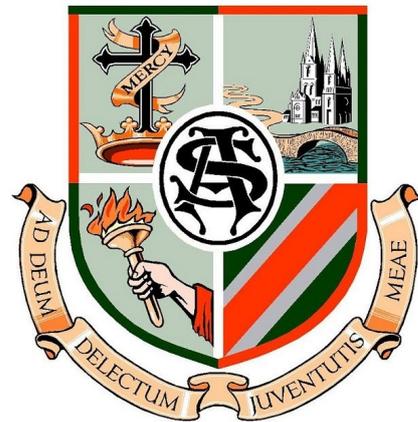


WELLBEING WEEK ST. ALOYSIUS SCHOOL

Our Wellbeing and Positive Mental Health Week has given all of us, students and staff an opportunity to focus on our wellbeing both mental wellbeing and physical. The week was full of fun and laughter. St. Als has such a positive and welcoming atmosphere. This was a wonderful opportunity to celebrate just 'being' together as a school community.

Principal: Alexandria Savage



Events Held

- Student Council The Great St. Als Bake Off Smile Committee Wellbeing Wall
- Creative Classrooms "There's Nobody Like Me" Art Competition Table Tennis Tournament

The Student Council:

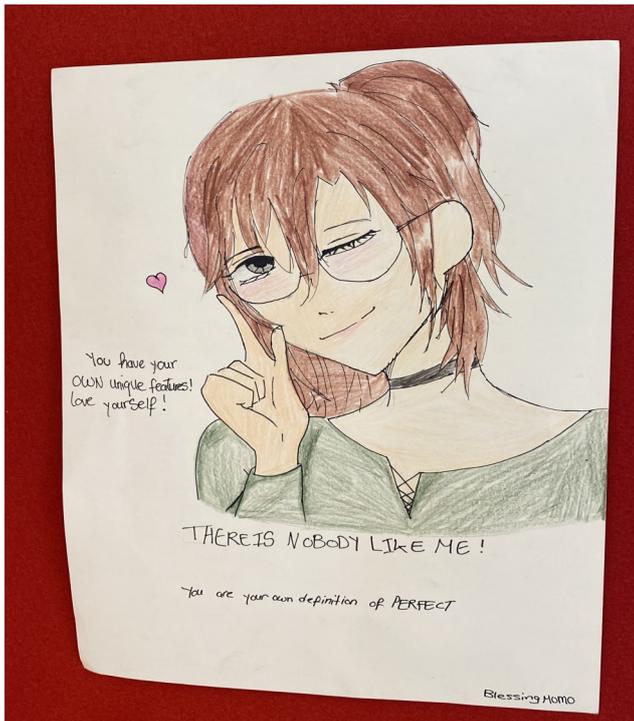
Community spirit and care for the whole school community have always been central to the ethos of Saint Aloysius School. Since the beginning of the academic year in September, the wellbeing and mental health of our fellow students have been at the forefront of discussions at Student Council meetings. We wanted to foster a sense of wellbeing and destigmatize mental health.

For Wellbeing Activity Week, the Student Council collaborated with the Wellbeing Coordinator Ms Clancy, the Wellbeing Committee, the Smile Committee and numerous teachers and students to produce a week of activities for the students. Saint Als was a hub of activity including a table tennis tournament in the gym organised by the PE department, a quiz in the library, tours of the school garden by the Green Schools Committee, the 'There's Nobody Like Me' art competition organised by the art department, a 'Creative Classroom' competition and 'Bright Colours' non-uniform day organised by the Student Council, lunchtime activities organised by the Smile Committee, the Games Club organised by the Transition Years, screenings of David Attenborough's 'A Life On Our Planet' and much more. Great fun was had, but I think the 'The Great St. Als Bake Off' organised by the Home Economics department with Mr. Bergin, Mr. Foran, Mr. Lee and Mr. Meehan testing their culinary skills was thoroughly enjoyed by all and brought a big smile to our faces !! On behalf of the Student Council, I would like to thank the various committees and departments for getting involved in the week and making it most memorable.

Christina
(Head Girl) 6th
year



Winning Entry



'There's Nobody Like Me' Art Competition

I must say, it was a great competition though the process was difficult. Hence, I was happy with the award I was given.

When I first saw a poster detailing what we had to do for this project, I went home to research it. The outcome was not what I needed, so I decided to trust myself and work on it alone. The thought of making a comic strip about self-acceptance occurred to me while I was writing out ideas. I think the comic strip was a wonderful choice.

I started making the character design and the main message, which was difficult but I managed to make my way through it. I researched quotes to help me create this story dedicated to the theme of *perfection, uniqueness, appearance and change*. Again I was disappointed with the outcome, so I decided to make my own original quote.

My project relates to my childhood a lot, although I am still young and growing. It is something I can look back on and remember as a memory of achievement. When I was young, I changed myself and my act to please the ones who I thought were cool and pretty. I always complained, "why am I dark-skinned unlike them?", "why don't I look this pretty?" Gradually I started not to care about my looks because you are going to be judged in one way or another, whether it's jealousy or hatred. People are bound to comment on one thing or another. It doesn't mean we have to abide by it. You are your own definition of perfect.

Blessing 2nd Year (Winner of the art competition)

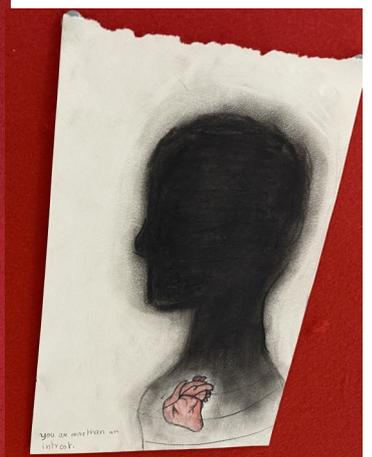
More Art Competition Entries



'Bright Colours' Non-Uniform Day

My peers and I loved how the theme was bright colours. It made the place brighter, created a lovely, homely and hopeful atmosphere around the school. It put these big and amazing smiles on our faces that sometimes we don't see as much and really need to see. Even through the masks we could see those smiles we crave to see during the day along the halls. Also, through the social distancing we could feel our friends giving us those "virtual" hugs that we have grown to know over the past two years. It was 'old normal' for one day.

Katie 2nd year



Green School Garden Walks

Ms Lernihan and her garden team provided a chat and a tour of our school garden to classes. The fifth years in particular, really enjoyed seeing how far the garden had progressed on from when they began the project last year.

St. Als Wellbeing Wall 2021



St. Als Wellbeing Wall:

Our wellbeing wall has taken centre stage in our school foyer since our return to school in August. It is regularly updated with positive messages, photos of students, information on activities and general wellbeing tips and hints. During wellbeing week we had a daily challenge for all staff and students.



Creative Classrooms Challenge:

Each home room were challenged to creatively make their classroom "CLASS" Both First Years and Second Years classrooms made the judging panels work very difficult. In the end Class Fiachra and Class Treasa shared first prize.

