

Photo Diary of Some Recent Events Promoting Resilience and Wellbeing...

Assemblies addressing important issues:



St Patrick's Grammar Downpatrick

5 December at 21:05 · 🌐

This morning, Louis, Dara and Sean, from our Student Leadership Team, spoke at Senior School assembly on the importance of breaking the stigma so often associated with mental health problems.

They spoke about the importance of looking after our mental health and explained that we should never be embarrassed to talk about how we feel.

They reminded students who they can talk to at school if they are experiencing difficulties - their friends, Oisín - our life coach, Rachel ... See more



St Patrick's Grammar Downpatrick

6 December at 13:23 · 🌐

The importance of breaking the stigma so often associated with mental health problems - The Stand Up Kid. Standing up to help yourself and others!

<https://www.youtube.com/watch?v=tBDuoOli4t8>



YOUTUBE.COM

The stand up kid

everyone involved with working with children and young people should watch this. We need t...

👍❤️👏 46

4 shares

👍 Like

💬 Comment

➦ Share



St Patrick's Grammar Downpatrick

2 December at 20:53 · 🌐



Well done to 9Q and Miss O'Hare for their amazing assembly marking The International Day of Persons with Disabilities, 2022 - 3 December. This year the theme is 'Not All Disabilities are Visible'.

The boys reminded us that just because something is not visible, does not mean that it's not important or impactful. Many people live with disabilities like mental health conditions, chronic pain and fatigue, none of which are visible at first glance. However, these people's lives... [See more](#)



There is a person behind the disability. No need to judge them or stare. Disability, another word for what a person has. Ask, learn if you don't understand, there is a person there. Differently able sounds better to me. The person has less ability, not no ability. There is more to them than that. It's the ability they do have and the person they are, that they want you to see.



St Patrick's Grammar Downpatrick

15 November · 🌐



Our Headboy, Headgirl and Deputies are promoting the NIABF's Anti-Bullying Campaign, 'Reach Out'. They will be meeting with members of the Junior Student Council tomorrow to discuss this as well as other issues. #ReachOut



St Patrick's Grammar Downpatrick

14 October · 🌐



9K delivered a winning presentation to the Junior school this morning to celebrate World Mental Health Day. We learned that we all have mental health and, very importantly, how to improve our mental health. We'll definitely be putting some of your tips into action this weekend. Remember: Be Open, Check In, Self Care and Talk. Well done boys. 🍀🍀





St Patrick's Grammar Downpatrick

6 October · 🌐



It was so good, we had to share.

Well done to Mr McGloin and representatives from 10D, who presented a super assembly to the Junior School on 'Leadership'.

With hustings underway for School Council Representatives & Class Prefects, the boys perfectly summed up what leadership truly means and showcased some quotes from a variety of well known leaders.

We can't decide which quote was our favourite, so we have shared them all!... [See more](#)



St Patrick's Grammar Downpatrick

14 October · 🌐



Congratulations to 9D for their wonderful Assembly on 'Embracing Diversity' - it was engaging, thought provoking and so well delivered. We'll done boys. 🍌🍌



69

5 comments

Award in recognition of work in the area of Wellbeing



St Patrick's Grammar Downpatrick

30 November at 23:49 · 🌐



Mr McCann had the great honour of accepting the Investors in Mental Health Award from [Aware NI](#) recently.

The Investors in Mental Health Award is an initiative developed by AWARE – the depression charity for Northern Ireland. The aim is to provide recognition to individuals, schools or organisations who are making a significant contribution to the promotion of positive mental health. (<https://aware-ni.org/IMH-awards>).

Thank you Aware NI.



Workshops for Students



St Patrick's Grammar Downpatrick

11 February · 🌐

Action Mental Health's Hugh Roarty finished his 'Provoking Thought' workshops for Year 11 this afternoon. Before he left, Patrick and Eva presented him with a cheque for £500 on behalf of the student body.

Many thanks to our parents who donated to this cause via the App. There's still time to donate and there will be another cheque presentation to Suicide to Zero after the midterm break.



