

Coláiste Pobail na Mainistreach
Bóthar na Mainistreach An Port Mór Portláirge X91 PC91
Príomhoide: Michelle Ní Sheafraídh
Leas-Phríomhoide: Colm de Ris
Leas-Phríomhoide: Helen Ní Chonchubhair
Leas-Phríomhoide: Laura Ní Ghiolla Phádraig

Abbey Community College
Abbey Road Ferrybank Waterford X91 PC91
Principal: Michelle Jefford
Deputy Principal: Colm Rice
Deputy Principal: Helen O'Connor
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11 November 2019

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Dear Parent / Guardian,

On Tuesday November 19th Abbey Community College will be presenting to Transition Year students a performance from a project called **Acting for the Future** run by Smashing Times Theatre and Film Company which uses a professional theatre performance to promote positive mental health and suicide prevention. The project is run in association with the Samaritans, with assistance from a panel of advisors.

On this date the company will also present a monologue 'A Day Out' from the highly acclaimed **Testimonies** by Mary Moynihan and Paul Kennedy. **Testimonies** is a professional theatre performance and consists of dramatic monologues adapted from the experiences of those who have lost loved ones to suicide and from the experiences of those who have been through a suicidal crisis and survived.

During the performance of 'A Day Out' the actor presents the story of the last day he spends with his friend who takes his own life and his subsequent struggles to make sense of his friend's actions. The performance is followed by a post-show discussion with a registered psychotherapist and invited guest speakers from the Samaritans. Audience members are invited to participate in the workshop and discuss the issues raised by the performances.

Due to the sensitive nature of the workshop it is important to remember if your son/daughter has had a recent bereavement or been affected by suicide the themes can often be difficult for them. The support structure of the workshops allows for the difficult themes to be explored without the students being negatively affected by the discussion.

If you wish your son/daughter to be excluded from the workshop please state this in writing before Thursday November 14th.

It is extremely important that you take the time to read the material in relation to the workshop which is posted on the school website under the Transition Year tab.

Please sign and return the consent slip below before Thursday November 14

Warmest Regards

Anne Marie Doherty
TY Co-ordinator

(Return consent slip to Ms. Doherty in Room 15)

Student name: _____ Class: _____

I (Parent/Guardian) _____ give permission for
_____ (student name) to attend the workshop on Tuesday November 19th.