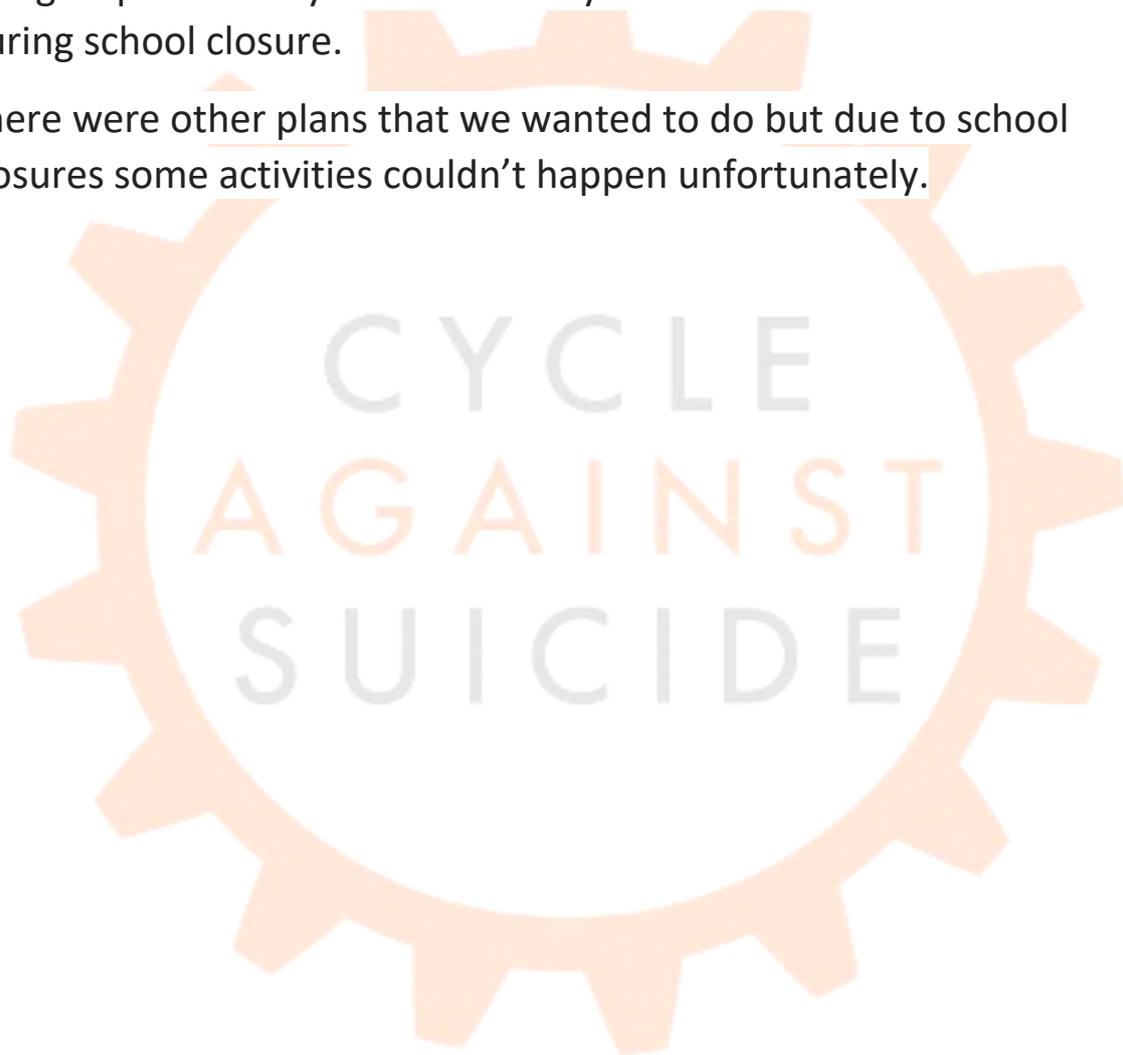


Here are details of the activities undertaken by the TALK Group of Beneavin De La Salle College

T.A.L.K. stands for Talk About, Listen, Kindness. This group is made up of students from TY, 5TH & 6TH year. The aim of this group is to promote positive mental health among the school community.

