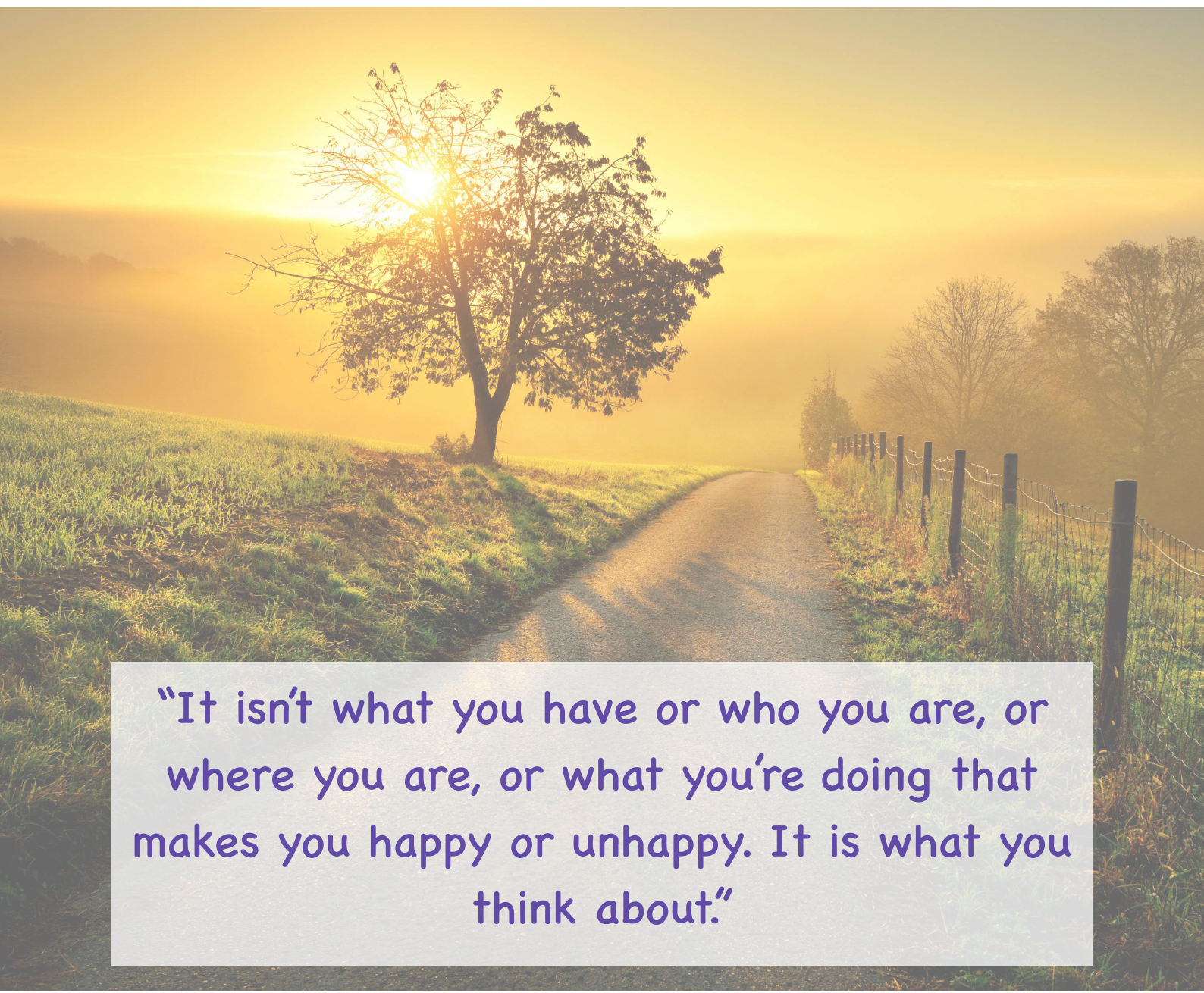




Holy Family Community School

Wellbeing Pack

Week 1: January 13th -
January 20th



"It isn't what you have or who you are, or where you are, or what you're doing that makes you happy or unhappy. It is what you think about."

Welcome to your first **HFCS Wellbeing Pack**. The Wellbeing Pack will have a different theme each week, with activities and challenges you can do to help support your wellbeing while learning from home.

Here are some tips for using this wellbeing pack:

- Try at least one new tip each day, and see what ones work best for you and your wellbeing
- Share some of the suggested tips and activities with others in your home
- The resource is divided into four sections;
 - Tips on how to engage in remote learning
 - A focus for the week on a specific **activity** that you can do to support your wellbeing
 - The **Weekly Wellbeing** Challenge!
 - Some tips and resources for practicing mindfulness

