

**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**  
Abbey Road, Ferrybank, Waterford, X91 PC91  
**Principal:** Michelle Jefford  
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**Deputy Principal:** Helen O'Connor  
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4<sup>th</sup> October 2024

### **Abbey Community College Wellbeing Week**

Dear Parents / Guardians,

Next week, Abbey Community College will celebrate *Wellbeing Week*. This will be a great opportunity for our school community to promote and engage in positive mental and physical wellbeing activities at a whole-school level.

Please see attached a timetable of events for the week.

We are committed to promoting positive wellbeing throughout our school community. We understand the importance of maintaining a positive wellbeing and the role it plays in creating an environment where all are healthy, happy and achieve their best. Whole-school wellbeing promotion is a focus of our *School Self Evaluation* and is at the core of the ethos of our school.

We will be updating our social media pages each day with the various activities taking place and we encourage you to speak with your child at home each evening about these events.

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

Yours faithfully,

Michelle Jefford  
Principal



In Partnership with the Religious  
of the Sacred Heart of Mary

*Together Towards Excellence*



KCETB Registered Charity No.: 20083434



# Wellbeing Week 2024

08:45 – 09:45

09:45 – 10:45

10:45 – 11:00

11:00 – 12:00

12:00 – 13:00

13:00 – 13:40

13:40 – 14:40

14:40 – 15:40

Monday  
7th October

Daily Action shared on intercom

2nd / 5th French  
Wellbeing through French

2nd / TY French  
Wellbeing through French

3K / 4F LCA French  
Anti-Vaping Campaign Lesson Wellbeing through French

4B / 5D / 5E / 5F  
Anti-Vaping Campaign Lesson

Art for Stress Relief Workshop Movement for Wellbeing Sports Hall Clorcal Comhrá

**Drop Everything and Breathe**

2K / 3A / 4S  
Anti-Vaping Campaign Lesson

**1st & 5th Year Chat & Connect**

3H 2nd French 1M  
Anti-Vaping Campaign Lesson Wellbeing through French Active Hour HIIT Session

Competition: Be Creative  
Theme: Respect for my Wellbeing

Library Leaders  
Books for Wellbeing Recommendation

Tuesday  
8th October

Daily Action shared on intercom

**Gratitude is our Attitude**

6E / 6F / 6G 1st French  
Anti-Vaping Campaign Lesson Wellbeing through French

Cancer Awareness Talk  
1C 1D / 1K  
Anti-Vaping Campaign Lesson Autism Awareness Lesson

Cancer Awareness Talk  
2F / 5A TY / LCA French  
Anti-Vaping Campaign Lesson Wellbeing through French

Movement for Wellbeing Sports Hall Poc Fada Grit Pitch

**2nd Year Singing for Wellbeing**

6B / 6C / 6D 5th French  
Anti-Vaping Campaign Lesson Wellbeing through French

**Drop Everything and Breathe**

5B / 5C 1st French  
Anti-Vaping Campaign Lesson Wellbeing through French

Competition: Be Creative  
Theme: Respect for my Wellbeing

Library Leaders  
Books for Wellbeing Recommendation

Wednesday  
9th October

**World Mental Health Day**

Daily Action shared on intercom

1C / 1D / 1J  
Brainbox Workshop

1K / 1M 1C / 1D / 1J 1T  
Anti-Vaping Campaign Lesson Brainbox Workshop Autism Awareness Lesson

2nd Year Home Economics Smoothie Making 1K / 1M / 1T Brainbox Workshop

1st French Wellbeing through French 1K / 1M / 1T Brainbox Workshop

Movement for Wellbeing Sports Hall Make & Mingle Workshop Art Room TM

**Drop Everything and Breathe**

2C 1J / 1M  
Anti-Vaping Campaign Lesson Autism Awareness Lesson

Competition: Be Creative  
Theme: Respect for my Wellbeing

Library Leaders  
Books for Wellbeing Recommendation

Thursday  
10th October

Daily Action shared on intercom

2I  
Anti-Vaping Campaign Lesson

**3rd & 6th Year Chat & Connect**

1T / 3M 1C  
Anti-Vaping Campaign Lesson Autism Awareness Lesson

2nd Irish Wellbeing through Irish 1D  
Active Hour HIIT Session

NOASIS Concert  
The Hub, B2

**Drop Everything and Breathe**

1J / 2L / 4T / 6A  
Anti-Vaping Campaign Lesson

Competition: Be Creative  
Theme: Respect for my Wellbeing

Library Leaders  
Books for Wellbeing Recommendation

Friday  
11th October

Daily Action shared on intercom

3D 5th French  
Anti-Vaping Campaign Lesson Wellbeing through French

2nd French  
Wellbeing through French

LCA Coffee Morning  
for Staff

**2nd & Transition Year Chat & Connect**

1st French  
Wellbeing through French

**Drop Everything and Breathe**

1D / 2G / 3C  
Anti-Vaping Campaign Lesson

Competition: Be Creative  
Theme: Respect for my Wellbeing

Library Leaders  
Books for Wellbeing Recommendation

