



Dear Teachers and Students,

Welcome to the fifth edition of **TCC 'Wellbeing Newsletter'**. This resource comprises of ideas and suggestions which you can use to support your wellbeing and that of others during this time. First and foremost,

We would like to thank you all for contributing so generously to our newsletter. This is a true representation of how we can stay connected while also staying apart. There is a huge importance on obtaining secure attachments for our mental and physical wellbeing. As Humans, we are born 'wired for connection' - it's in our DNA, as strong a need as food, water and warmth.



The Newsletter reflects the NCCA's Indicators of Wellbeing to explore how to support your wellbeing. The indicators are: **ACTIVE**, **AWARE**, **CONNECTED**, **RESILIENT**, **RESPECTED** and **RESPONSIBLE**.

1. **CONNECTED**

How do you truly connect with someone?

Be genuine. The only connections that work will be the ones that you truly care about; the world will see through anything short of that.

1. Be helpful and supportive in your messages
2. Pay attention, Make time, 'like' their posts if you agree with the content they post.
3. Connect with people close to them. ...
4. Celebrate their accomplishments
5. Remain unforgettable.



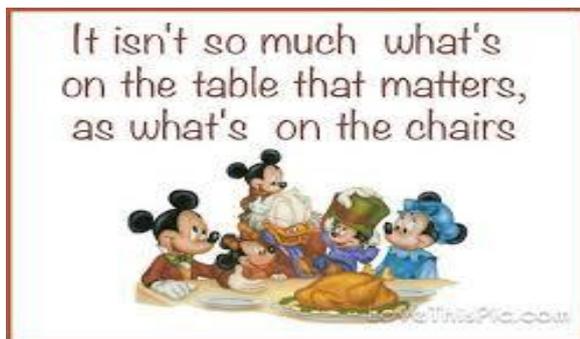
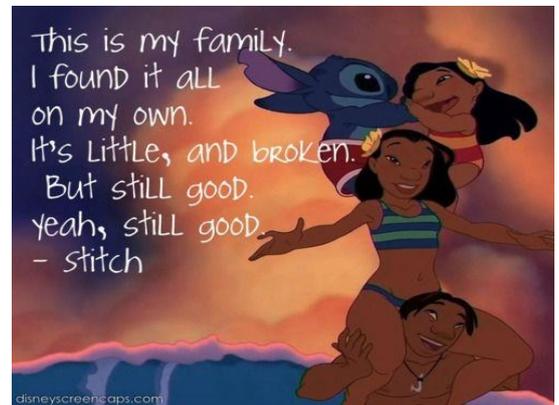
From studying the above, I note that the first suggestion is the foundation from which the rest follow. Be genuine in your efforts to connect with others. Do not send a message that you do not mean or engage in a conversation to try resolve a situation if you do not truly have the other person's interest at heart. Avoid situations that you are not 100% committed to or invested in. If you are concerned about a family member or friend, we have listed some simple sentence openers that will nurture a secure connection.

- I'm so proud of you.
- Tomorrow is another day. It'll get better.
- How could I forget?
- You're in my thoughts and prayers.
- I'll always be here for you.
- You made my day.
- If it's good enough for you, it's good enough for me.
- Be sure to put on your helmet.
- I really appreciate the help
- Thank you for your offer, its much appreciated.
- Do you remember that time



Be thankful for all those connections that you have made. All those people that helped you be the best person you can possible be. The ones that may not have necessarily agreed with your decisions but tried tirelessly to show you another way. The person that put's time, energy and effort into your everyday successes and those that remain beside you through 'thick and thin'. This week, let's make an genuine effort to give thanks to those people, show appreciation and notice how it makes you feel. 😊

1. Thank a friend for being there when times were tough. ...
2. Show someone you appreciate them for being a good friend.
3. Describe a time a small act made a big difference.
4. Give someone a compliment.
5. Tell someone why their talent/skill inspires you.
6. Show your best friend why they are the BEST.



The next indicator that we must acknowledge is Awareness. As previously discussed, Awareness can be translated to knowledge or perception of a situation or fact. There are many different types of awareness.

- 1) Time awareness.
- 2) Task Awareness.
- 3) Result awareness.
- 4) Self-awareness.

1) Time awareness

Getting lost in thoughts is a common problem we all face. Things go on autopilot.

Doing the same thing again and again without even being aware happens to the best of us.

Keeping a journal regularly and consistently tracking what you do, helps you make important decisions. It makes you aware of the fact that time is being wasted and you should do everything you can to prevent it. This is why 'Time is one of the Important Types of Awareness'. If used wisely, time acts as a major productivity factor but if we waste it, there is no other more important resource.

