

# Jigsaw 5 a Day for Positive Mental Health

We aim to commit to long term, embedded practices to enhance and sustain pupil wellbeing in St. Patrick's N.S., Slane

We believe the Jigsaw 5 A Day initiative with its five themes of

1. Being active,
2. Connecting with others,
3. Noticing everything around you,
4. Becoming involved and
5. Giving

is in keeping with this ethos.





**5k Running Season**



**Active Schools Week**



**School SESE Trips**

# Active



**BOWOW Season**



**Sports Coaching**



School Assemblies



Friendship Group 6<sup>th</sup> & Infants

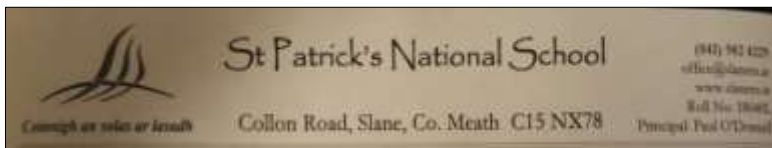
# Connect



School Marching Band



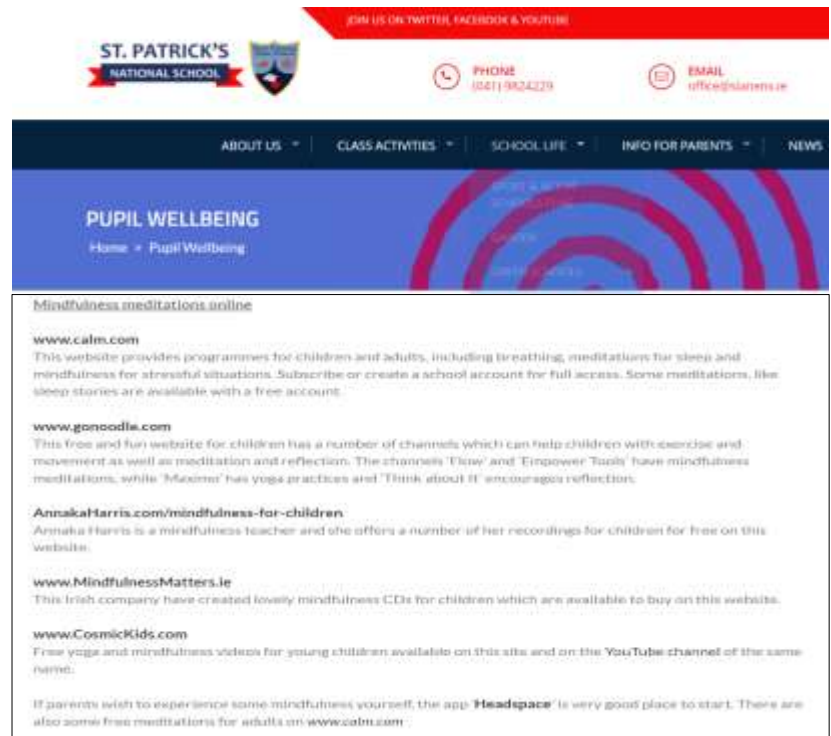
Christmas Carol Service



St Patrick's National School  
 Collon Road, Slane, Co. Meath C15 NX78  
 (041) 982 4229  
 office@slanes.ie  
 www.slanes.ie  
 Roll No. 18040L  
 Principal: Paul O'Donnell

**Staff Croke Park Hours 2016-17**

Minutes Thursday 2<sup>nd</sup> March – Emily Duignan completed CPD with the staff on mindfulness in a advance of the six week mindfulness programme for pupils in the school. All resources are on Dropbox and a letter will go home to parents next week with links for home. The staff were also updated on activities to date this year as part of the Jigsaw 5 A Day programme. 1 hour (26 hours)



St. Patrick's National School  
 JOIN US ON TWITTER, FACEBOOK & YOUTUBE  
 PHONE (041) 9824229  
 EMAIL office@slanes.ie

ABOUT US CLASS ACTIVITIES SCHOOL LIFE INFO FOR PARENTS NEWS

**PUPIL WELLBEING**  
 Home > Pupil Wellbeing

Mindfulness meditations online

**www.calm.com**  
 This website provides programmes for children and adults, including breathing, meditations for sleep and mindfulness for stressful situations. Subscribe or create a school account for full access. Some meditations, like sleep stories are available with a free account.