Thank you for getting involved with the Wellbeing Pack. I hope you enjoy 😊

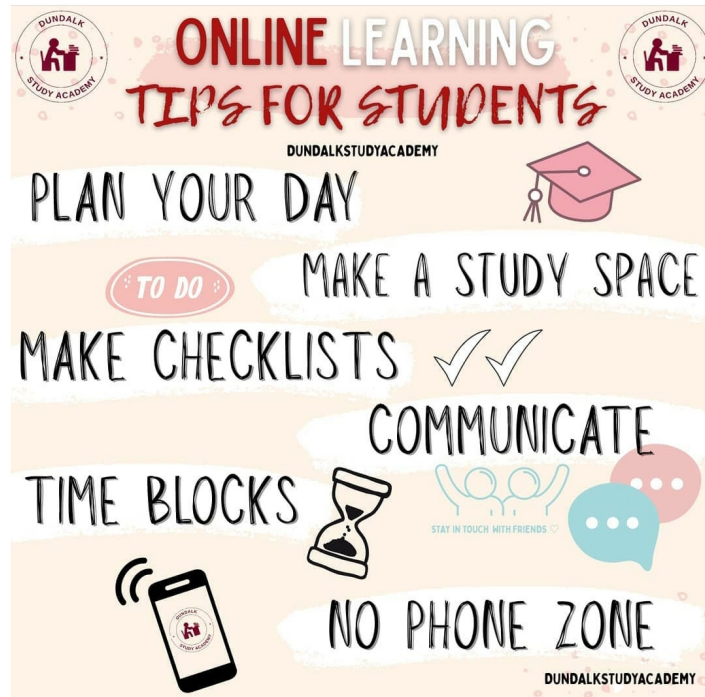
M. Morrin



Part 1:

How To Engage In Remote Learning

Learning From Home: How To Be Prepared For It?



- Treat Monday-Friday the exact same as you would treat it when in school;
- Be at your work station and ready for your first class at 8:45am
- Have your iPad charged/books & copies ready
- Follow the normal school timetable as much as possible.
- Limit distractions – if you do not need your phone to access online teaching resources such as One Drive/Teams, leave the phone out of the room – there are apps you can use to help limit the time you spend scrolling on it.
- Ask your teacher for help if you are having issues accessing the classwork/lessons. Communication is key!
- Get a good night's sleep every night. This is a tiring experience & your body needs rest 😴

Apps for Time-Blocking on your Phone:



- The apps below are great for blocking you from using your phone for periods of time- eg work for 25 minutes, and have 5 minutes on your phone etc.
- iPhones also have a feature in settings where you can limit the use of certain apps.
- You should only use these apps if you are not relying on your phone to access school work.





How to Avoid Burnout:


- It can be very easy to get overwhelmed with the workload. Follow the tips below to help avoid getting overwhelmed at the situation we are in.
- Remember if you are finding remote learning difficult at times, **reach out** to someone you trust. Your teachers, tutors, Year Head, and the school guidance counsellors are all here to help you 😊


HOW TO AVOID BURNOUT
@DUNDALKSTUDYACADEMY


  Take it easy. Pace Yourself.
Take advantage of the extra time.


Don't fool yourself. Be realistic about your study and how many hours you have in a day. Prioritise schoolwork. 


 Feel good about yourself. Eat well. Get fit.
Sleep for 8 hours. Drink 2L of water per day.

Ask for help and direction. Use your teachers expertise. Message @DUNDALKSTUDYACADEMY on Instagram for advice. 

 Start small and expand. Work towards a paragraph instead of an essay.

Don't compare yourself to Mary, Sarah, John or Roger. Everyone is at different stages. Work on you and only you. 

 Weekends are off-limits for study. Relax and take the time to refresh. Do what you love and lots of it.

Just STOP. If you're feeling stressed & overwhelmed. You need to get up & go outside. Leave it for now. 

@DUNDALKSTUDYACADEMY



Part 2:

This Week's Activity:

CONNECT

CONNECT with others:

- We have spoken quite often during tutor time about connecting with others; what does that mean? How do we connect?
- We spend our lives on our phones, constantly connected to others via apps such as Instagram, Snapchat, TikTok.
- This week, connect with others in a remote way - FaceTime a friend or family member for a chat, check in on a friend you haven't heard from in a while, and hang out with your family as well without the distractions of the normal busyness of life!



A background image of a field of cosmos flowers in various colors including pink, purple, and white. The sun is visible in the lower center, creating a warm, golden glow and lens flare effect. The flowers are in various stages of bloom, and their thin stems and leaves are visible against the bright sky.

Part 3:

The Weekly Wellbeing Challenge!

CONNECTED

Weekly Wellbeing Challenge:

- Each week, there will be a new Wellbeing Challenge to complete!
- The top 15 entries from each Year Group will be awarded a Merit Card for their efforts, and will be in with the chance to have their work featured on the school's website!

Get Creative!

