Holy Week and Easter Ceremonies on RTE

Palm Sunday - 5<sup>th</sup> April 11am

Holy Thursday - 9<sup>th</sup> April 16.40

Mass of the Lord's Supper

Good Friday – 10<sup>th</sup> April 15.00

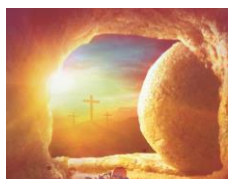
Solemn Liturgy for Good Friday

Holy Saturday – 11<sup>th</sup> April

Bishop Tom Deenihan, celebrates the Resurrection of Christ

Easter Sunday 12<sup>th</sup> April – 10.00

A Eurovision Mass from Paris followed by Pope Francis' Easter Message



## Let's Cook with Jamie Oliver

Jamie Oliver's new TV show:

### Keep Cooking and Carry on.

In these times when it's difficult to get some products, Jamie shares some hints and tips and swaps.

[#KeepCookingandCarryOn](#) Catch up on all of Jamie's shows in the UK on <http://channel4.com> [#stayhome](#)



## Explore SPUNOUT.ie

Have a read through [www.spunout.ie](http://www.spunout.ie). Lots of hints and tips to help us through this time of staying at home.

<https://spunout.ie/news/category/covid-19>

## Reflection

"Did I offer peace today?  
Did I bring a smile to  
someone's face?  
Did I say words of healing?  
Did I let go of my anger and  
resentment?  
Did I forgive?  
Did I love?"  
These are the real questions."  
- Henri Nouwen