



# Holy Family Community School

Wellbeing Pack

Week 2: January 20th -  
January 27th

"You don't have to see the whole staircase,  
just take the first step."

Martin Luther King

Welcome back to the 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. There has also been some tips added to the remote learning section that may be helpful for you!

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 😊

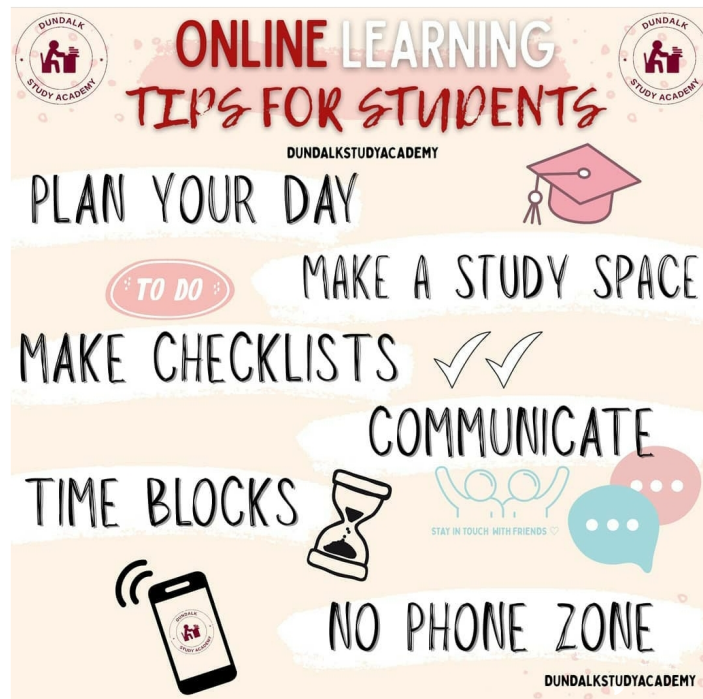
M. Morrin



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 😴

## Methods to Avoid Eye Strain:



- Last week we looked at apps we can use for time-blocking on our phones.
- This week, we will focus on how to avoid eye strain.
- If we are looking at screens all day for our schoolwork, followed by watching TV/using our phones in the evening, our eyes will be negatively affected.
- Try using some of the tips below and see the difference it makes to your eyes as the week goes on!





## 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:**

**GIVE**

## GIVE to others:

- For months in the lead up to Christmas we hear about “giving”.
- Giving does not always mean giving gifts to others.
- This week, give to others - give your time and attention. Offer to do some household chores, give an honest compliment to others, give your time and attention to a friend or family member.
- These random acts of kindness will always be noticed and appreciated by others!







Part 3:

The Weekly  
Wellbeing  
Challenge!

KINDNESS

## 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!

- What does kindness mean to you? Tell us all about it!
- Write an article or a story, create a comic strip, make a TikTok, or design a poster.
- The main goal is that it displays what kindness means in your life.
- Email your piece of work to [wellbeing@hfcs.ie](mailto:wellbeing@hfcs.ie) in PDF form. If you are unsure how to make a PDF, email [wellbeing@hfcs.ie](mailto:wellbeing@hfcs.ie) for instructions.