Making yourself productive, choosing how to spend time and who to spend time with is important for time awareness. In next weeks TCC Newsletter we will focus on study skills. You will be able to test some of our suggestions and find out what technique works best for you.

2) Task Awareness



Everyone should be aware of the tasks they carry out on regular basis. You might have a big 'to-do' list. You must prioritise the most important and justify your reason for doing so. This will help to unclutter your to-do list and make sure that you give enough time to each task as per its importance. There has never been a better time to 'trial this method'. Your study schedule is your priority. Ensure that you are making the right choices and always ask your teachers if you are unsure or struggling to work independently.

3) Result awareness

Being busy doesn't always mean being productive. Once you learn to manage time and task, you automatically become aware of your results. A person can be busy most of his day but not productive at all. A person who manages time and tasks effectively is the most productive of all.



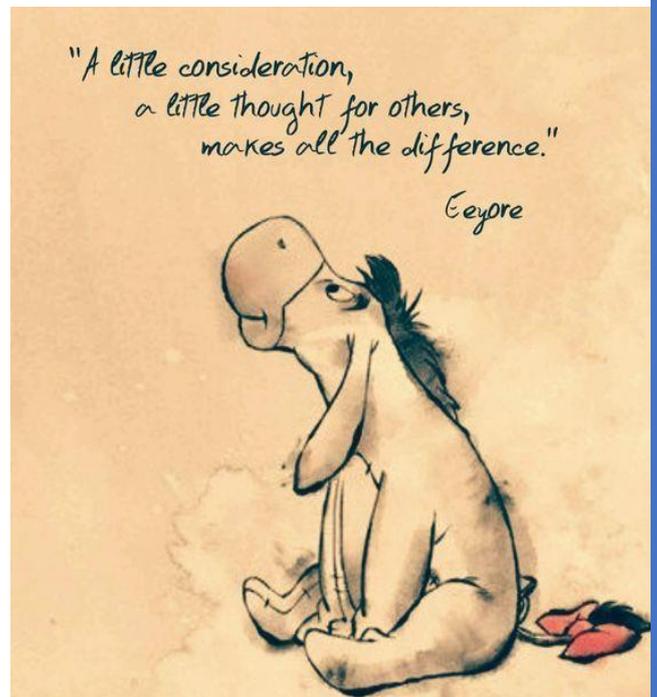
You must ask yourself this question. Are you getting the results from something that you are spending your time at? This reflective exercise will act as the stepping stone for a future and greater result. Sometimes you may need to alter your mindset and think of alternative ways of doing something. It is necessary that you enjoy the process, but it is equally important that you focus on details and do not forget the big picture. Having a vision helps you stay aware of the result that you are after and does not let you drift away from your aim or goal.

Love this <3

4) Self-awareness

Finally, the most important type of awareness is always being aware of the self. Being self-aware is being conscious of the fact that you are doing something or being something or simply being aware of yourself.

Being self-aware is very important at all times. Whether you are with your friends or with your family or in your school/workplace. You should be aware of what you are saying and the manner in which you say it. Our Taoiseach, Leo Varadkar, in one of his speeches gave young people a bit of advice recently. He told them that 'this is a difficult time on families'. Support your parents/guardians, don't fight with your siblings and help out at home, the best you can. This means that you need to focus on what you say and do so that it does not impact negatively to anyone else.





This week, I am going to share with you a story that a friend of mine wrote for her little boy aged (7). Laura, was having difficulty trying to explain to her son why he could not play with his friends. The inspiration flowed from there. Perhaps this is a story you may consider sharing with your siblings to help them better understand Covid-19. This story is child appropriate and promotes self awareness. We must be cautious when interacting with younger family members. We must be kind and true.



Once upon a time on planet earth, people were going about their business, hurrying around to get things done as grownups often do. They ran to work, ran home to clean, ran to the shops, ran to school, ran to catch buses, planes and trains. They even ran for fun! With all that running people barely had time to stop and think.

One day a villain from a far away land came to planet earth. They called him Corona. Suddenly the grownups seemed very afraid, there were lots of scary words being said and the children of planet earth didn't understand.

Everyone was worried and frightened but there was some good news. The people of planet earth could fight back. They did not need a superhero in a Cape and tights to come save them. This time, they could be the superheroes. They knew Corona's weakness. Corona seemed to only appear when there were groups of people together.

So the schools closed, parks closed, swimming pools closed, restaurants closed and all the fun places seemed to just go away over night.

Sometimes the children of planet earth couldn't understand why all this had to happen. Why couldn't they play together anymore? Why couldn't they see their friends and grandparents? The grownups explained that this is what needed to happen to beat this nasty villain. So the kids understood that to defeat him they needed to be brave and do their part to help.