- Design a poster showing your understanding of staying connected, while keeping apart.
- This poster can be hand-drawn, painted, or digitally created.
- It can even be a collage of items from the media.
- The main goal is that it displays your understanding of staying connected, while keeping apart.
- Email your poster to wellbeing@hfcs.ie

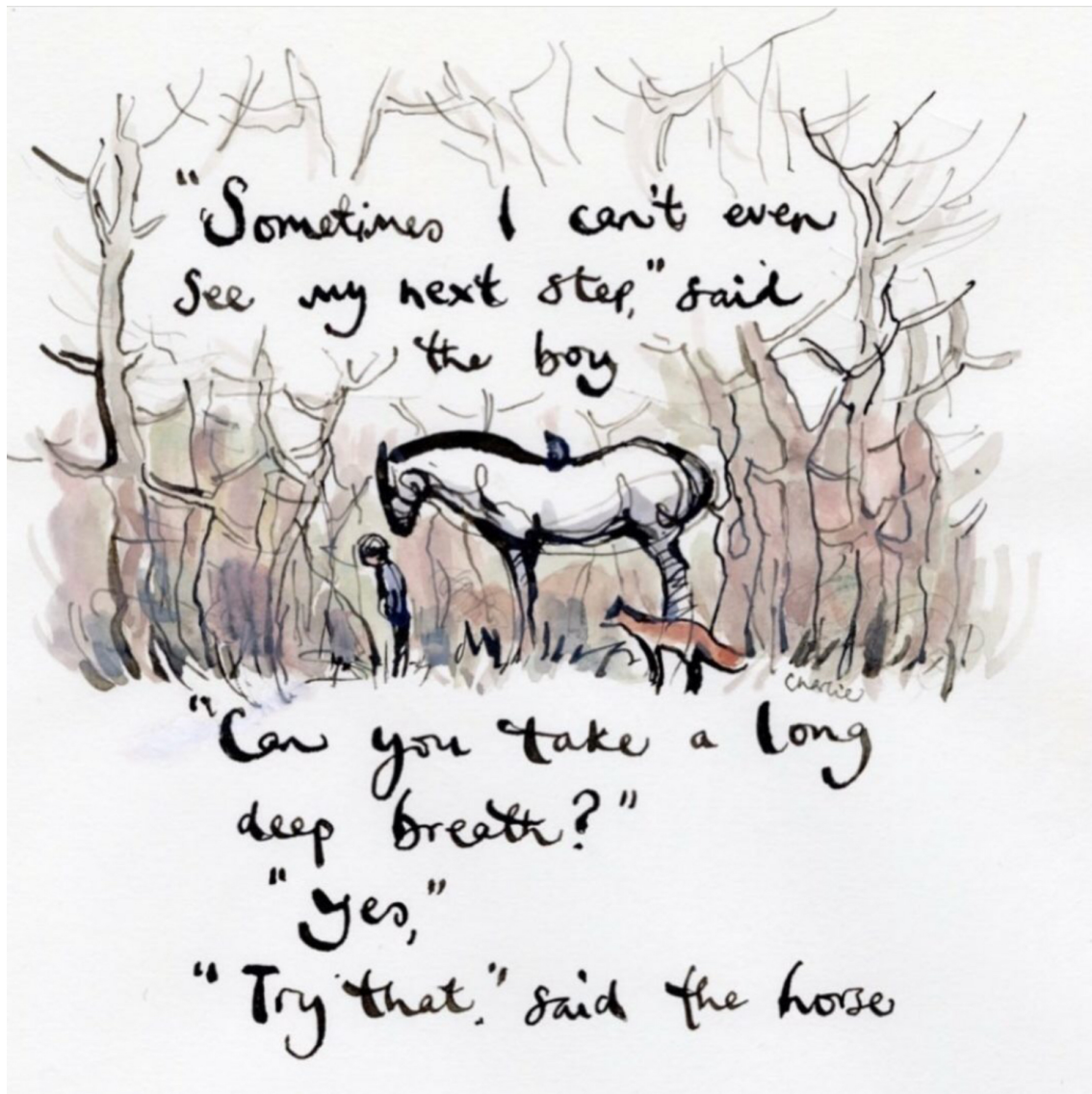
**Closing Date: Wednesday 20th
January at 11am**



Part 4:

Practicing Mindfulness

B R E A T H E



'Box' Breathing Technique:

Breathe in deeply for 4 seconds

Hold for 4 seconds

Breathe out for 4 seconds

Repeat 4 times

L I S T E N

- Take at least 5 minutes every day to totally switch off from the world around you.
- Listen to the meditation your tutor sent you, or alternatively look up the following apps and podcasts:
 - Calm app
 - Headspace
 - Spotify – “Where Is My Mind”
 - Spotify – “Wake Up Wind Down”
 - Spotify – “Mindful In Minutes”



W R I T E

- Write down how you're feeling; what positives have you had today, what struggles have you had, what are you grateful for.
- Taking the time out of your day to acknowledge your feelings will enable you to take control of your own wellbeing. It will help focus your attention on areas that add to your life, and things that make you feel good.
- Feel free to use the reflection sheet below to help you get started!



My Daily Reflection:

Top 3 Tasks today:

What Went Well Today:

3 Things I'm Grateful For:

What Could I Do Better:

1 Thing I Can Do To Help Others:

Something I Did That I'm Proud of:

Useful Information & Helplines:

If you don't feel like yourself, here are some useful helplines:

- teenline.ie 1800 833 634
- jigsaw.ie 1800 544 729
- Turn2Me.ie
- pieta.ie 1800 247 247
- samaritans.org 116 123
- SpunOut.ie Text SPUNOUT to 50808
- Turn2Me.ie

