

# Amber Flag Evidence of Engagement

## Goal 1: We will hold a mental health awareness day and fundraiser in our school

Action	Result	Evidence
Celebrate World Mental Health Day	The children and staff of Cranny National School celebrated World Mental Health Day on October 10 <sup>th</sup> . Junior classes did lessons about their feelings and senior classes read the book Headbombz.	Samples of children's work.
Celebrate an odd socks and jersey day in aid of Pieta House	The children and staff of Cranny National School held an odd socks and jersey day in aid of Pieta House. This day increased awareness of the work of Pieta House, raised awareness of positive mental health and fundraised vital funds for Pieta House.	Photographs of the day.



# World Mental Health Day 2018

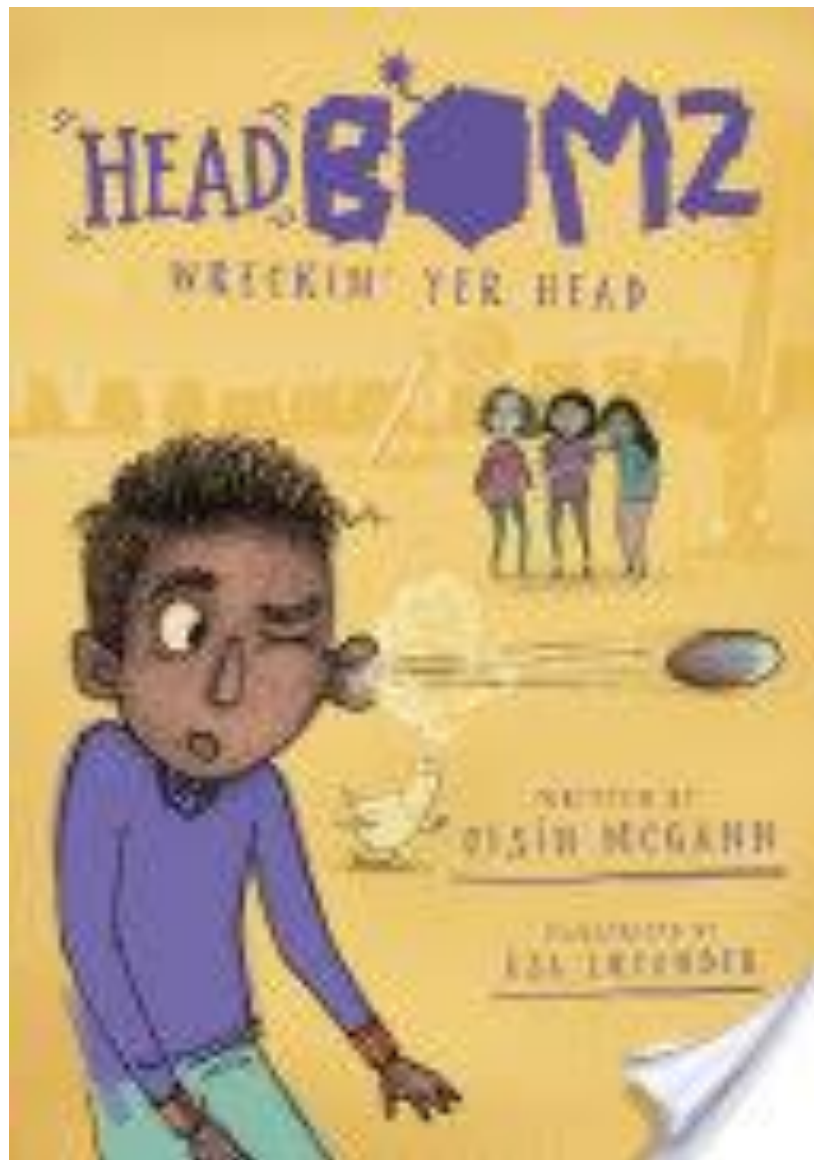
On October 5<sup>th</sup>, we celebrated World Mental Health Day in Cranny N.S. Junior Classes did some work on our feelings.



We also learned about what mental health is through the use of a PowerPoint Presentation and discussion.



In the Senior Room, the children read the book Headbomz. Through the book we learned that talking makes us stronger.