St Patrick's Grammar Downpatrick

10 February · 🌐

Action Mental Health's Hugh Roarty with Mr Brennan (Head of Year 11), Edward McDonald (Student Council Rep.) and Jonathan Dalzell (Mental Health Champion) following the 'Provoking Thought' workshop delivered to two Year 11 classes today as part of Children's Mental Health Week. We look forward to welcoming Hugh back to the school tomorrow for the workshops with two more Year 11 classes. #growingtogether





St Patrick's Grammar Downpatrick

16 September · 🌐



Twenty-three students from Years 10 - 14 had the opportunity to undertake training delivered by [Action Mental Health](#) today to help them carry out their roles as Wellbeing Champions.

As well as being a very informative and useful workshop, it was very enjoyable. Many thanks to Hugh Roarty for delivering this excellent session.



St Patrick's Grammar Downpatrick

23 September · 🌐



Our Year 8 students had a fantastic end to their week at the Ready for Action Workshop with Carlos from HiP Psychology. The boys were left with lots of useful tips which will help them all aspects of their lives. Thanks Carlos. [#hippsychology](#)



+4



St Patrick's Grammar Downpatrick

23 September · 🌐



Yesterday saw the launch of the Bloom programme with Year 12 and Year 14, a resilience and wellbeing programme that the school has embraced as one of the actions of our three-year Emotional Health and Wellbeing Strategy.

As parents, we all want the same thing - for our children to be happy. Studies show that the most powerful childhood predictor of adult life satisfaction is the child's emotional health. Our hope is that we can help to provide our students with the tools to... [See more](#)



St Patrick's Grammar Downpatrick

28 March · 🌐



Today, our Year 10s were treated to an afternoon of live theatre and interactive workshops given by 'Smashed'.

Smashed is an alcohol education programme that tackles the issues faced by young people, through hard hitting real-life dramatisations.

It certainly left our Year 10s with a lot to think about when it comes to attitudes to alcohol and consequences of underage drinking.

Many thanks to the Smashed team!!





St Patrick's Grammar Downpatrick

3 February 2021 · 🌐



Next week, Cormac Venney, from HiP Psychology, will deliver a series of live, interactive workshops for our students - Promoting Well-being and Engagement with Remote Learning. Cormac has experience of working with a great number of schools across Northern Ireland and with many sports clubs, including Ulster Rugby.

These workshops are going to be very informative and beneficial and will provide strategies to improve wellbeing and performance - a few hours away from remote... [See more](#)

HiP Psychology
REMOTE LEARNING ONLINE
POST-PRIMARY PUPIL WORKSHOP
 Enhancing Emotional Well-Being and Improving Engagement

THE WORKSHOP WILL:

- Be fun
- Teach practical strategies
- Be evidence-based
- Last one hour
- Have the capacity to host 500 screens
- Be suitable for school years 8-14

PUPILS WILL:

- Understand how to support their emotional wellbeing through our 'keep your table stable' analogy
- Be taught a simple framework to utilise their daily routine to embed good mental health
- Understand how to set targets to keep motivation up
- Become fully aware of how to enhance resilience

HIP PSYCHOLOGY FACTS:

Workshops for Staff



St Patrick's Grammar Downpatrick

1 September · 🌐



As part of our ongoing commitment to well-being of staff and students, Yvonne and Anne from [Global Horizon Skills Ltd](#) delivered very informative and enjoyable Mindfulness and Well-being sessions for staff this week, following on from the fantastic sessions delivered by David in June. Many thanks Yvonne, Anne and David. 🙏🙏

Helping ourselves to help others!





St Patrick's Grammar Downpatrick

7 September · 🌐



We are a Bloom School!

As part of our focus on promoting resilience and wellbeing in our students, last week we were delighted to welcome Bloom Associates Pat McGibbon and Adrian Devlin, for the initial staff training session on the Bloom Programme, which will be delivered to students in Years 11 - 14 this academic year.


Over an 8-week period, Bloom Associate Trainers will then work alongside our teachers to support and train us in the course content and the implementation... [See more](#)




Workshops for Parents



St Patrick's Grammar Downpatrick added a new photo.
20 September · 🌐



St. Patrick's Grammar School



PARENT TALK

'Raising Resilient Adolescents: Approaches from Positive Psychology'

Webinar with
FIONA FORMAN
M. Sc. Applied Positive Psychology
Thursday 22nd September
7.30 – 8.45pm

Resilience means being able to cope with life's disappointments, challenges and problems.

Our young people have faced so many challenges over the last number of years, so it is now more important than ever to support and equip them.

