Wellbeing Week

2024

October 7th – 11th





Duct Tape

Would you like to help Mr Geary go from

This to This?



Wellbeing Week 2024 Fundraiser

> €1 a strip/ 3 for €2

All money raised goes to charity



Friday October 11th

1pm in the GP area









Thursday October 10th World Mental Health Day.

What?

Wear a jersey of your choice over your uniform and €2 will be collected by your tutor







All money raised goes to this year's chosen charity

This year's chosen charities









How well do you know the staff at BCS?

Who plays tennis?
Who hikes?
Who does yoga?
Who farms?

Take part in our Mindful Match-up

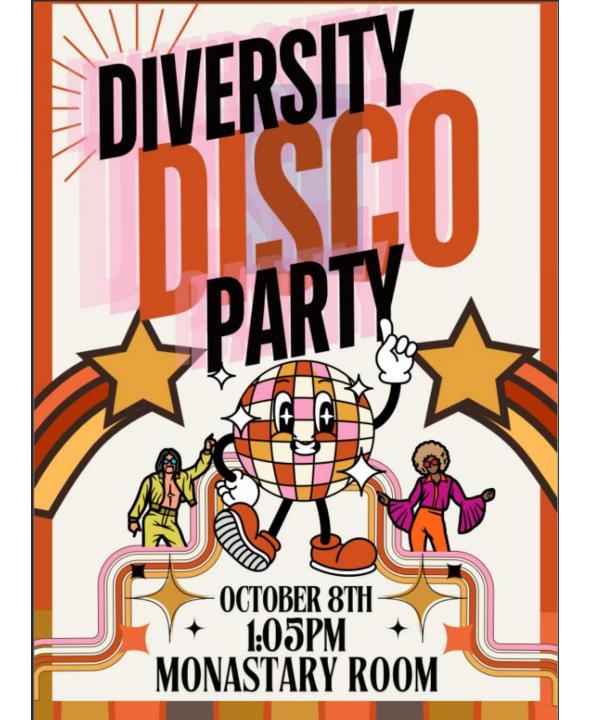
Pick up an answer sheet from the wellbeing board/outside B5/ at Tina's office/ download from the app.

Match the staff members to their mindful activities and return it to the box in Tina's office or email to catherineahearne@blackwatercs.com

3 prizes up for grabs

Balance Balance Constitution Boundary Balance Constitution Boundary Boundary Boundary Boundary Belf-care Contentment Nutrition

All answer sheets to be returned by Thursday October 10th





Weeklong and in class activities

- Worry box Outside Katriona's Office (Corridor A)
- 1st year SPHE Mental health presentation
- 2nd Year SPHE Mental health tips
- 3rd Year SPHE Positivi-tea
- 1st 3rd Year CSPE Focus on Antibullying
- 1st Year Religion Anti bullying module
- 1st Years Tea with Tutors
- Senior Cycle Religion Cuppa & Boardgames
- 6th Year German Kaffee und Kuchen am Freitag
- 6th Year Mentoring Round 1





What's happening?

Random Acts of Kindness

1.15 - B16 - Just Dance - 2nd Years

1.15 – Upstairs in the Gym – Junior Spinning

1.15 – B5 – Mindful Colouring - All Students

OCTOBER 7TH



What's happening?

1.05 – Monastery room – Diversity Disco Party – All Students

1.15 – Astro Turf - Tug of War – 1st Years

1.15 – Upstairs in the gym – Senior Spinning



What's happening?

OCTOBER 9TH

Walk on Wednesday – As part of National Walk to School Week we are encouraging everyone to meet at the Community centre at 8.15 and walk to school

Drop & Colour - Bring your colours to all classes

Special guests – Fíora & Penny

Best of luck to everyone getting their Junior Cert results today

World Mental Health Day



What's happening?

Small Break – Free Fruit Cups
Outside the Home Ec rooms on
corridor D

Fundraising

Jersey Day – Wear a Jersey of your choice over your uniform. €2 will be collected at tutor meeting.

1.15 – Astro Turf - Tug of War – 2nd & 3rd Years

TY Hike - Mellery - Lismore

Period 4 – Raising the Amber Flag



OCTOBER 11TH

Fundraising

Lunch time in the GP area -

Duct Tape a Deputy €1 a strip of tape/ 3 strips for €2

What's happening?

Period 6 - Whole School Quiz