



COMPLUSORY THEME / OPTIONAL THEME

TITLE OF THEME: Mindset and Self Image

SCHOOL NAME: Saint Patrick's Cathedral Grammar School

Down through the ages, no matter what the crisis, no matter how bad it got, the sun continued to rise."



Dear 6th year student,

We at Saint Patrick Cathedral Grammar School understand that this is a difficult time for you. We want you to know that we are behind you every step of the way. We believe in you. The road ahead may feel daunting, but it is one we must travel. There is no doubt times are tough but so are you! You may not be able to control this situation, but you are in charge of how you respond to it.

The Leaving Cert class of 2021 will emerge from this as stronger individuals. We at SPGS are resilient and we can overcome this. Remember nothing is impossible, even the word itself says I'm possible! Sometimes obstacles are part of our success.

When this is over, may we continue to be more appreciative of the simple things in life.

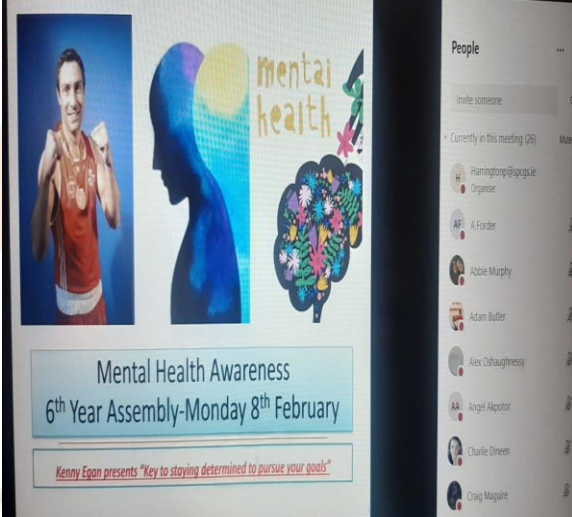
Keep your eyes fixed on the horizon; there are better days to come!

A little gift especially for you...

- Tea - to have a relaxing cuppa.
- A highlighter - to remind you that your future is bright.
- Buttons - because you are as bright as a button!
- A candle - to remind you that there is light at the end of the tunnel.
- Coffee - for when you need a boost.
- Love hearts - to remind you that you are loved.
- Starburst - for when you need a burst of energy.
- Smarties - to remind you how clever you are.
- A paperclip - to help you hold it all together.
- A pebble - when times appear hard, remind yourself of how far you have come...
- A Party Popper - which you can pop when the exams are FINALLY over!

IMAG

E 1



Mental Health Awareness
6th Year Assembly-Monday 8th February

Kenny Egan presents "Key to staying determined to pursue your goals"

People

- Invite someone
- Currently in this meeting (20)
- Raminator@spgs.ie Organizer
- A Forster
- Abbie Murphy
- Adam Butler
- Alex O'Shaughnessy
- Angel Algotov
- Charlie Dineen
- Craig Maguire

WHAT WE DID: Resilience and Mindset Assembly for Form 6 and a welcome back pack with encouragement and a boost for exams!

HOW WE DID IT: The committee, Form teachers and members of the Pastoral care team organised Kenny Egan for some inspiration and how to build resilience during a 6th Year assembly class. This allowed students to reflect and interact with coping mechanisms on how study.

On return of our exam years to school-We arranged a goodie pack to be delivered with some words of inspiration and encouragement!

ADDITIONAL COMMENTS:

The 6th years really interacted with Kenny Egan and his words of structure and how to deal with setbacks were very realistic.

The students loved the welcome back packs!