## Odd Sock and Jersey Day in aid of Pieta House

The Amber Flag  
committee came

together to get ideas for the final part in achieving our Amber Flag goals. We decided to raise some money for Pieta House by having an Odd Sock and Jersey Day. The Odd Socks represent our individuality and difference while the jerseys represent working as part of a team. We took part in many activities throughout the day. We had a catwalk show to show off our odd socks and jerseys. We had a disco and danced to some positive songs for

mental health. We concluded our day with some ice cream. It was a great day and we were happy to support Pieta House. We raised 85Euro for Pieta House.





**Goal 2: We will promote positive mental health and wellbeing for all.**

Action	Result	Evidence
Teachers will become familiar with the Guidelines for Mental Health Promotion 'Well-being in Primary Schools'	Teachers read this document and displayed the 10 actions to promote the well-being of a school community in their classrooms.	10 Actions to promote well being of a school community document
Promote awareness of wellbeing in the workplace	A poster on well-being in the workplace has been displayed in the staff room of Cranny National School and has been referred to during staff meetings.	Poster from PDST on well-being in the workplace.
An Amber Flag notice board will be established within the school.	In October the Amber Flag notice board was established in the school.	Picture of school Amber Flag notice board.
Learning about our feelings and emotions	Each month the school chose a different theme or emotion to study. September: Introduction October: Happiness November: Sadness December: Kindness January: Worry February: Love March: Mix of Emotions	Photographs and samples of children's work
Motivational Posters	Motivational posters were printed and displayed around the school.	Photographs of posters around the school.
Newsletters	Each month the school sends home a newsletter as a home/school link. These newsletters included our Amber Flag theme for the month.	Copy of newsletters.





# 10 Actions to promote the wellbeing of the school community

**TEN ACTIONS TO PROMOTE THE WELL-BEING OF A SCHOOL COMMUNITY**

- 1** Developing and maintaining a safe, caring culture and climate within the school where a sense of belonging and connectedness is fostered.
- 2** Building positive relationships between teachers and children to promote participation, social interaction and pro-social behaviour.
- 3** Adopting a whole-school approach to health promotion, where health is promoted by all and not just by a few members of staff.
- 4** Actively involving children, their parents/guardians and the wider community in developing and implementing school policies to support mental health and health promotion.
- 5** Supporting and implementing a well-planned, consistent and integrated SPHE curriculum to enable children enhance their coping, resilience, communication, conflict resolution, and problem-solving skills.
- 6** Developing whole-school systems and structures to support the early identification of children experiencing social, emotional, behavioural or learning difficulties.
- 7** Actively involving, supporting and encouraging children's participation in extra-curricular activities.
- 8** Fostering a whole-school ethos that accepts and values diversity within the pupil and staff population.
- 9** Providing easy access to information for pupils and staff on supports available to them within the school and wider community.
- 10** Facilitating access to continuing professional development for school staff on the promotion of the mental health and well-being of children.





# Well being in the workplace poster

**PDST**

## Well-being in the workplace

### HOW TO ENJOY YOUR DAY (FOR NOW!)

- Back posture:** When sitting at your desk, make sure your feet are flat on the floor, your knees are at a 90-degree angle, and your hips are at the same level as your knees. This will help to reduce the strain on your back.
- Eyes:** Take regular breaks from your computer screen. The 20-20-20 rule is a good one: every 20 minutes, look at something 20 feet away for 20 seconds. This will help to reduce eye strain.
- Ergonomics:** Make sure your desk and chair are at the right height for you. Your desk should be at a height that allows your forearms to be parallel to the floor. Your chair should be at a height that allows your feet to be flat on the floor and your knees to be at a 90-degree angle.
- Breaks and Stretches:** Take regular breaks from your work. Even a short walk or stretch every 30 minutes can help to reduce stress and improve your mood.

### HOW TO ENJOY YOUR WORK (FOR NOW!)

- Stair use:** Use the stairs instead of the lift. This is a great way to get some exercise and improve your cardiovascular health.
- Posture:** Stand up and stretch every 30 minutes. This will help to reduce the strain on your back and neck.
- Stretches:** Do some simple stretches to help to improve your flexibility and reduce the risk of injury. Examples include neck stretches, shoulder stretches, and back stretches.
- Ergonomics:** Make sure your desk and chair are at the right height for you. This will help to reduce the strain on your back and neck.

