

Wellbeing committee Newsletter

February & March 2025

A Message from Our Wellbeing Committee:

As we move through the winter months, it's the perfect time to focus on strengthening our school community. A sense of belonging and connection is vital for well-being, especially during challenging times. We are continuing to explore ways to strengthen relationships, promote inclusivity, and create a supportive atmosphere for all students with ideas for celebrating World book day, neurodiversity celebration week, the intercultural fair and Valentine's Day both as a school community and at home.

The school is planning an **Intercultural Fortnight in March**, designed to celebrate the richness of our diverse community (further details will follow). We feel this event is a real positive for our school community and can positively impact wellbeing. By participating in or learning about different cultural traditions, families can bond over shared experiences and create meaningful memories together.

Celebrating diverse cultures promotes a sense of pride and inclusion, helping families feel their heritage is valued. It also fosters open communication about cultural differences, encouraging children to develop empathy, respect, and understanding. These qualities contribute to a healthier, more supportive environment both at school and at home.

The Parent & Guardian Association is excited to support the school in organising this wonderful fortnight of events, which will help everyone feel more connected and create a stronger sense of belonging within our school community.



Let's Keep Walking

Come join us every wednesday for our walk, its a 30 minute walk ending at the school where we can enjoy a coffee and a chat.

We are going to start an evening walk & chat on the second Thursday every month along the seafront, meeting at 7pm outside the front entrance of [Finnbees](#)



Meeting point morning walk



Meeting point evening walk

Upcoming events 2025

Upcoming Events

- Coffee morning february 7th junior and senior infants

Links for additional information

We are not affiliated with anyone on the list

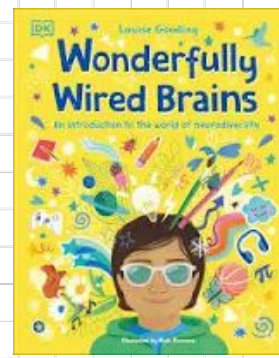
- [Podcasts](#)
- [Books](#)
- [Assessments/Therapists](#)
- [Workshops](#)

please contact us to contribute and / or give us feedback

email : wellbeingcommittee41@gmail.com



Neurodiversity Celebration Week



Neurodiversity Celebration Week, held from March 17th to 23rd, is an annual event designed to raise awareness and promote acceptance of neurodiversity. This week highlights the unique strengths and perspectives of individuals with conditions like autism, ADHD, dyslexia, and others, showcasing how their contributions enrich society. By focusing on inclusivity and reducing stigma, the event fosters a greater understanding of different neurological conditions. Embracing neurodiversity also has significant wellbeing benefits, helping to create supportive environments where everyone can thrive. It encourages mental health and emotional resilience, promotes self-acceptance, and supports a sense of belonging for neurodivergent individuals.

This week is also a great opportunity to talk to children at home about neurodiversity. Discussing the value of diversity in how we think, learn, and experience the world can help foster empathy and understanding in young people, encouraging them to embrace differences and appreciate the strengths of others. The book [wonderfully wired brains](#) is a fantastic resource.

In celebration of **World Book Day on March 6th**, we're compiling a collection of books that promote well-being, strengthen family connections, and encourage inclusivity. These books can inspire personal growth, emotional resilience, and embrace diverse perspectives, fostering empathy and understanding. Email titles to be added to the list and help us create a supportive, inspiring reading list for all.

Not all superheroes wear capes, and not all stories have pages. There are countless creative ways to encourage children to read: use interactive apps, read aloud together, retell or act out stories, incorporate puppets or toys, create stories with stickers, do a picture walk, let them make up their own tales, or turn reading into fun games. These activities can make reading an exciting adventure, full of imagination and fun!

<https://toytheater.com/>



More information on upcoming events because planning ahead can help your overall wellbeing and reduce stress

[Calendar](#)

Valentine's Day is an ideal time to spread kindness and love in all its forms, not just in romantic relationships but within families, schools, and communities as well. Here are some meaningful ways to promote kindness and appreciation on this special day:

1. Compliments Circle at Home

What to do:

Sit in a circle with your family and take turns giving each other compliments. You can say things like, "I love how you always make us laugh," or "You're so kind and caring."

Why it works:

This simple exercise helps strengthen relationships, encourages positivity, and builds self-esteem. It's a gentle reminder that love and appreciation can be expressed in small, daily interactions.

2. Compliments Wall

What to do:

Set up a "Compliments Wall" at school or in your home. Create a space where people can post anonymous notes of encouragement, kind words, or compliments for others to read.

Why it works:

This is an effective way to create an environment of support and positivity. It encourages people to uplift each other, making everyone feel valued and connected.

3. Self Care

What to do:

This Valentine's Day, practice self-care by prioritising rest, setting boundaries, and making time for activities that bring you joy. Show gratitude for yourself, unplug from technology, and connect with other parents for support.

Why it works:

Caring for yourself is essential for being your best for those you love. Remember, self-care isn't selfish—it's necessary for maintaining well-being and nurture relationships.

