



Wellbeing Week

2024

October 7th – 11th

Duct Tape

A DEPUTY

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





Wellbeing Week 2024



JERSEY DAY



When?

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



Why?

All money raised goes to
this year's chosen
charity

This year's chosen charities



**Irish
Guide
Dogs**
for the blind



Photography Competition
'CELEBRATIONS'



**ENTRIES SUBMITTED FOR
THIS YEARS
WELLBEING WEEK
PHOTOGRAPHY
COMPETITION MUST BE
SENT IN BY THE
4TH OF OCTOBER**



EMAIL ENTRIES TO:

**NIAMH.HEGARTY@BLACKWATERCS.COM
JOANNE.ROCHE@BLACKWATERCS.COM**



Poetry Competition

Theme: Nature

**Write any style of poem, with
the theme of nature.**

**Please give all submissions to
Ms Browne**

**Closing date for submissions:
Friday, 11th October**

Stay inspired.

Never stop creating.

Prizes for
1st, 2nd
& 3rd
place!

DIVERSITY DISCO PARTY



OCTOBER 8TH

1:05PM

MONASTARY ROOM



Fruit cups

**Get your free fruit cups
at break time (10.41 - 11.01)
on Thursday October 10th
outside the home ec rooms on the corridor D**



— 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



HAPPY MONDAY

OCTOBER 7TH

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



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

HAPPY
Thursday

OCTOBER 10TH

What's happening?

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

Period 4 – Raising the Amber Flag

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



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