The group met every two weeks all year and this continued virtually during school closure.

There were other plans that we wanted to do but due to school closures some activities couldn't happen unfortunately.



COMPULSORY THEME / OPTIONAL THEME

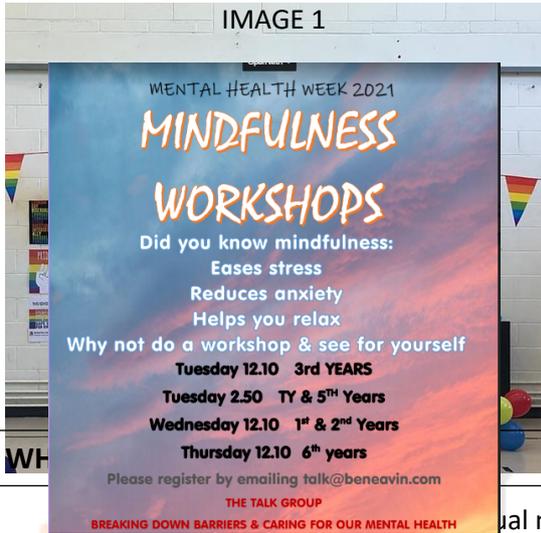
COMPULSORY THEME / OPTIONAL THEME

TITLE OF THEME: Coping with stress as an adolescent

SCHOOL NAME: Beneavin De La Salle College

IMAGE 1

IMAGE 2



- 2. LGBT workshops throughout mental health week in Feb
- 3. PRIDE DAY to promote inclusion in May

WHAT WE DID: Safer internet day as part of mental health week in Feb

- 5. Inclusion competition
- 1. Mindfulness sessions during mental health week in February
- 6. Culture Day
- 2. Group made a video about life in lockdown

HOW WE DID IT: Safer internet day as part of mental health week

- 4. "Drop everything" hours
- 1. As part of friendship day there was a GET CONNECTED CHALLENGE. Everyone was asked to call three people over the course of the week. During Lockdown it is difficult to stay connected as we are not seeing each other in person. They were asked to make a phone call to three people so they know that they are there for them.
- 2. The group organised workshops for 3rd year students over the course of mental health week

HOW WE DID IT:

- 3. For pride day – rainbow face covering for student – students donated – proceeds to shoutout.
- 1. Each year group had the opportunity to take part in mindfulness workshops.
- 2. They created a video to discuss how we can look after our Mental Health during lockdown.
- 4. Safer internet day – students made a presentation / video which was shown to all classes
- 3. The school took part in the Smiley Pancakes Campaign in aid of Mental Health Ireland.
- 5. Competition organised on the theme of inclusion – any medium – artwork, video, Poetry etc. Entries ranged from a video on bullying to full class group artwork on areas such as racism, lgbt, bullying.
- 4. Drop everything activities in mental health week – students were encouraged to take a break – drop everything an Jam – group provided a playlist, Drop everything and get active, Wellness walk, Bring your pets to class
- 6. Culture Day in May to celebrate cultures of the world

COMPULSORY THEME / OPTIONAL THEME

TITLE OF THEME: Look out how to TALK ABOUT

SCHOOL NAME: Beneavin De La Salle College

IMAGE

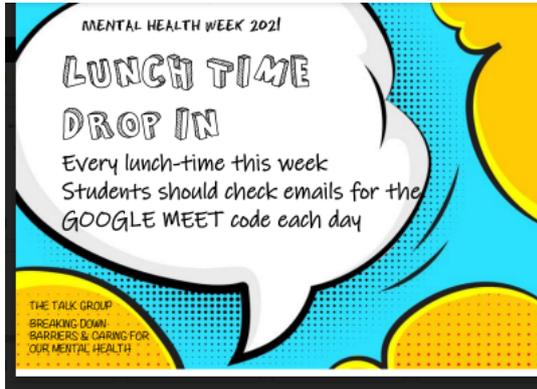


IMAGE 2



WHAT WE DID:

1. Drop in lunchtime
2. TALK Day

HOW WE DID IT:

1. Every lunchtime there was a drop in google meet for students during lockdown. Students could come along and had a chat and a get together and connected with each other.
2. Group organised talk day to get students talking and encourage them to talk