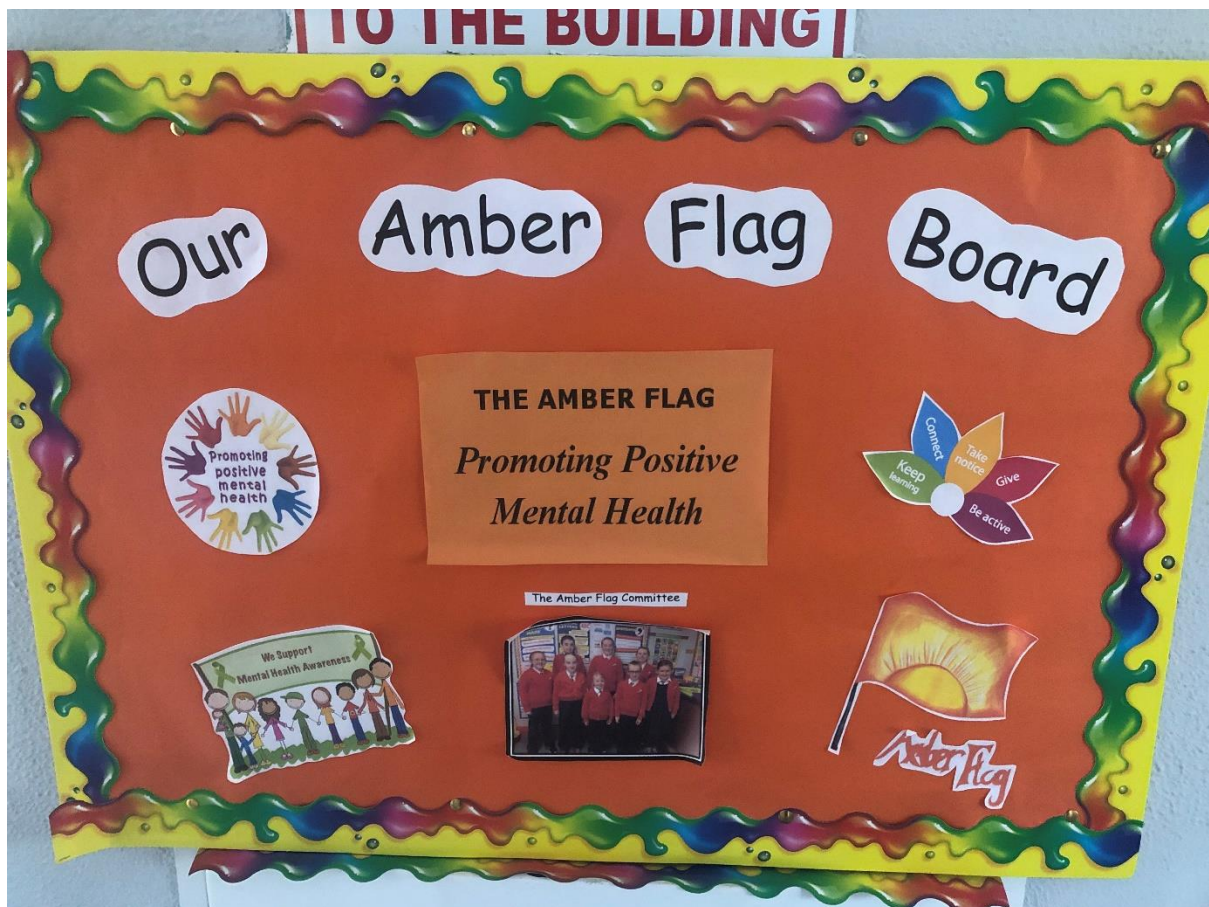
**Sticky Notes:**

- Drink lots of H<sub>2</sub>O
- Remember to MOVE every 30 minutes
- Remember to take your lunch BREAK
- WALK!
- STAND



## Amber Flag Notice Board

Our Amber Flag notice board is located near the main entrance of our school. We believe our notice board is vibrant and promotes awareness of the Amber Flag project and positive mental health amongst our school community.



