



Larkin Community College
Coláiste Pobail Lorcáin



Welcome to your second Larkin Community College Wellbeing Newsletter. This resource has ideas and suggestions which you can use to support your wellbeing and that of others during this time.

Thank you again to Pádraig Meredith and Holy Faith Community School Dublin for this excellent Wellbeing newsletter template and content ideas.

The Larkin Community College Wellbeing Newsletter uses the NCCA's Indicators of Wellbeing to explore how to support your wellbeing. The indicators are:



• This week the Newsletter will focus on three indicators: **RESPONSIBLE**, **RESPECTED** and **RESILIENT**.

• The resource is divided into three sections, one for each indicator, and at the end of the Newsletter, you will see a message from your Principal and a weekly reflection.

Update: AWARE: Check out these relaxation techniques: https://68678a77-2dd4-4fcc-98e6-b6a1a2e2a512.filesusr.com/ugd/ff339f_bf4e996492fe4ad886e362b126b92362.pdf

Kind regards from Máire O'Higgins, Chaplain and Siobhan Mc Kenzie, Programme Coordinator, Larkin Community College.

RESPONSIBLE



A lot can happen in a week. The HSE has announced that there have been 46 deaths in Ireland as a result of COVID-19. 2,640 people have tested positive for the Coronavirus. This is really sad. However thanks to the Irish people being **RESPONSIBLE** and doing what we are told, this number has not risen out of control. In our own school community, we know of two people have tested positive. May they recover well. There will be many more. It could be you or I. If you are currently unwell with Covid-19 and self-isolating, you are not alone. The Larkin Community College community is with you.

There have been two deaths of family members from our school community in the past week. May they rest in peace. We are thinking of you.

We know that this time is tough for all of you. In order to help in these changing times, we recommend that you create your own structured plan for your day. Stick to your plan as best you can. If you are sharing devices with someone else in your home, work out a schedule between you. Take breaks from on line learning and social media and do some exercise. Eat well. Arrange times to chat with your family.

We hope you remember that this time is tough on those who are living with you and taking care of you as well. So we're asking you to ask your parents / grandparents / guardians at least once a day what you can do to help them. Call your grandparents if they are somewhere else, and try not to fight with your brothers and sisters.

Some of you may still be tempted to meet up with friends in groups. If you do this you are putting vulnerable people's lives at risk. Let us remember the Taoiseach's message to us all:

"The whole world is suffering during this pandemic, and Ireland is no different.

What happens now is up to each one of us.

Show your support to our healthcare staff.

Show your support for everyone who is working in essential services
or looking after our vulnerable citizens.

Show that you care for your families and friends.

Stay at home".

"Tá an domhain iomlán ag fulaingt agus níl Éireann difriúil. Is ar gach éinne anois cad a tárlóidh. Taispéain do chuid tacaíocht d'oibritheorí sláintiúil. Taispéain do chuid tacaíocht don seirbhísí riachtanach agus daoine atá ar lag/chuidiú. Taispéain do bhféicfidh tú i ndhiadh do chlainn agus do chairde."

Fan abhaile."

RESPECTED



Listening is one of the greatest gifts we can give each other. We all know when we have spent time with someone who has really listened to us. We feel heard and **respected**. It's not easy to truly listen to each other. We are often thinking of what we want to say next, once our friend stops talking! We can sometimes be distracted by what's on our phone and we end up half listening. Truly listening takes time and patience and courage. Sometimes we can be afraid of the silence that occurs when we are truly listening. The Irish poet John O Donohue

reminds us of the power of truly listening.

"One of the tasks of true friendship is to listen compassionately and creatively to the hidden silences. Often secrets are not revealed in words, they lie concealed in the silence between the words"

When we truly listen, we are **respecting** our family and friends. Here's a challenging question for many of us...

In the same way that I can truly listen to my family and friends,
can I truly listen to myself?

Music can help us to develop the skill of listening.....Enjoy Aretha Franklin's **RESPECT**
https://www.youtube.com/watch?v=SAI_Nv3qWto

Self-respect comes from being able to truly listen to ourselves. It means taking the time to be with ourselves. It means being patient and courageous with ourselves. In this listening space that we create for ourselves, we hear how we really are. We can grow in confidence and love of ourselves when we do this. When we treat ourselves this way we grow in our sense of self-respect.

Here are 4 Top Tips to help you to practice Self-Respect this week:

1. Don't settle for less than you deserve - say to yourself...
'I am better than no-one and no-one is better than me'.
2. Get in touch with who you really are - enjoy this short mindfulness animation...