**www.gonoodle.com**  
 This free and fun website for children has a number of channels which can help children with exercise and movement as well as meditation and reflection. The channels 'Flexy' and 'Empower Tools' have mindfulness meditations, while 'Maximo' has yoga practices and 'Think about it' encourages reflection.

**AnnakaHarris.com/mindfulness-for-children**  
 Annaka Harris is a mindfulness teacher and she offers a number of her recordings for children for free on this website.

**www.MindfulnessMatters.ie**  
 This Irish company have created lovely mindfulness CDs for children which are available to buy on this website.

**www.CosmicKids.com**  
 Free yoga and mindfulness videos for young children available on this site and on the YouTube channel of the same name.

If parents wish to experience some mindfulness yourself, the app 'Headspace' is very good place to start. There are also some free meditations for adults on [www.calm.com](http://www.calm.com).

## Staff Mindfulness CPD Training

# Notice



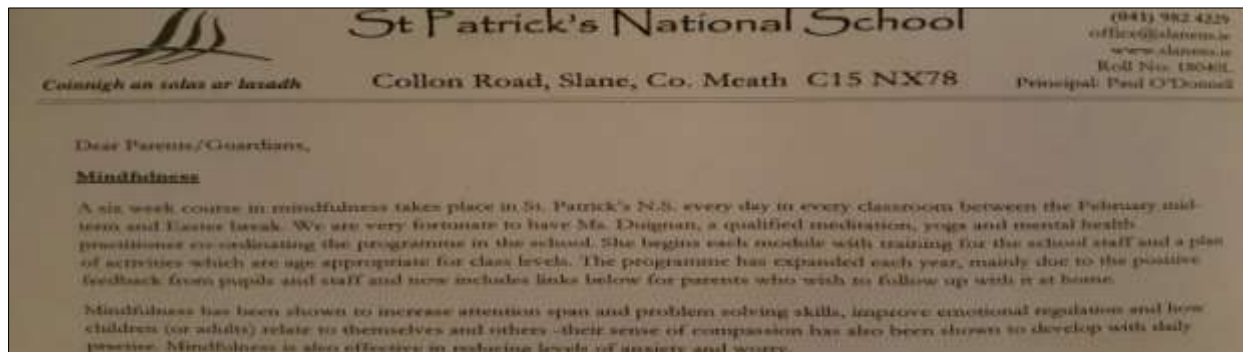
Emily Duignan @emilyduignan · Jan 24  
 Very excited for our first yoga class tomorrow in @slanesl  
 #mindfulness #yoga @SPT\_Meath

**The poses**

Mountain pose, Butterfly pose, Sevenside, Warrior pose, Triangle pose, Tree pose, Tortoise pose, Camel pose, Archer pose, Monkey pose, Relaxation

## Mindfulness links for Parents

## After School Yoga Classes



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Dear Parents/Guardians,

**Mindfulness**

A six week course in mindfulness takes place in St. Patrick's N.S, every day in every classroom between the February mid-term and Easter break. We are very fortunate to have Ms. Duignan, a qualified meditation, yoga and mental health practitioner co-ordinating the programme in the school. She begins each module with training for the school staff and a plan of activities which are age appropriate for class levels. The programme has expanded each year, mainly due to the positive feedback from pupils and staff and now includes links below for parents who wish to follow up with it at home.

Mindfulness has been shown to increase attention span and problem solving skills, improve emotional regulation and how children (or adults) relate to themselves and others - their sense of compassion has also been shown to develop with daily practice. Mindfulness is also effective in reducing levels of anxiety and worry.

## 6 Week In School Mindfulness Programme For All 276 Pupils



**School Pitch Fundraiser**

# Give



**Art Project Appeal**



**Annual SVP Hamper Appeal**



**Grandparents Day**



**Annual Charity Clothes Collections**



**Pupil 'Gugalaí Gug' Egg Company**

# Involved



**Food Dudes Healthy Eating Scheme**



**Internet Safety Talk**



**Children's  
Ombudsman Visit**



**General Election Candidate Debate**