Our Amber Flag Notice Board contains the Amber Flag logo, positive mental health sign, the pillars of wellness and a picture stating we support mental health awareness. A picture of our Amber Flag Committee is placed on the board. We update our board with our monthly themes and activities to raise awareness.



## September 2018: Introduction to the Amber Flag Project

In September, the staff and children of Cranny National School decided to register for the Amber Flag Project run by Pieta House. The project really interested us as it encompassed one of our targets for the 2018/2019 school year which was promoting positive mental health and wellbeing in our school. Our committee was formed at a whole school meeting in mid-September.

The Amber Flag Committee



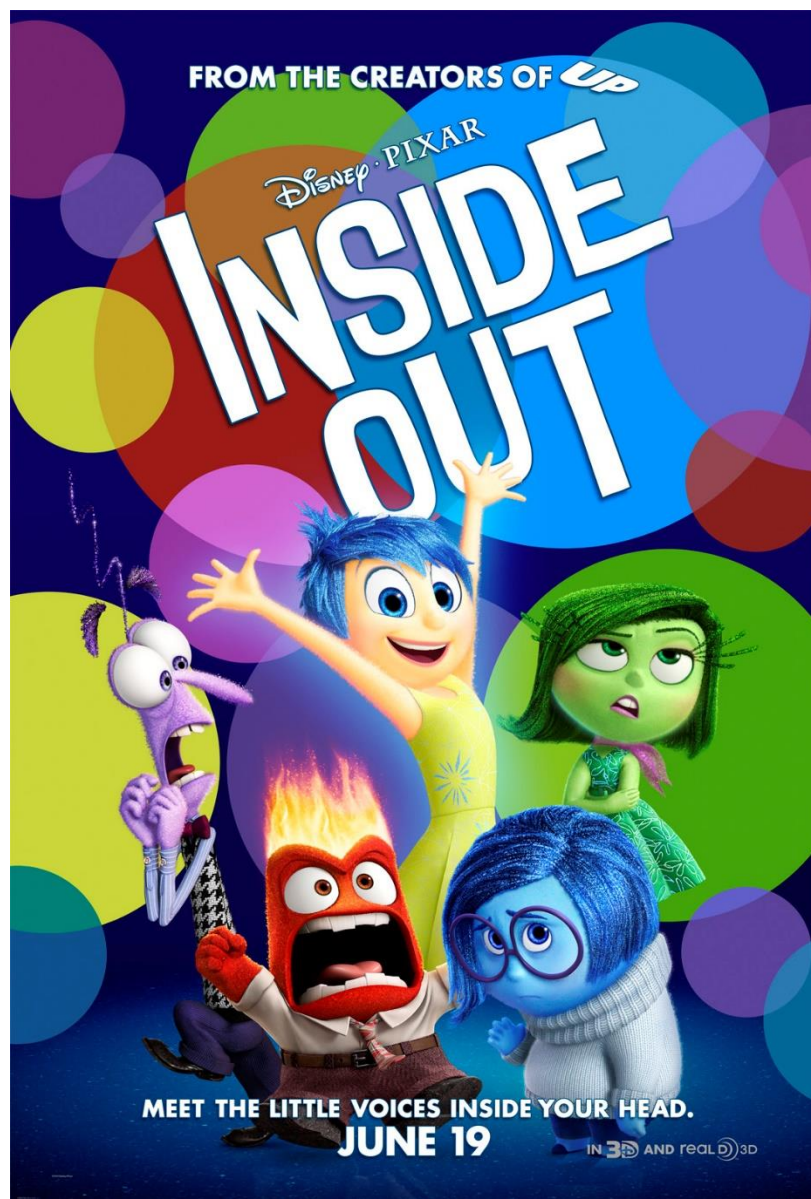
We identified our goals for the project as

1. We will hold a mental health awareness day and fundraiser in our school during Term 2.
2. We will promote positive mental health and wellbeing for all.
3. We will try to prevent mental health issues through the increase of awareness, social support and reducing risk factors such as racism, bullying and isolation.

