



Ambassador Schools 2018

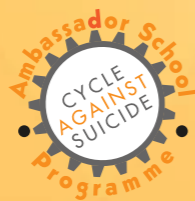
Abbey Vocational School, Donegal Town.
Adamstown Community College, Co. Dublin.
Ardgillan Community College, Balbriggan, Co. Dublin.
Ardscoil La Salle, Raheny, Dublin 5.
Ardscoil na Tríonoide, Athy, Co. Kildare.
Ballyhaunis Community School, Co. Mayo.
Banagher College Colaiste na Sionna, Co. Offaly.
Beneavin De La Salle College, Finglas, Dublin 11.
Blessington Community College, Co. Wicklow.
Borrisokane Community College, Co. Tipperary.
Bunclody Vocational College, Bunclody, Co. Wexford.
Calasancius College, Oranmore, Co. Galway.
Carndonagh Community School, Co. Donegal.
Carrigaline Community School, Co. Cork.
Cashel Community School, Co. Tipperary.
Castleisland Community College, Co. Kerry.
Castletroy College, Annacotty, Co. Limerick.
CBS Naas, Co. Kildare.
CBS Secondary School, Mitchelstown, Co. Cork.
Colaiste an A tha, Gorey, Co. Wexford.
Colaiste an Spioraid Naoimh, Bishopstown, Cork.
Colaiste Bhaile Chlair, Co. Galway.
Colaiste Bride, Clondalkin, Dublin 22.
Colaiste Cois Life, Leamhcan, Co. Atha Cliath.
Colaiste Dun an Rí, Kingscourt, Co. Cavan.
Colaiste Eamonn Rís, Wexford Town.
Colaiste Eoin, Finglas.
Colaiste Eoin, Hacketstown, Co. Carlow.
Colaiste Iosagain, Portllington, Co. Laois.
Colaiste Iascaigh, Easkey, Co. Sligo.
Colaiste Mhuire Co Ed, Thurles, Co. Tipperary.
Colaiste Mhuire, Johnstown, Co. Kilkenny.
Creagh College, Gorey, Co. Wexford.
Donabate Community College, Co. Dublin.
Edmund Rice College, Carrigaline, Co. Cork.
Errigal College, Letterkenny, Co. Donegal.
FCJ Secondary School, Bunclody, Co. Wexford.
Franciscan College Gormasnton, Co. Meath.
Gaelcholaiste Chiarraí, Tralee, Co. Kerry.
Gallen Community School, Ferbane, Co. Offaly.
Glanmire Community College, Co. Cork.

Good Counsel College, New Ross, Co. Wexford.
Holy Trinity College, Cookstown, BT808QB, U.K.
John the Baptist CS, Hospital, Co. Limerick.
Killorglin Community College, Co. Kerry.
Loreto Abbey Secondary School, Dalkey, Co. Dublin.
Loreto Community School, Milford, Co. Donegal.
Loreto Secondary School, Kilkenny.
Magh Ene College, Bundoran, Co. Donegal.
Manor House, Raheny, Dublin 5.
Merville Community College, Co. Donegal.
Naas Community College, Co. Kildare.
Nenagh College, Co. Tipperary.
Newport College, Newport, Co. Tipperary.
Newtown School, Co. Waterford.
Oakland's Community College, Edenderry, Co. Offaly.
Our Lady's Secondary School, Castleblaney, Co. Monaghan.
Patrician Secondary School, Newbridge, Co. Kildare.
Pobalscoil Inbhear Sceine, Kenmare, Co. Kerry.
Pobalscoil Iosolde (Palmerstown Community School), Dublin 20.
Presentation College, Co. Carlow.
Presentation Secondary School, Co. Wexford.
Presentation Secondary School, Kilkenny.
Ramsgrange community school, New Ross, Co. Wexford.
Ratoath College, Co. Meath.
Sacred Heart School, Drogheda, Co. Louth.
Sacred Heart Secondary School, Clonakilty, Co. Cork.
Skerries Community College, Co. Dublin.
St Anne's Community College, Killaloe, Co. Clare.
St. Andrews College, Blackrock, Co. Dublin.
St. Angela's College, Cork City.
St. Angela's School, Ursuline Convent, Waterford City.
St. Brendan's Community School, Birr, Co. Offaly.
St. Brigid's Secondary School, Killarney, Co. Kerry.
St. Catherine's Vocational School, Killybegs, Co. Donegal.
St. Ciarans C.S., Kells, Co. Meath.
St. Clare's College, Ballyjamesduff, Co. Cavan.
St. David's CBS, Artene, Dublin 5.
St. Dominic's College Ballyfermot, Dublin 10.
St. Dominic's College, Cabra, Dublin 7.
St. Gerald's College, Castlebar, Co. Mayo.
St. John Bosco Community College, Kildysart, Co. Clare.
St. Josephs CBS secondary school, Fairview, Dublin 3.
St. Joseph's Patrician College 'The Bish', Galway.
St. Joseph's Secondary School, Castlebar, Co. Mayo.
St. Joseph's Secondary School, Rush, Co. Dublin.
St. Leo's College, Carlow Town.
St. Louis Community School, Kiltimagh, Co. Mayo.
St. Mary's Academy, CBS Carlow.
St. Mary's C.B.S Portlaoise, Co. Laois.
St. Mary's College, Irvinestown, Enniskillen, BT941EL, U.K.
St. Marys Holy Faith Killester, Clontarf, Dublin 5.
St. Patricks College, Gardiners Hill, Cork.
St. Raphael's College, Loughrea, Co. Galway.
St. Vincents School, Dundalk, Co. Louth.
St. Vincent's Secondary School, Glasnevin, Dublin 11.
Templeogue College, Dublin 6.
Villiers School, Limerick.