BENEAVIN DE LA SALE COLLEGE

MENTAL HEALTH WEEK 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FRIENDSHIP DAY</p> <p>GET CONNECTED CHALLENGE </p> <p>11.10 WELLNESS WALK </p> <p>11.10 ONLINE COURSE TY</p> <p>12.15 ZUMBA JUNIORS </p> <p>FRIENDS PHOTOS </p> <p>DROP IN</p> <p>1.50 LGBT WORKSHOP 3 CARRILUTH </p> <p>2.00 ZUMBA SENIORS</p>	<p>SAFER INTERNET DAY</p> <p>PHOTOGRAPHY CHALLENGE </p> <p>11.10 DROP EVERYTHING AND JAM </p> <p>WEBINAR WEBWISE</p> <p>12.10 MINDFULNESS 3RD YEAR </p> <p>DROP IN</p> <p>1.50 SAFER INTERNET PRESENTATION</p> <p>2.50 MINDFULNESS TY & 5TH YEAR</p>	<p>TALK DAY</p> <p>#MINDYOURSELFIE CHALLENGE </p> <p>ART COMPETITION</p> <p>10.00 LGBT WORKSHOP 3 O'SULLIVAN </p> <p>11.30 SHOUT OUT WORKSHOP TY</p> <p>12.10 MINDFULNESS 1st & 2nd YEAR</p> <p>TALK GROUP VIDEO </p> <p>DIGITAL DETOX</p>	<p>ACTIVE DAY</p> <p>STEP CHALLENGE </p> <p>11.10 DROP EVERYTHING & GET ACTIVE </p> <p>11.30 DANCE & DRAMA WORKSHOP 1st & 2nd YEAR</p> <p>12.10 MINDFULNESS 6th YEAR </p> <p>DROP IN</p> <p>1.50 LGBT WORKSHOP 3 O'DONOVAN</p> <p>2PM GARY CUNNINGHAM GUEST SPEAKER 5th & 6th YEAR</p>	<p>SMILE DAY</p> <p>SMILEY PANCAKE CHALLENGE </p> <p>11.10 BRING YOUR PET TO CLASS </p> <p>11.10 LGBT WORKSHOP 3 TAYLOR</p> <p>12.00 JACKIE FOX GUEST SPEAKER TY & 5th YEAR</p> <p>DROP IN</p> <p>1.40 QUIZ WHOLE SCHOOL </p>

