

Links to resources :

Photography walking Competition

[https://drive.google.com/file/d/1QkP\\_ZCcoGG8S-r9sevfNIOj9MMMydDkhN/view?usp=sharing](https://drive.google.com/file/d/1QkP_ZCcoGG8S-r9sevfNIOj9MMMydDkhN/view?usp=sharing)

SID presentation

[https://docs.google.com/presentation/d/1WnPv1WwHCyVP7\\_HeCACHIYjpXxbNLUFWqtamnnlkJ-g/edit?usp=sharing](https://docs.google.com/presentation/d/1WnPv1WwHCyVP7_HeCACHIYjpXxbNLUFWqtamnnlkJ-g/edit?usp=sharing)

Virtual wellbeing classroom

[https://docs.google.com/presentation/d/1TGSMISU-MbcgGKAPf\\_KemrgnGB8O5IYBjgDi5Na5FpQ/edit?usp=sharing](https://docs.google.com/presentation/d/1TGSMISU-MbcgGKAPf_KemrgnGB8O5IYBjgDi5Na5FpQ/edit?usp=sharing)

Virtual 12 days of wellbeing

<https://docs.google.com/presentation/d/1Y1H1qNU0kv7rmwgFpvd3S9jWYZMWtPLX0SjaYIzSApQ/edit?usp=sharing>

Short film on staying connected

<https://drive.google.com/file/d/1Bc5UjX0dlkJlaDBn692xCOpMnFo2TmZf/view?usp=sharing>

Posters below showing evidence



glorraiann  
rang  
bóthar

glorraiann  
beirt  
bóthar





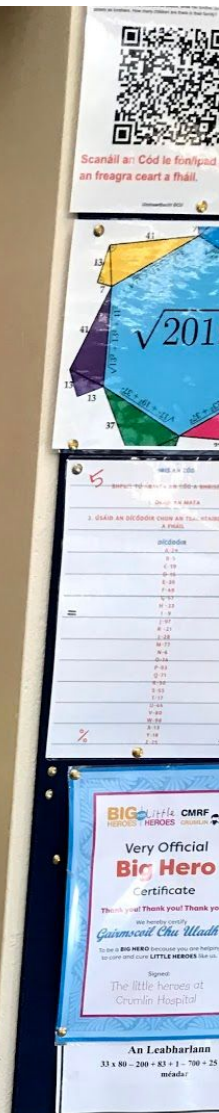


*Cuireann an Coiste Sláinte i láthair*



*Rogha 300k nó 500k i 15 seachtain*  
*Iontráil : 10 euro an duine*

*T-léine Cuimhneacháin*









Seachtain NASCACHTA GCU

**DÉ LUAIN :**  
**FÍSEÁN AG AN TIONÓL**  
**LÁ NA STOCAÍ CORRA**

**DÉ CEADAIGIN:**  
**ZUMBA TAObh AMUIGH**

**DEARDAIGIN:**  
**SCANNÁN NASCACHTA**

**DÉ HAoine:**  
**TRÁTH NA GCEIST**  
**IDIR RANGANNA**

**CHOMH MAITH LE**  
**COMÓRTAS PING PONG**  
**CEOL I RITH AN LAE**  
**COMÓRTAS JUST DANCE**  
**NASCACHT IN OSPS**  
**COMÓRTAS NA DOIRSE A MHAISI**





Bigi Cineálta

Google





# DUSHLAN NA CÁSCA GCU



**7 SEACHTAIN**

**ROGHA 300K NÓ 200K**

**15Ú FEABHRÁ - 4 AIBREÁN**

**Nua an t-am seo\*  
Rogha imeachtaí aclaíochta a  
haistriú go kms**

Our school has a very active Healthy Schools and Wellbeing committee. This year our main focus was 'connectedness' and helping the school community stay connected behind their masks throughout covid.

Here is a list of activities organised by our committee to help the school community through COVID

1) Connectedness week - each year group coordinated by year head and class teacher had to design their own door based on the theme 'Connectedness/ceangaltas'

2) A whole school quiz took place over the intercom

3) Odd sock day - each pupil brought in a sock which we made a bunting of and hung up in main foyer

4) Each class made a short film based on COVID and staying connected promoting mental health through this time

5) As well as this the committee organised Walking week in September and had prizes for the best photographs from their walks

6) Go Raibh maith agat day in December saw the committee encourage the school community in celebrating the staff and students - the committee had a sweet and a tahnkyou note on all staff desks and a pupil from the committee read out a thank you at the start of tional. Each committee member also got all the pupils in their class to sign a thank you card to teachers



7) GCU winter 500k/300k challenge saw the committee organise a 15 week challenge whereby the entire school community were encouraged to run/walk 500k/300k over 15 weeks with a t shirt at the end 120 participant took part in this whereby they emailed results in every sunday night and a motivational message with weekly update was returned from the committee

8) Safe internet day the theme this year was online wellbeing- the committee put a presentation together and also created jambaords which all year groups had to fill re their online etiquette / code

9) A Virtual Wellbeing room was created whereby pupils could go if feeling stressed