**Closing Date: Wednesday  
27th January at 11am**

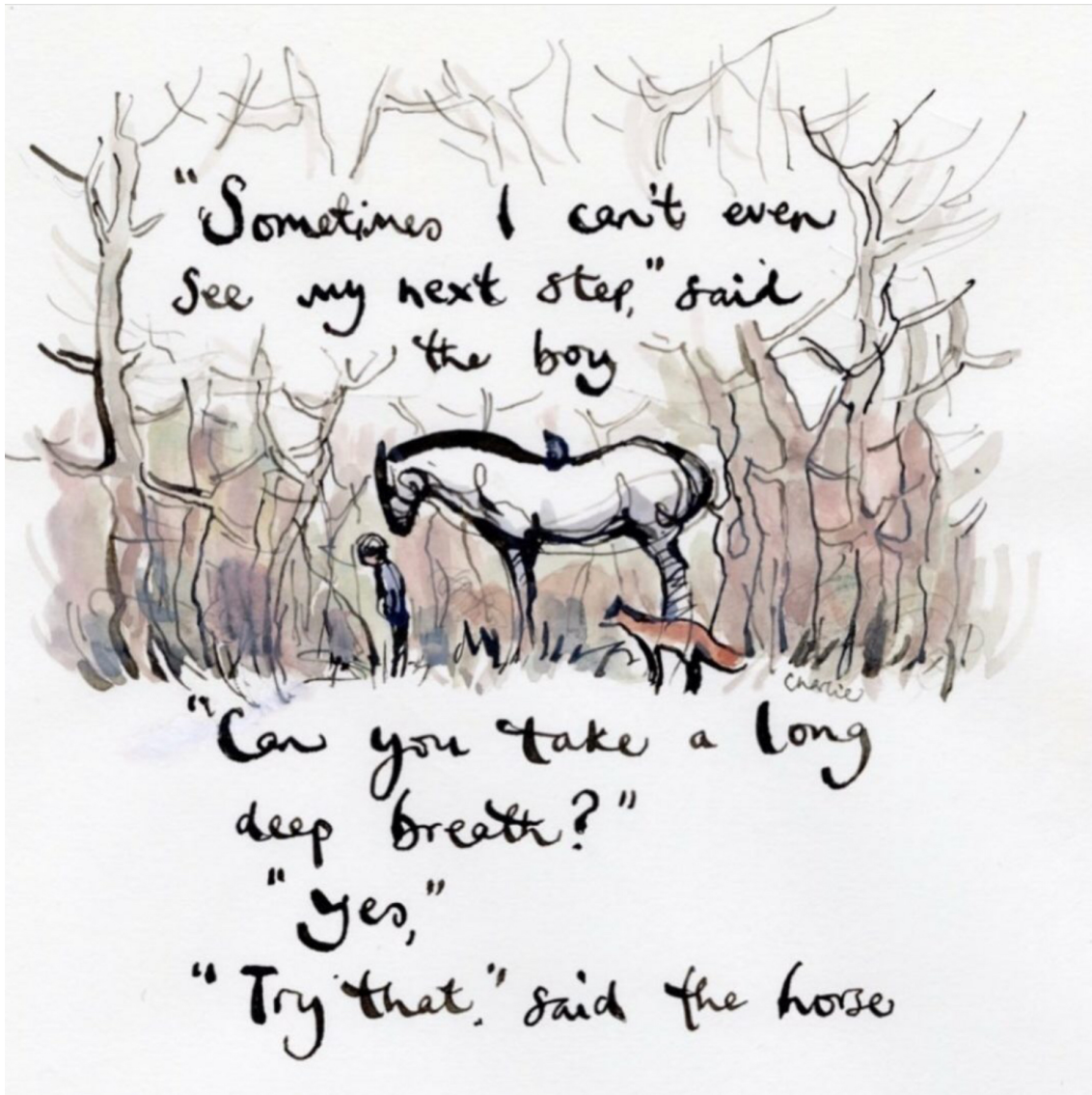




Part 4:

Practicing  
Mindfulness

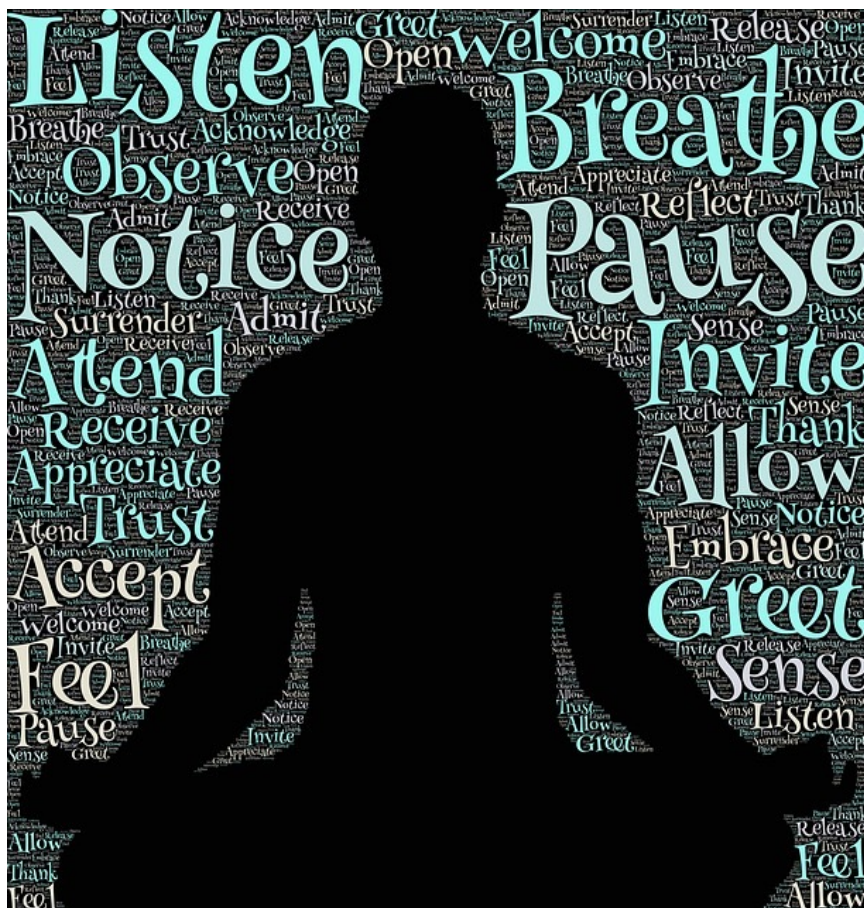
# B R E A T H E



**'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 app
  - Meditation app by DownDog (free access for students and staff using your school email address)
  - 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:

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What Went Well Today:

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3 Things I'm Grateful For:

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What Could I Do Better:

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1 Thing I Can Do To Help Others:

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Something I Did That I'm Proud of:

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## Useful Information & Helplines:

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

- [teenline.ie](http://teenline.ie) 1800 833 634
- [jigsaw.ie](http://jigsaw.ie) 1800 544 729
- [Turn2Me.ie](http://Turn2Me.ie)
- [pieta.ie](http://pieta.ie) 1800 247 247
- [samaritans.org](http://samaritans.org) 116 123
- [SpunOut.ie](http://SpunOut.ie) Text SPUNOUT to 50808
- [Turn2Me.ie](http://Turn2Me.ie)