We then picked themes for each month to help structure our learning

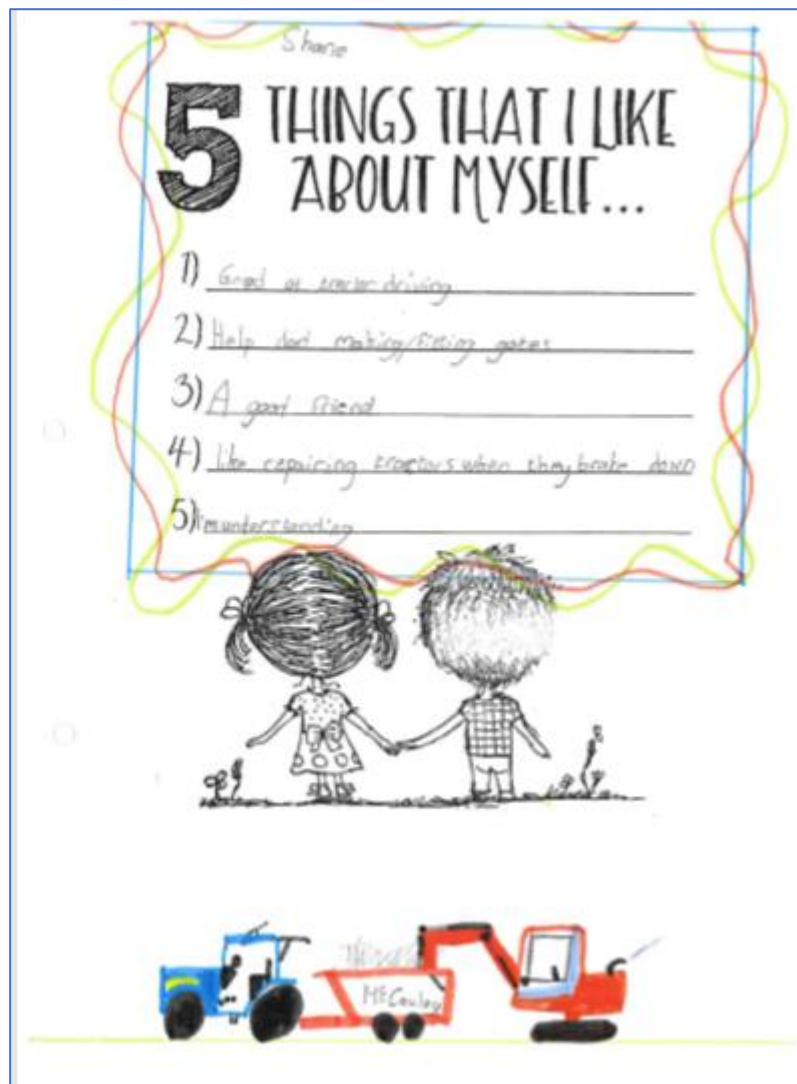
<b>September</b>	Introduction to feelings and emotions
<b>October</b>	Happiness
<b>November</b>	Sadness
<b>December</b>	Giving
<b>January</b>	Worry
<b>February</b>	Love
<b>March</b>	Mix of Emotions

We introduced the topic of our feelings and emotions using the film 'Inside Out'. The children discussed the characters, the idea of having a control centre and our ability to recognise and deal with how we are feeling. The children worked in groups to talk about a particular feeling (character from the movie) and what they can do when they are feeling this way.



## Samples of work

The children in the Senior Room completed worksheets entitled '5 things I like about myself...'. The children in the Junior Room completed a worksheet entitled 'I Like Me'.



