**In October, Saint Patrick’s Cathedral joined the Cycle Against Suicide Programme which is an evidence based programme and** is designed as a whole school approach to mental health. It supports mental health education in schools, reduces stigma, promote resilience and fosters a sense of belonging among young people.

**Our schools’ programme, HEADSTRONG**, can be used as part of our school’s self-evaluation process (SSE) in the area of wellbeing. This programme also promotes the Indicators of Wellbeing in Junior Cycle: Active, Responsible, Connected, Resilient, Respected, Aware.

To begin the programme a committee was formed through an open invitation to all year groups within the school to gain a wider shared vision and goal for all groups. Once the committee was formed, working alongside our school liaison team-Ms. Patricia Harrington, Ms. Tyrell and Ms. Kennington and SPHE teachers, we identified compulsory themes and optional themes that we wanted to cover within our school. The committee were provided with training and a task in order to carry out their duties with clear goals and aims of the programme.

Themes such as Anxiety and where to look for support within our school community was the first topic covered. First years were the target group here and with the assistance of the Mentors, a pastoral tour was organised. Junior SPHE teachers along with the committee covered the topic of Anxiety and ways to cope with different strategies. The guidance counsellor explained the service within the school and how to make an appointment.

Bullying and Cyber Safety was the next theme to be covered and the Committee organised a slogan competition and a rhyme activity to help remember how to stop bullying and prevent it within the school community. This tied in with the Anti-Bullying week held within the school by Ms. Sweeney and students gained a lot of knowledge and tips.

During LGBTI+ week the student council and the committee worked together on highlighting awareness around stand -up week. A whole school approach happened during that week, while engaging in quizzes, terminology and participating in a rainbows jumper day with money raised going towards BELONGTO.

SPHE classes and the committee continued to raise awareness throughout the remainder of the year online through remote learning activities and during the phased returned. Online activities were used from the e-learning platform by cycle against suicide and the inspiration of our team. The remaining themes of Resilience, Self-Image and Cyber safety were covered with a variety of workshops, a talk from Paula O’Connor and a visual board of Instagram V’s Reality to highlight positive self-image and self-talk.

Our team promoted this programme through various platforms and gathered huge support in the aim to win the award for the school. Celebrities from RTE, Radio 1 and Psychologists recognised the hard work of the team and committee and wished them every continued success for the future. The school was awarded the Kings Inn Award in May and representatives from the Team have been invited to the awards ceremony in September to claim this award in Kings Inn. Well done to a hardworking and determined team on all your hard work over the year! You have made the school very proud of all your iniatives!