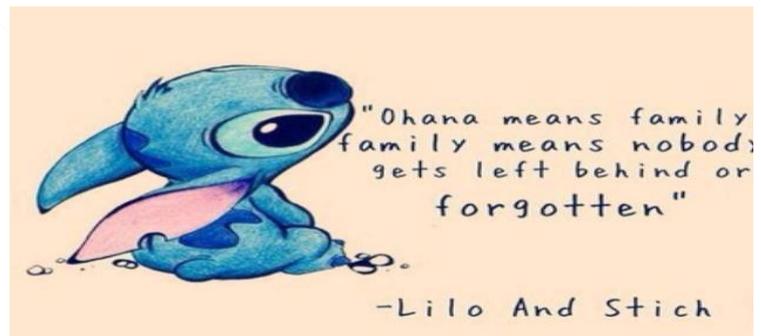
Then the children started to see a change in the grownups around them. They had stopped running. They had started to teach them and not just homework but things the grownups had learned as children. Games they used to play, books they used to read. They baked, sang, danced, painted, built forts, watched movies and laughed together.

The grownups seemed much less serious now and the kids thought maybe this superhero stuff wont be that hard after all.

Of course it was still hard some days but the children knew that this was the only way to defeat the villain. They talked to their grownups if they felt worried and the grownups knew just what to say to make them feel safe again.

Corona was eventually defeated by the people of planet earth. He was defeated by all the brave people who pulled together by staying apart and the grownups never went back to their old ways of running around all day. They made time for fun and games but now they could do that wherever they wanted. The children of planet earth grew up to be the kindest adults the world had ever seen. They knew that they had to look after Mother Nature and all their fellow people. They knew they had the strength of superheroes inside them and they shared that strength and kindness with their own children who then shared it with their children. They never forgot that even in scary times they had each other and that would always be the most important thing.

Laura Bolger (Carlow)



It is now time to credit some of the wonderful students of Tyndall College Carlow for their incredible creations and masterpieces they have designed and made in the past few weeks. They are a credit to their family and our school and we are so grateful that they shared their stories with us.

New furniture/ Upcycling

Last week, we decided to make a project using old bunk beds that were fit for the skip. We were unsure of what we would use the wood for, so we decided that we would use the timber to make some new benches. We had limited tools and materials, so it took a lot of thinking, planning and team work. It really helped to stop me worrying about the virus (covid-19) and shift my focus to something more positive.



We worked hard. The project took us nearly a week to complete. We found it was really good to do something productive other than being fed up, stuck at home and missing our friends.

I worked with my brothers and we all survived. We were so tired each night. Our arms and

hands were killing us from using the saw and drill. As I love art, I really enjoyed painting it. I learnt new skills measuring and sawing, and changing drill bits. It took me a while to get used to sawing in a straight line. I went to bed each night thinking about our project and all our good progress.

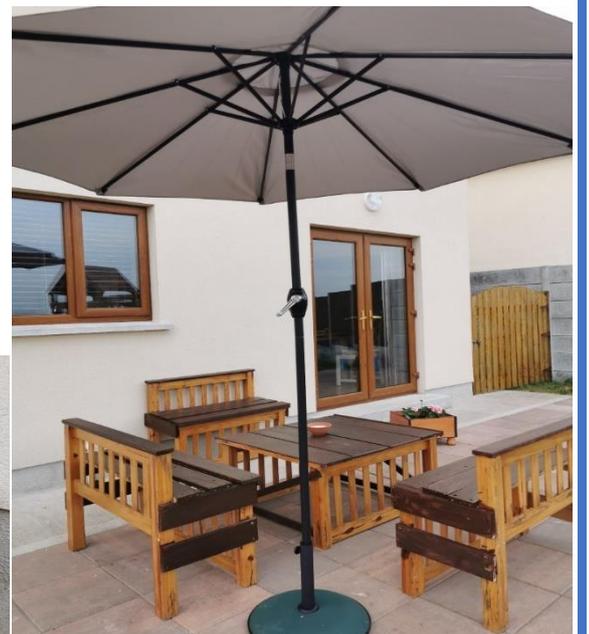
This weekend just gone we had a BBQ and we used our furniture. It was lovely, the weather was sunny and warm and it was especially nice for us all to sit together.



I want to thank my Mam because we had to be so patient and she helped us all to remain focused and to take our breaks when we needed them. Also, my brothers as they did their part to make it all come together.



Thanks for Reading,
Calum Moroney, (2nd year)



My Gardening Project

I started my gardening project when school closed due to the coronavirus. My Dad bought me a stand up polytunnel which we both put together.