BENEAVIN DE LA SALLE COLLEGE

MENTAL HEALTH WEEK 2021



8TH - 12TH FEBRUARY 2021

Organised by the T.A.L.K. Group

Breaking down barriers & caring for our mental health

Drop everything and Jam

Tuesday February
9, 2021

BENEAVIN DE LA
SALLE COLLEGE

BENEAVIN DE LA SALLE COLLEGE

BIG VIRTUAL QUIZ

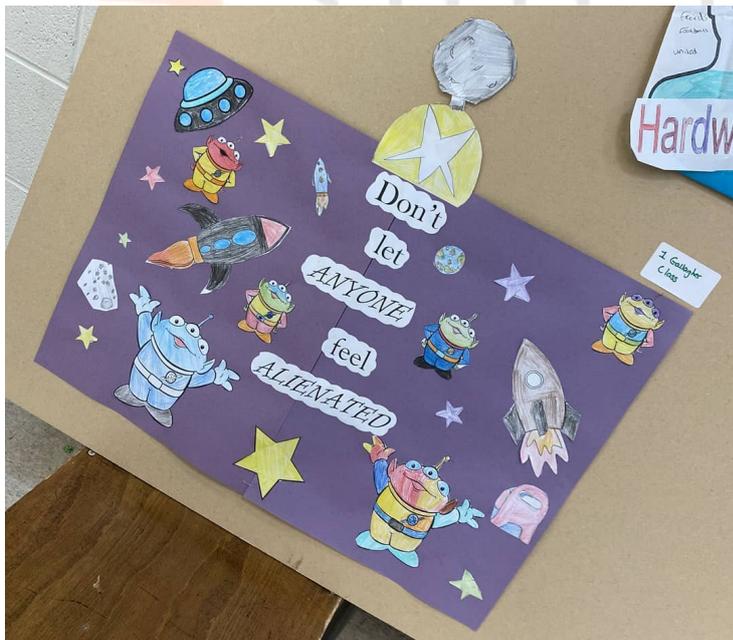
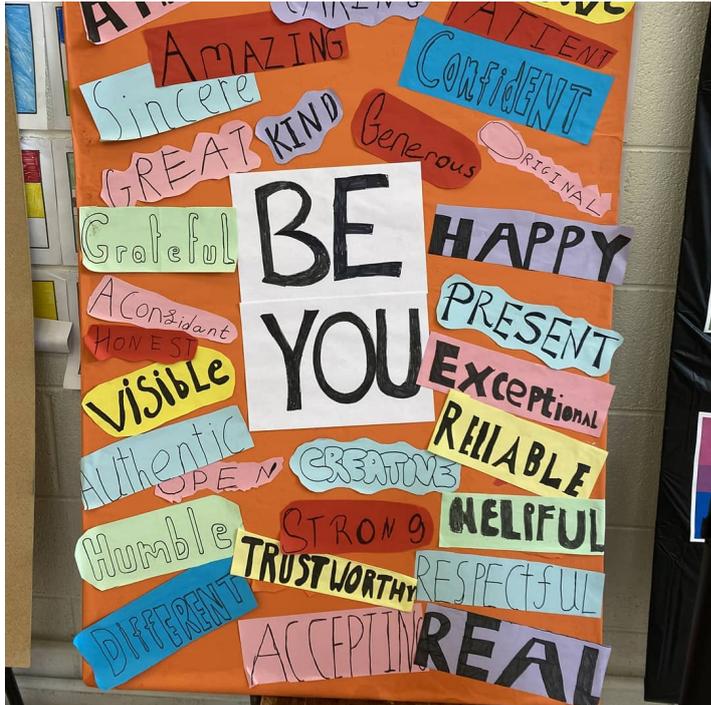
FRIDAY 12TH FEBRUARY 1.40PM

TALKGROUP

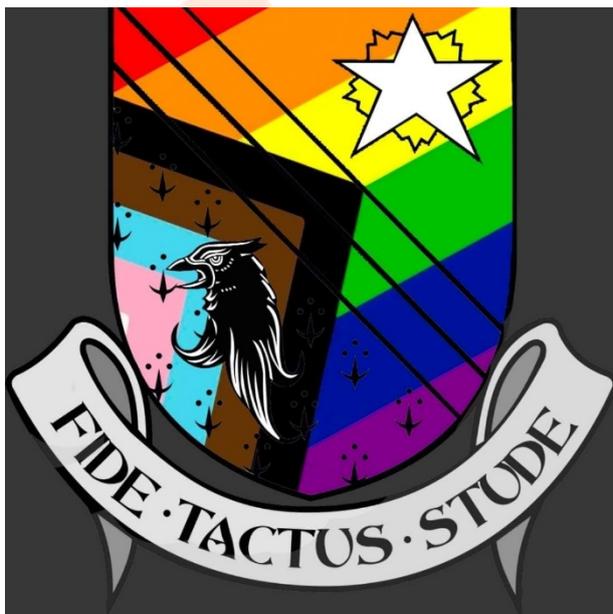
Mental Health Week



Inclusion Competition



PRIDE DAY



COMPULSORY THEME / OPTIONAL THEME

TITLE OF THEME: GRIEF

SCHOOL NAME: Beneavin De La Salle College

IMAGE 1

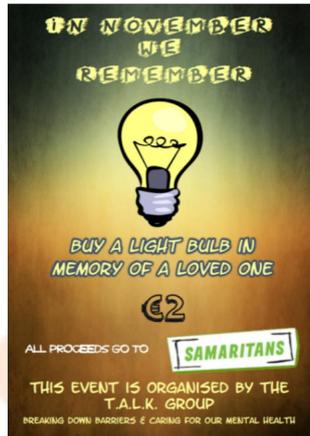


IMAGE 2



WHAT WE DID:

1. Fundraiser for Samaritans
2. In November we remember gatherings

HOW WE DID IT:

1. TALK GROUP launched a fundraiser for the Samaritans. Students and staff were asked to buy a light bulb and dedicate it to a loved one who has died. The idea was to light up the De La Salle Hall in remembrance of all those we know who had passed as well as raising lots of money for this great cause.
2. Ceremonies in remembrance of those who died – the group involved in the organisation of the events and spoke at them.