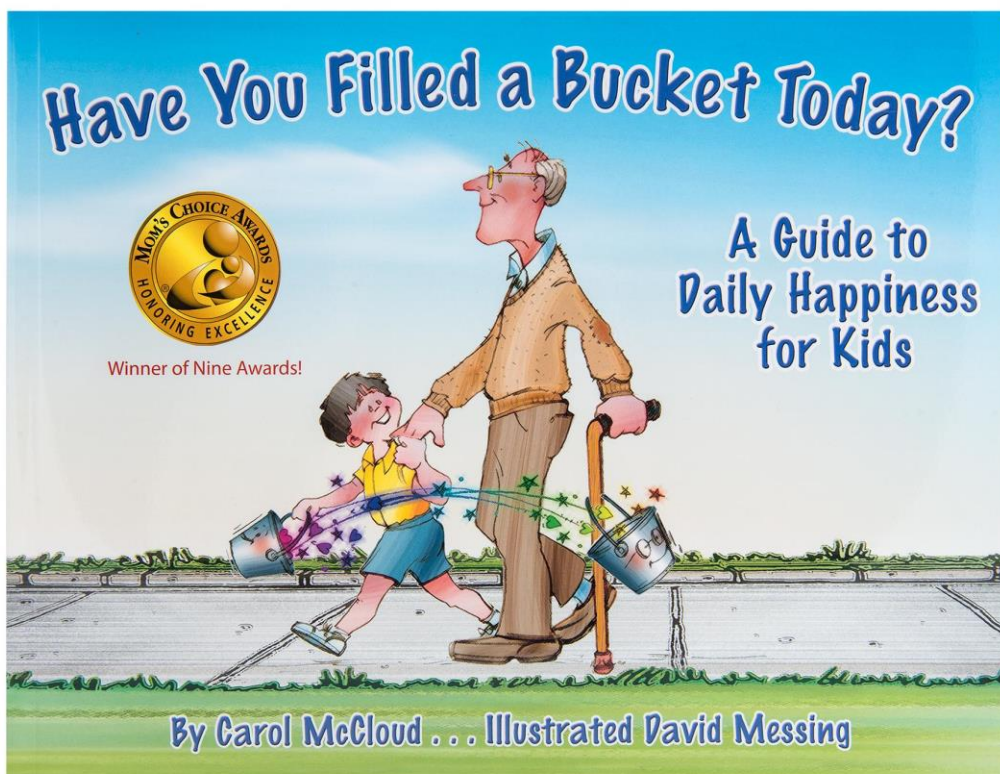






## October 2018: Happiness

Our theme for October was happiness. To introduce the theme we read the story 'Have you Filled a Bucket Today?' by Carol McCloud.



## Activities and samples of work

The children were asked to pick a name out of a hat. The children then had to fill that chosen persons bucket by identifying ways they could be kind to that person and what they liked about the person.

The children also completed a colouring activity based on the story.

I would like to fill  
Lucas's bucket 

by being friendly, being  
 nice, being kind, sharing,  
 helping, including, playing  
 with Lisa, saying thank  
 you, a hug, sense of  
 humor, laughing with her

from Madira, a sibling

I would like to fill  
Laitlin's bucket 

by being kind  
 by playing ball  
 being nice  
 and respecting  
 her, Laitlin  
 has a really  
 good sense  
 of humor.

from Nicole

I would like to fill  
Orla's bucket 

by helping, being nice,  
 saying thank, being  
 friendly, a good sense of  
 humor, wishing her  
 luck, including and  
 laughing.

from Eliška

I would like to fill  
Eliška's bucket 

by playing with  
 her and listening.  
 Also say nice  
 things through out  
 the days. And also  
 understand the  
 difference in our  
 likes and dislikes.