How mindfulness empowers us <https://www.youtube.com/watch?v=vzKryaN44ss>

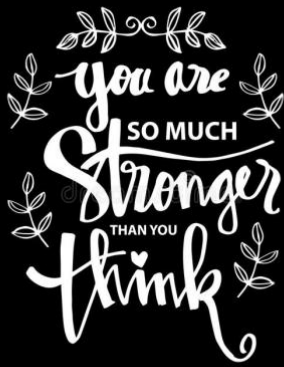
3. Take good care of your body - try these exercises every day...
PE with Joe Wicks <https://www.youtube.com/watch?v=qGKGNzNbWjU>

4. Exercise and inspire your mind - check out this article on the 40 best books to read...
<https://t.co/YpjxSkhzLx?amp=1>.

RESILIENT

This is a great song from the group Chumbawamba...

"I get knocked down, but I get up again. You're never gonna keep me down". <https://www.youtube.com/watch?v=L0DkVkpaVQA>



RESILIENCE is our capacity to get up again, to recover from difficult life events. It is our ability to be able to bounce back when things go wrong and know what to do in the future when things go wrong again. **Resilience** means knowing how to cope in spite of setbacks, or barriers, or limited resources. **Resilience** has to do with our emotional strength. When thinking about **RESILIENCE** the question we should ask ourselves is:

Do I believe that I have the coping skill to deal with life's challenges?

Life's challenges are often associated with change. Covid-19 has changed our lives in dramatic ways in a very short space of time. Covid-19 challenges our **RESILIENCE**". What if we accepted these huge changes in our lives as an opportunity to build our resilience? What if we could build our resilience through play? Pádraig Meredith from Holy Family Community School reminds us that as children, our ability to be creative and to play taught us how to cope with stress, how to problem solve, how to enjoy life, and build our capacity to be **RESILIENT**. When we practice creativity and play, our thinking expands and our connection with both ourselves and others deepens.

According to the psychiatrist Stuart Brown there are eight different types of "play personality" and no matter what age you are, you fit into one or more of these categories (Brown, Play, 2010): Dr Brown based these play categories on animal and human natural behaviours.

- **The Joker:** Makes people laugh, plays practical jokes.
- **The Kinaesthetic:** Loves to move, dance, play sports, hike, etc.
- **The Explorer:** Meets new people, seeks out new experiences
- **The Competitor:** Loves all forms of competition, loves to keep score.
- **The Director:** Has fun planning and executing events and experiences.
- **The Collector:** Enjoys the thrills of collecting objects and experiences.
- **The Artist/Creator:** Finds joy in working with their hands or making things.
- **The Storyteller:** Uses their imagination to create stories.

Think about these questions:

1. What is your most dominant play personality or personalities?
2. Think of a couple of examples of how you demonstrate this personality?
3. Which play personality would you like to explore?
4. Think of your close friends. What are their play personalities?
5. How do you think your "play personality" helps support you to be **RESILIENT**?

Practicing mindfulness can also help support your **RESILIENCE**. These 2 free apps can be helpful in reducing stress and anxiety.

- **Breathr:** a simple mindfulness app for young people.
In our opinion..... Simple, short exercises and lovely graphics
- **Smiling Mind:** This is a free Australian app which focuses on encouraging you to complete 10 minutes of mindfulness per day. The app also has a space dedicated to young people.
In our opinion.....a bit awkward to navigate, worth it, really useful and creative!



A message from our Principal Thomas Usher. We want to take this opportunity to share our deep appreciation, admiration, and support for everything our school community is doing as we respond to the current challenges. Ireland is taking the best advice and putting in the most advanced measures to contain the spread of the virus so you are in one of the best places in the world right now. We are all in the same situation where we cannot spend time with people outside of our households. Although we cannot physically hang out with other people, we are lucky to have access to the internet and to be able to message and video call people whenever we want. Please maintain some structure by completing work assigned by your teachers. Try chatting to your friends, classmates and communicating with your teachers as you would do normally in school. All your conversations do not have to be school or exam- related and it can make a difference to other people's days by asking them how they are and how they are finding the current situation.

Larkin Community College will continue the online delivery of its programmes through the Virtual Learning Environment via Edmodo and Office 365. The College is dedicated to ensuring that students are enabled to continue their programmes through the various online tools which are in place and all student support services remain available during this time.

If you are having difficulties with the online learning platforms, please contact larkinupdates@lcc.cdetsb.ie.

Even though our school is physically shut, please remember that Larkin Community College is open during school hours: 8.40am to 3.30pm Monday, Tuesday, Thursday & Friday. 8.40am to 1:10pm Wednesday. Remember, no-one is alone in this situation and we will all get through it as a united college community.

