

Parents Council Supporting Wellness Week

The Parents Council held 2 meetings in school during the academic year and communicated virtually during the Covid restrictions. It was agreed that the main focus of our work for the year would be supporting 'wellbeing' in the school. At our January meeting, it was decided that a 'Wellness Week' would be beneficial for students and staff. In consultation with Sr. Mary, the week of 9th-13th March was designated as 'Wellness Week'. The Parents Council arranged for Ms. Rachel Reilly, Development Officer with Mental Health Ireland to visit the school and to provide workshops to class groups on the '5 Ways to Wellbeing - Connect, Be Active, Take Notice, Keep Learning, Give'. The workshops were a huge success.

The Parents Council also sponsored prizes for the Wellbeing Slogan Competition which required students in their SPHE classes to devise a slogan on the theme of Wellbeing. The prize-winners of the competition were: Senior Category: Sean Quinn, Junior Category: Cathal Feeney, with several highly commended entries from across all year groups. Prizes will be presented to the winning classes in September as school closure prevented this from happening in March.

Coming Soon! Survey on Mobile Phone Use

A research study on mobile phone use published in *BMC Psychiatry* in November 2019 found that one in four children and young people may have problematic smartphone use, and that such behaviour is associated with poorer mental health. In Ireland, schools which have banned, or restricted mobile phone use report increased concentration levels and much better real-time sociability among students (*Irish Times*, September 4th 2019).

In early March 2020, just before the Covid-19 pandemic, the Parents Council had prepared and piloted a survey in order to ascertain parents' views on mobile phone usage among their children. It was due to be circulated the week of March 17th, but given the emerging situation, we felt it would not be an appropriate time to circulate it. Little did we know then that schools would remain closed for the remainder of the term! It is now planned that the survey will be distributed to parents during the first term of the new academic year. Findings from the survey will assist the Parents Council in working with the School in reviewing and updating their mobile phone usage policy.



Supporting Student Activities

The 2019-2020 5th Year students participated in the Young Environmentalists Award 2020. The Parents Council were delighted to support their project and contributed €50 towards the cost of building a model of a wave energy convertor. The 5th Year group achieved Runner-Up for the Senior Energy Award in the national final of the competition which was streamed online on May 21st. The group is pictured right on an excursion to the beach to test their wave energy convertor. Special thanks and congratulations to Ms. Kenny who mentored the group.



Useful Resources For Parents Regarding Online Classes

The following websites are useful for supporting a student's learning in online class:

www.scoilnet.ie

www.studyclix.ie

www.curriculumonline.ie

www.themathstutor.ie

www.librariesireland.ie

www.khanacademy.org

Parents Council

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