In this webinar, Fiona will share ideas on ways to give our adolescents the support and skills they need to help them to feel resilient, strong and confident. She will also introduce her Wired for Well-Being programme.

[Register to attend for this webinar](#)

Celebrating Special Days



St Patrick's Grammar Downpatrick

10 November 2021 · 🌐



We were delighted to have the Minister of Education, Michelle McIlveen, with us today for the launch of the Wellbeing Award for Schools.

The Minister spoke with our Head Boy and Head Girl, Patrick and Eva, visited a Year 9 Art class and called in on our Saphara students who were meeting to discuss fundraising.

It was lovely to meet you Minister and thank you for taking the time.





Today is World Mental Health Day. Please see post below from [Secondary Students' Union of Northern Ireland](#). #yourvoicematters

Our school counsellor and our life coach are always on hand to help with all our pupils' concerns - big or small - just refer using the box in school, by speaking to any member of staff or by emailing our pastoral team.

SSUNI

WORLD Mental Health

Services Available

- Crisis Cafe in Newry**
- Child and Adolescent Mental Health Service (CAHMS)**
- If you think you need to speak to someone in this service speak to: a teacher, a school nurse or your GP
- Childline - 0800 1111**
- school counselling is available to all NI post
- Lifeline - 0808 808 8000**

The Self-Care Tips

- ♥ Journal your thoughts
- ♥ Spend some time outside
- ♥ Try mindfulness
- ♥ Write down your achievements
- ♥ Be active



St Patrick's Grammar Downpatrick

7 February · 🌐



This week in St. Patrick's, we will be celebrating Children's Mental Health Week. This year's theme is Growing Together!



👍❤️ 14



St Patrick's Grammar Downpatrick

11 February · 🌐



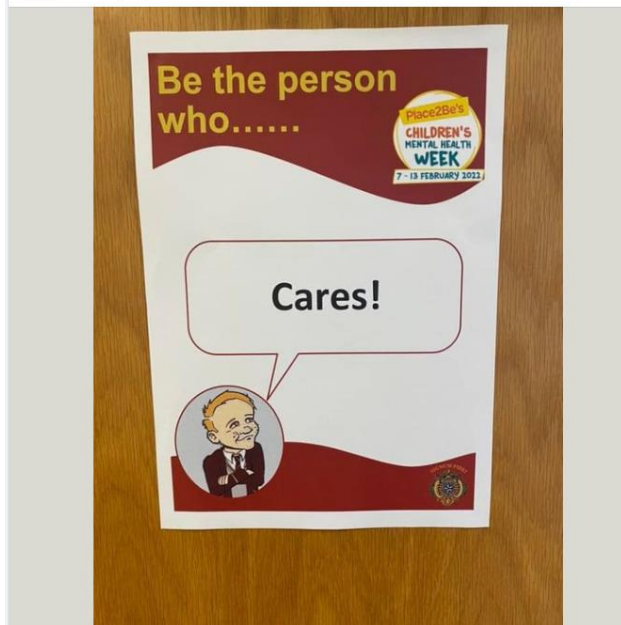
Odd socks, birthday celebrations, games, school mile, extended break, lunchtime busking and lots of fun today to celebrate Children's Mental Health Week!
[#growingtogether](#)



St Patrick's Grammar Downpatrick added a new photo.
11 February · 🌐



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11 February · 🌐





St Patrick's Grammar Downpatrick

4 June 2020 · 🌐



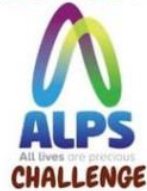
Well done to everybody involved in the 'Walk a Million' initiative with ALPS and Talk to Tom.

There's still plenty of time to get a million steps covered before 10 September. You can register using the link below.

<https://www.eventbrite.com/.../walk-a-million-tickets...>

ST PATRICKS GRAMMAR SCHOOL
DOWNPATRICK WITH ALPS AND TALK
TO TOM INVITE YOU TO JOIN US THIS
SUMMER BY UNDERTAKING OUR

**WALK A
MILLION**



REGISTER VIA LINK ON LINK ON SCHOOL FACEBOOK





St Patrick's Grammar Downpatrick

25 February · 🌐



Thank Crunchie for our Red High PFA. A lovely treat for everybody today!



128

8 comments 3 shares