

Coláiste Pobail na Mainistreach
Bóthar na Mainistreach, An Port Mór, Portláirge, X91 PC91
Priomhoide: Michelle Ni Sheafraidh
Leas-Phriomhoide: Colm de Ris
Leas-Phriomhoide: Helen Ni Chonchubhair
Leas-Phriomhoide: Laura Ni Ghiolla Phádraig

Abbey Community College
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6th January 2023

Abbey Community College Respect Week

Dear Parents / Guardians,

Next week, Abbey Community College will celebrate *Respect Week*. This will be a great opportunity for our whole school community to start off the new year with a positive whole school focus on respect, whereby all members recognise their own uniqueness and engage in positive relationships with each other.

Activities organised include:

- Chat and Connect
- Walk and Talk
- International Day celebrating the diversity within our school community
- Lunchtime music performances
- #take5at12 - Self-care activities highlighting the importance of respecting ourselves and the uniqueness of each individual
- The creation of a self-care wall
- Guest speakers discussing issues of respect in sport, sexual orientation and health care

As a whole school, we are taking on the *Walk and Talk* challenge of walking the distance to Zambia, the location of our sister school Sacred Heart of Mary, Zambia. Throughout the week, classes will clock up their distances and see how far we can walk as a school community to respect ourselves through exercise and show respect for others as we chat and walk together. We ask for a donation of €2 per student which will go to Pieta House and RSHM Zambia.

Students may wear their school PE uniform on the days they are timetabled for PE / Personal Development / Senior RE (TY, 5th, 6th). They will also need weather appropriate clothes such as warm hats, coats etc for the *Walk and Talk*.

Thank you in advance for your support during *Respect Week*.

Yours sincerely,

Michelle Jefford
Principal



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of the Sacred Heart of Mary

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