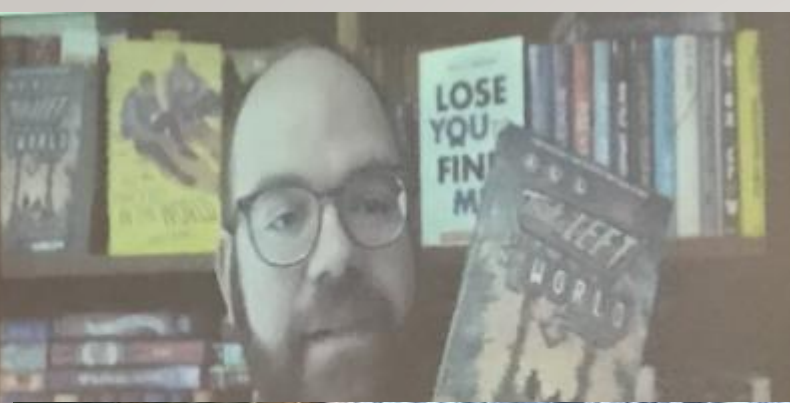


23. SPC BULLETIN

3RD MARCH 2023



GREAT READS AWARD BOOK CLUB TRIP WITH MS FLOOD





WELL DONE TO SPC JUNIOR
GIRLS SOCCER WHO BEAT
EUREKA 3-1 THIS WEEK





CONGRATULATIONS TO TRINITY ENTRANCE SCHOLARS
LEONARDO, ELAOISE AND HARRY FROM THE LC CLASS OF 2022



Youth Physical Activity Survey

Young People aged
(12-17yrs)

**WE WANT YOUR
FEEDBACK!**



This survey will help us understand the types of sport & physical activities **YOU** would like to see available for **YOUNG PEOPLE** in Meath!



SCAN ME!

Complete this Survey to be in with a chance to win a €50 online JD Sports Voucher!!

To complete this survey, please visit www.meathsports.ie or scan the QR code!



WIN €50 VOUCHER!!

An email has been sent to all students with the link to this survey



the 'First Year Model Castle Competition'

'Thanks to all the fantastic and very impressive model castles that were submitted.'

Your teachers will give prizes to the winners in class next week.'



Parent/Guardian Webinar Series

Friendships

Tuesday 14th March 7.30pm

In this 1 hour webinar you will:



Consider the impact friendships can have on your child's mental health



Explore ways in which you can support your child to build positive friendships



Learn supportive strategies to navigate conversations about friendships with your child



Facilitated by Emma Prunty
and Amy McRory, Jigsaw

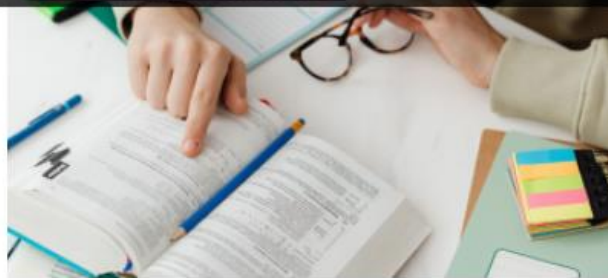




The importance of routines

Having healthy and structured routines is good for our mental health. Learn about how to plan a new schedule and how to stick to it.

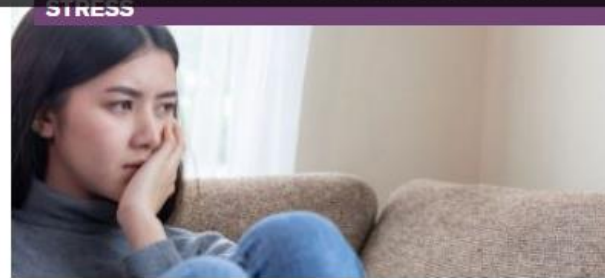
[Read more](#)



Supporting your mental health as you start college

Adjusting to a more independent life outside of the school system can take time. Learn about the small steps that you can take to help yourself.

[Read more](#)



Dealing with self-criticism

Dealing with self-criticism

Too many of us are quietly, privately, hard on ourselves. Get tips from Jigsaw clinicians for dealing with self-criticism.

[Read more](#)



Feeling down

We all feel down now and again. With strict lockdown restrictions in place, it's understandable to feel down at the moment.



Managing anxiety

Anxiety is a sign something needs your attention. It could be telling you that you may be in danger or something is risky.



Problems at school

If you are having problems with schoolwork, friends, or fitting in, you are not alone.



Mental health awareness course for parents

Naoise Monday, 01 March 2021

Our mental health awareness course for parents is proudly endorsed by ESCI – Education Support Centres Ireland.

The aim of this 40 minute course for parents or guardians of primary or secondary school students (+12 years) is to raise awareness about youth mental health and identify ways to promote and support youth mental health. It also highlights how we can be 'One Good Adults' for the young people in our lives.

Modules

- 1 The changing needs of young people
- 2 Introduction to mental health
- 3 Youth mental health in Ireland
- 4 Promoting and supporting youth mental health for the young people in our lives.

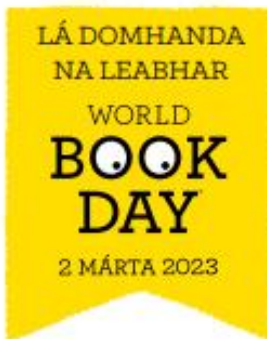
[Login to our parent portal](#)





**FREE BOOKS !!!
OUTSIDE THE LIBRARY**





€1.50 Book Token

Secondary Schools (ROI)

World Book Day® changes lives through a love of books and reading. Our mission is to promote reading for pleasure, offering every child and young person the chance to choose and have a book of their own. We hope you will join us in celebrating the joy of reading. Visit worldbookday.com for reading tips, videos, activities and brilliant recommendations from your favourite authors. Your **€1.50 book token** is available below.