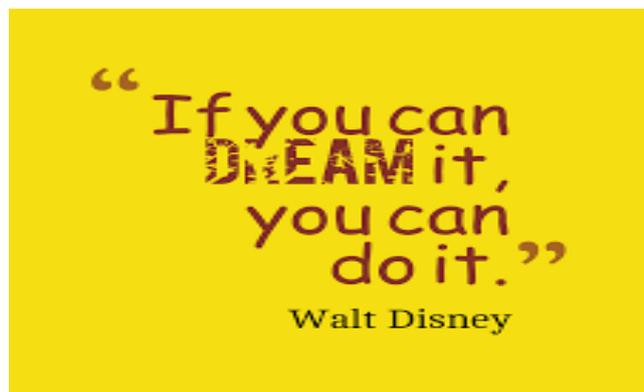
One Saturday morning my Dad and I went to Woodies to get a few supplies such as seeds, soil and pots. We planted all the seeds in different pots and watered them well. The polytunnel helped a lot to protect the plants at night from frost and in the day it gave them heat from the sun.

As I watched them grow quickly, I had to repot some of the plants to help them grow. They had to be watered regularly so they didn't die.

At this present time my polytunnel is full of healthy and nutritious food such as courgettes, coriander, lettuce, sweetcorn, radish, cauliflower, onions and red onions.

It was an amazing sight to see them from seed to where they are right now and we have tried some of the lettuce and coriander and my mum said that it tastes much nicer than buying it from a shop.

Finn Brophy (1st year)





Ms Hutton recently introduced us to a new dimension of wellness and reflection. Ms Hutton decided to incorporate a task from the 'Abundance programme' each week and also a reflection piece for the 'Philosophy Thinking Corner'. Please see the two pieces below and complete the reflective exercises. Watch the magic happen!!



Task 3:

Toady's task is to support someone else in their abundance!

- Work with the law of the movement of energy; giving and receiving. Energy is constantly renewed, and so therefore cannot stand still.
- Rise to the challenge and empower others. You are now in charge of passing on positivity and happiness to a minimum of 3 other people. (At this time try and think of the vulnerable people in your life; grandparents etc.)
- Own your leadership in the way you feel.

Quote for the day: *"Today I focus on what I want to attract into my life and spreading this joy and focus with others."*



Our 4th Family Quiz. 4 Subjects, 5 Questions each. The leader board will be updated each week. Submit your answers each week to matthew.hughes@kilkennycarlowetb.ie

Be in with the chance to win this fabulous 'Well-being Family Hamper.'



Subjects: **Maths**, **French**, **Art** and **Geography**

1. What is the square route of 144?
2. What is the total number of degrees in a triangle?
3. What number must you add to 66 to make the sum of 121?
4. How many zeros are there in one billion?
5. What is 15 in roman numerals
6. Qui est le president de la France?
7. Quelle est la capitale de la France?
8. Quel est le symbole de la France?
9. Nommez la rivière à Paris?
10. Combien de pays parlent français?
11. What was Picasso's first name?
12. What colour do you get when you mix blue and yellow?
13. What are colours that go well together called?
14. What the name for hard clay and water that is used as a glue to put pieces of clay together.
15. What is a thin layer of paint applied with a sponge called?
16. A waterfall is found in which stage of a river?
17. When a small river joins a larger river it is called what?
18. What does the word manufacturing mean?
19. Industrial Inertia is when an industry should relocate but it doesn't. True or False?
20. Ireland suffers from a lot of acid rain. True or False?

On April 27th one of my absolute favourite poets, Eavan Boland sadly passed away. She gave a voice to the matriarch and purpose to the mundane and humdrum. Her poetry captured moments in time and echoes of memories. 'Love' is a poem that moves me to tears at the transience of love, of emotion.

Today, we shall reflect upon a poem written by Eavan Boland called 'A ballad of Home'. I chose this poem as it is set in a family home and reflects loving and caring relationships bound within the walls of love. This is not a prescribed poem on the Leaving Certificate course, but like many of her poems, deals with very pressing themes. The theme of 'Building relationships, 'the passing of time and love'. I think it should be read in an affectionate nature. The tone is gentle and loving like the relationship in the poem.

'A Ballad of Home', by Eavan Boland

How we kissed
in our half built-house!
It was slightly timbered,
a bit bricked, on stilts

and we were newly married.
We drove out at dusk
and picked our way to safety
through flint and grit and brick.

Like water through a porthole,
the sky poured in.
We sat on one step
making estimations

and hugged until the watchman
called and cursed and swung
his waterproof torch
into our calculations.

Ten years on:
you wouldn't find now
an inch of spare ground.
Children in their cots,

books, a cat, plants
strain the walls' patience
and the last ounce of space.
And still every night

it all seems so sound.
But love why wouldn't it?
This house was built on our embrace
and there are worse foundations.



If you have feedback on this resource or have content suggestions please email matthew.hughes@kilkennycarlowetb.ie. I look forward to hearing from you 😊