Cycle Against Suicide Ambassador School Programme 2019



Cycle Against Suicide Ambassador School Programme



Cycle Against Suicide gives schools the opportunity to become award winning ambassador schools. We ask schools to promote help seeking behaviour and our core message that

It's OK not to feel OK; and it's absolutely OK to ask for help

The Ambassador School Programme established in 2013 aims to encourage schools to become actively involved in mental health promotion. The programme provides a framework for schools to integrate mental health activities into the school plan and rewards schools for their effort.

The Ambassador School Programme is school-led and involves the completion of what are known as 'five Gears' over the course of the year.

The 'five Gears' are as follows:

1st Gear: Mental Health Education

Schools will be asked to demonstrate how they integrated mental health education into their curriculum throughout the year. This can be facilitated through existing curricula and enhanced through guest speakers and programmes. Alternatively, schools can create a school based curriculum tailored to their own context and student needs.



2nd Gear: Project work

To consolidate learning, schools will be asked to engage their students in project work based on the theme **Positive Vibes, Super Lives #HeroVibes** chosen by our 2018 Student Leaders. Ideally, the project will be fun and interactive. Schools registered for the 2019 Student Leaders' Congress which takes place in January, will be invited to showcase their projects.



3rd Gear: Community Engagement

Schools will organise a community engagement event to promote positive mental health. This event should involve students and the wider community. Its aim should be to promote help-seeking behaviour and encourage conversation in the wider community as well as the school.



It's OK not to feel OK; and it's absolutely OK to ask for help

4th Gear: #SchoolsGoOrange

Schools across the island of Ireland will 'go Orange' on Friday 15th of February 2019. We're asking you to organise an awareness event to help promote our message: 'It's OK not to feel OK; and it's absolutely OK to ask for help.' We would ask schools to share their activity on social media on Friday, February 15th using the hashtag #SchoolsGoOrange. katie.carr@cycleagainstsucide.com can provide support with this gear.



5th Gear: Get Active

To promote the link between physical and mental health, Ambassador Schools will *organise a physical activity of their choice: (A school spin, a match, a dancethon, a walk). The event should generate local and community awareness and promote the message 'It's OK not to feel OK; and it's absolutely OK to ask for help'



*NB: Any combination of gears 3, 4 and 5 is acceptable.

Key Skills

- Staying Well and Keeping Active
- Creativity, Innovation & Entrepreneurship
- Collaboration and Teamwork
- Communicating and Presenting to others

How to apply:

In order to achieve the prestigious Ambassador School Status, schools must be able to demonstrate that they have completed ALL five Gears. Schools can do this by documenting their activities on a pro forma application form available on our website www.cycleagainstsucide.com.

Completed application forms must be submitted by May 11th, 2019.

If you feel that your school might be interested in becoming an Ambassador School for Cycle Against Suicide please register your details by mailing our team at: katie.carr@cycleagainstsucide.com

Ideas & Suggestions

- Fun run
- Sponsored walk
- Yoga
- Art Competition
- Photography Exhibition
- Crafts
- Cycle
- Sports Tournament
- Guest Speaker
- Healthy Eating Demonstration
- Performance
- Poetry Workshop
- Meditation
- Couch to 5k
- Gratitude Bunting
- Art project
- Song Writing
- Dance
- Dances
- Songs
- Mental Health Projects
- Smile Clubs

More information is available at www.cycleagainstsucide.com