	 VALID FROM MARCH OR 16 FEBRUARY – 26 MARCH 2023 16 FEABHRA – 26 MÁRTA 2023	SPONSORED BY 	YOUNG PEOPLE AND FAMILIES: Participating retailers undertake to redeem this token as described, subject to the terms and conditions: worldbookday.com/terms-conditions Find your nearest participating bookseller at worldbookday.com/participating-retailers RETAILERS: Retailer's full terms and conditions: worldbookday.com/resources/booksellers PROMOTER: World Book Day is co-ordinated by World Book Day Ltd, registered charity 1079257 (England and Wales), registered company 03783095 (UK).
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			#WORLDBOOKDAY

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175TH ANNIVERSARY OF THE IRISH FLAG

- ON THE 7TH OF MARCH 1848, THOMAS FRANCIS MEAGHER FLEW A TRICOLOUR FLAG AT THE WOLF TONE CLUB IN WATERFORD CITY, WHERE IT FLEW CONTINUOUSLY FOR EIGHT DAYS AND NIGHTS BEFORE BEING REMOVED BY THE AUTHORITIES. ON THAT SAME DAY A TRICOLOUR WAS ALSO RAISED IN A PROCESSION TO THE HISTORIC VINEGAR HILL IN COUNTY WEXFORD. IN APRIL, MEAGHER, AS LEADER OF THE YOUNG IRELANDERS, BROUGHT THE TRICOLOUR PRESENTED TO HIM IN PARIS TO DUBLIN



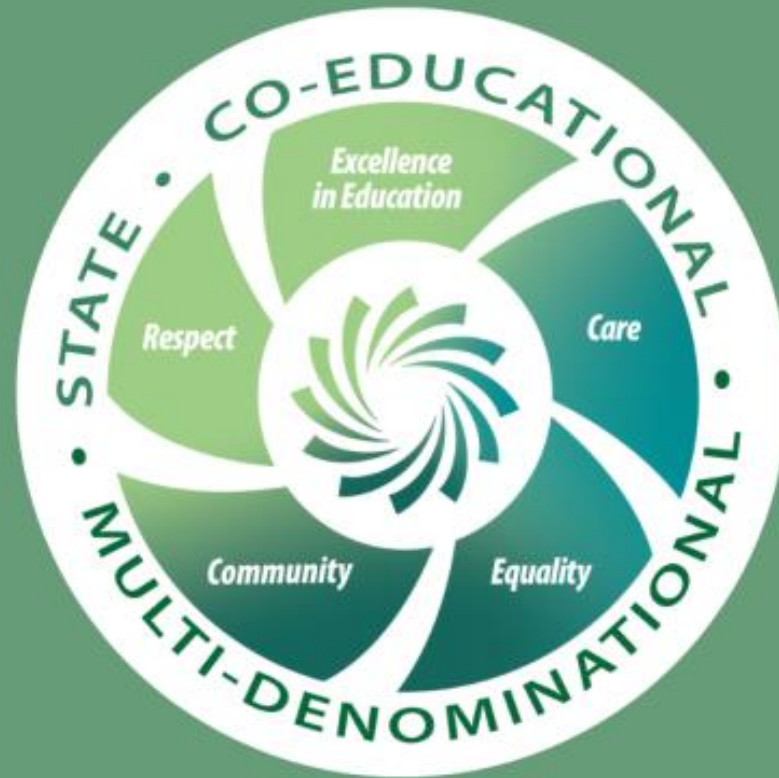
BEST WISHES TO THE 1ST YEAR BOYS GAEELIC FOOTBALL TEAM AT A SEMI-FINAL AWAY TO ASHBOURNE TODAY



WELL DONE TO THE MS KELLY'S GIRLS WHO REPRESENTED SPC AT THE BLITZ YESTERDAY



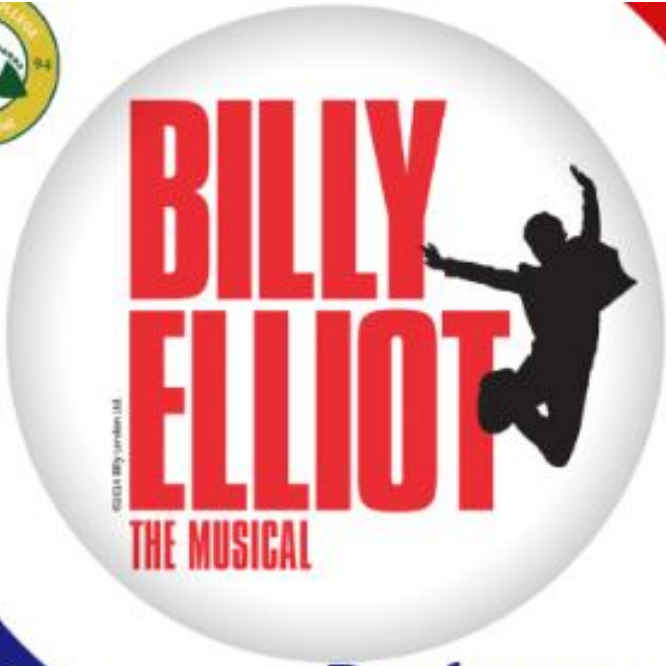
Celebrating ETB Ethos during ETB Week



#ETBI DAY







**BILLY
ELLIOT**
THE MUSICAL

©2014 Billy Elliot Ltd

Tickets available from

eventbrite



TICKETS
Wednesday
March 8th
€15



TICKETS
Thursday 9th
Friday 10th
Saturday 11th
€20

**Dunboyne
Community
Centre**
March 8/9/10/11TH

Contains mature language throughout

Limited tickets on the door