**IN NOVEMBER
WE
REMEMBER**



**BUY A LIGHT BULB IN
MEMORY OF A LOVED ONE**

€2

ALL PROCEEDS GO TO

SAMARITANS

**THIS EVENT IS ORGANISED BY THE
T.A.L.K. GROUP**

BREAKING DOWN BARRIERS & CARING FOR OUR MENTAL HEALTH

Article on our mental health week in February

The TALK group in Beneavin De LaSalle College organised Mental Health Week 2021 and held it between the 8th & 12th February.. T.A.L.K. stands for Talk About, Listen, Kindness. This group is made up of students from TY, 5TH & 6TH year. The aim of this group is to promote positive mental health among the school community. Recently the TALK Group were awarded the Ambassador School Award from Cycle Against Suicide. This is a student led group. They meet throughout the year with some teachers who help them to plan events.

The group recognised that at this time, more than ever it is important to look after our mental health. This year they had to move their events online. There were workshops, challenges, guest speakers, challenges and lots more lined up.

Each day we will have a different theme. Day one was FRIENDSHIP DAY.

As part of friendship day there was a GET CONNECTED CHALLENGE. Everyone was asked to call three people over the course of the week. During Lockdown it is difficult to stay connected as we are not seeing each other in person. They were asked to make a phone call to three people so they know that they are there for them. All students went on a WELLNESS WALK. Students took a break from their classes and got out for a walk during this time.

The highlight for the day was ZUMBA. Students and staff took part in an online zumba class from their homes.

Day 2 was SAFER INTERNET DAY. There was a DROP EVERYTHING AND JAM. Students and staff stopped what they were doing and listened to music during that time.. The TALK group put together a playlist. As it was Safer Internet day they put together a presentation that was shown in classes.

Day 3 was TALK day.

Day 4 was Active Day. As part of ACTIVE day students and staff were asked to take part in a STEP CHALLENGE and reach 8,000 steps. There was also an ACTIVE HOUR. The PE teachers did online exercises for staff and students to do during this time. 1st & 2nd years took part in a drama workshop.

Gary Cunningham, guest speaker, spoke to senior students about his life and his speech was very inspiring and motivational with us this afternoon.. We have had Gary with us a number of times and his talk always goes down very well.

Friday was SMILE DAY

Did you know...

- A simple smile can boost our mood and creates a sense of wellbeing, releasing happy hormones such as serotonin and dopamine
- Smiling induces more pleasure in the brain than eating chocolate! One smile can generate the same level of brain stimulation as up to 2,000 bars of chocolate!
- Smiling is contagious, and passing on positivity can increase feelings of wellbeing, boost our self-esteem and confidence and improve social connectivity during times of disconnection in personal life and our environments.
- Smiling can protect our overall health. It can reduce blood pressure and boost our immune system. Furthermore, laughter and positive thoughts release signalling molecules in our brain that can fight stress

The school took part in the Smiley Pancakes Campaign in aid of Mental Health Ireland. Student and staff made and bought pancakes and put on a smiley face using various toppings. Then donated to Mental Health Ireland.

Students and staff were also invited to bring their pet to class in the morning

There was a guest speaker online for senior students. Jackie Fox told the story of her daughter Nicole and her legacy - Coco's Law. Cocs Law has recently been introduced in Ireland to prosecute people who abuse others online. Jackie told the story of how her daughter took her own life after suffering bullying and abuse online and in person.

In the afternoon there was a whole school quiz for all students and staff.

Other activities throughout the week included LGBTQI workshops Every lunchtime there was a drop in google meet for students. Students can come along and had a chat and a get together and connected with each other. There were also mindfulness sessions for all year groups, photography and art competitions. The team made use of the fact that this was a virtual mental health week and populated social media with information relating to mental health. They created a video to discuss how we can look after our Mental Health during lockdown. The week was jam packed with activities and a great opportunity to take some time out to look after our mental mental health.

#itsoknottofeelok