from Kolan

ELISNA



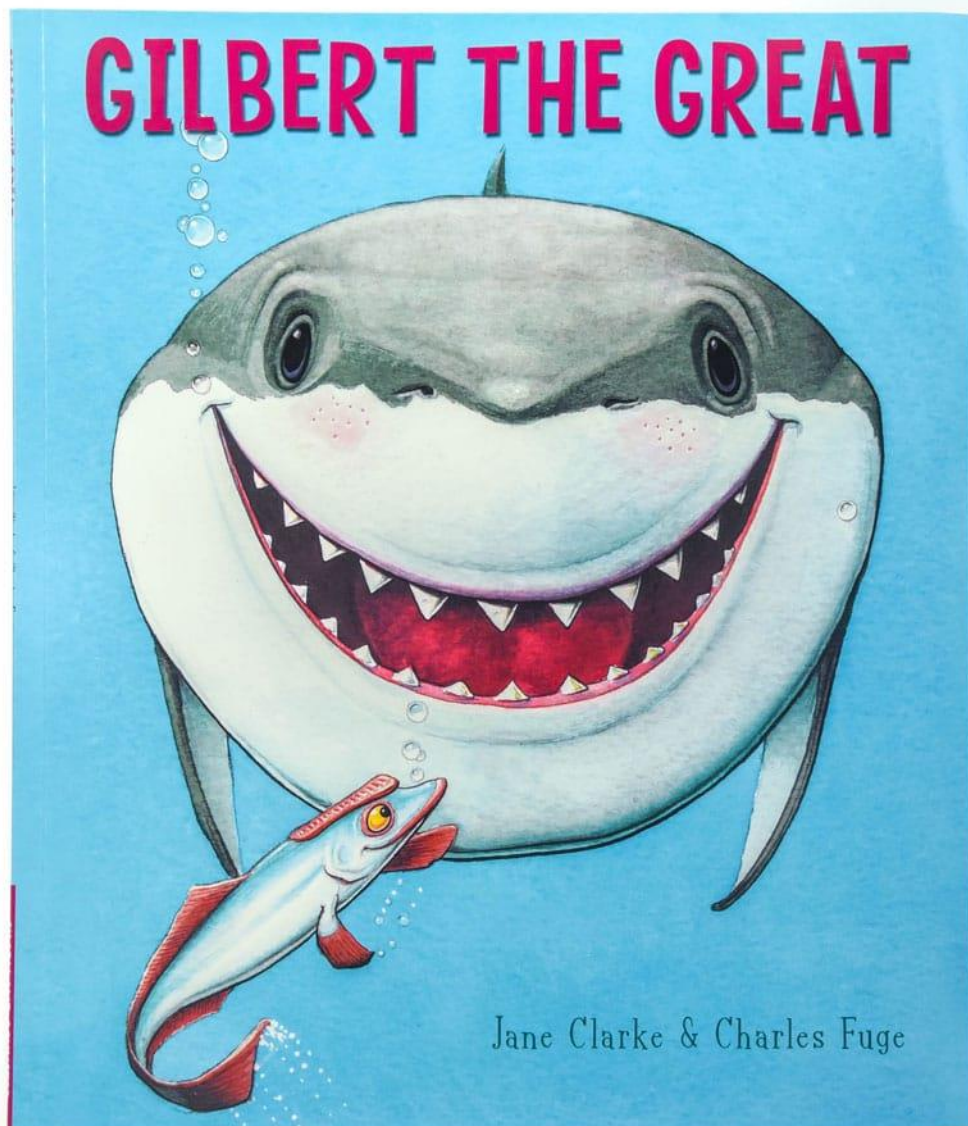


## November: Sadness

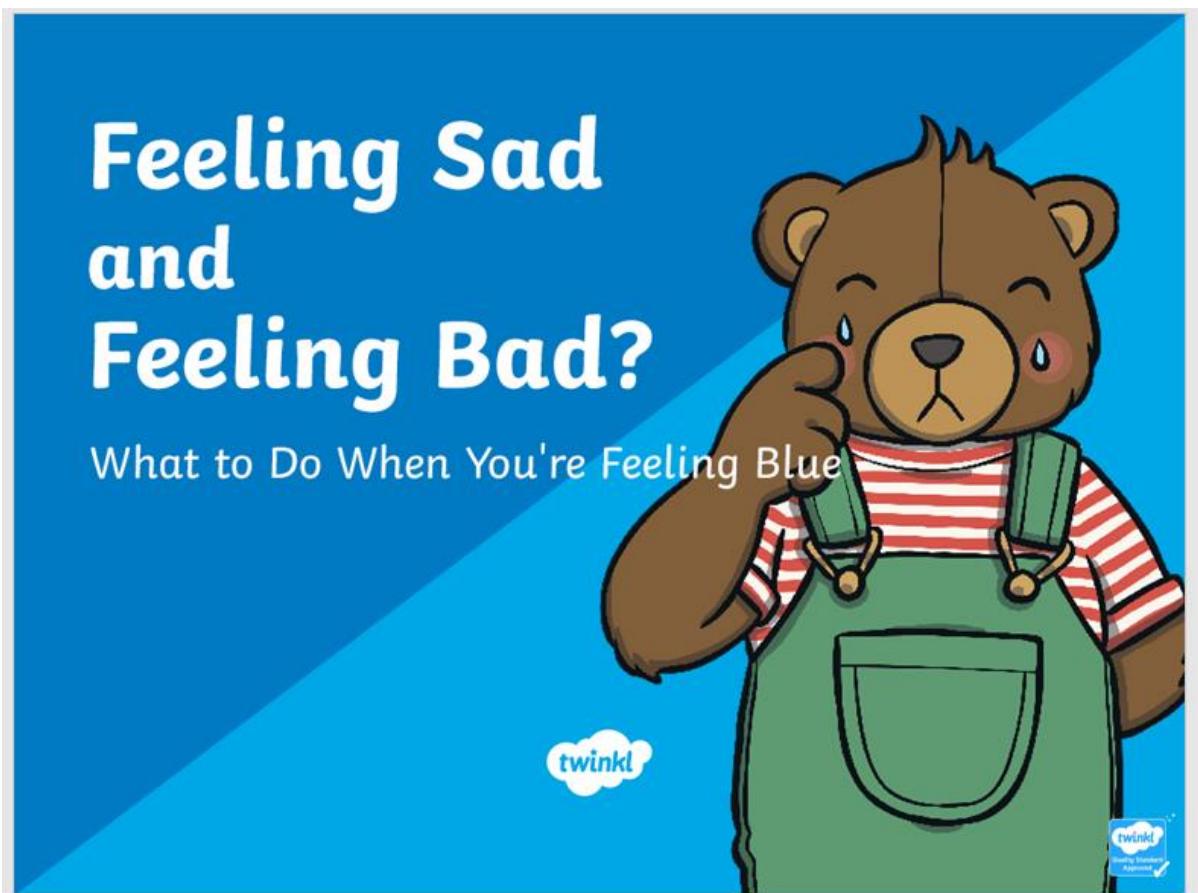
In November, we looked at the emotion sadness. We decided to link this study with the Grow in Love theme 'In November, We Remember'.

Using YouTube we watched the story 'Gilbert the Great' by Jane Clarke and Charles Fuge narrated by a storyteller. This story explores the emotion sadness when Gilbert's friend Ray moves away. The children discussed the emotion and thought of different

ways to make Gilbert feel happy again. The children discussed their experiences of sadness and what they did to make themselves feel better.



Teachers also used a PowerPoint to prompt discussion on sadness. The PowerPoint presentation was entitled 'Feeling sad or feeling bad? What to do when you are feeling blue'.



Children



## Sad

When I feel sad I want to...

cry and be alone.

Sometimes I feel sad and that's okay. Here is an example of one of the times when I felt sad:

I felt really sad when my cat died and it was my very first pet I cried for the whole day because she was my favourite pet.

Here's a smart thing to do when I feel sad:

I would tell someone about it and play one of my favourite games.

twinkl

twinkl.com



Class



## Sad

When I feel sad I want to...

I want to cry when I feel sad.

Sometimes I feel sad and that's okay. Here is an example of one of the times when I felt sad:

I felt sad when my grandpa died because he was very close and he used to help me with my homework. He taught me how to read and how to be safe around houses.

Here's a smart thing to do when I feel sad:

I go out to the park and I love my dog because he gets his own attention.

twinkl

twinkl.com







**December 2018:**

**Kindness**

In December, we spoke about kindness. We talked about times that we gave and received kindness. We linked our study of kindness with the theme of Christmas. We showed kindness to those less fortunate by engaging in the Christmas Shoebox appeal and St. Vincent de Paul Christmas Food Appeal. We felt good about sharing our kindness with others.



**CHRISTMAS SHOEBOX APPEAL**





## January: Worry

Our theme for January was 'Worry'. We

listened to the story 'Winston was Worried' on YouTube.

We discussed times when we have been worried and what we did to help our worries.

The children then made worry monster sock puppets to gobble up our worries whenever we are feeling down.





## February: Love

In February, we used a thematic approach in learning about the emotion 'Love'. We linked this with our Valentine's Day celebrations.

We discussed people we love, animals we love and hobbies we love. We completed many different activities for learning about love.

We completed a painting activity in the style of Kandinsky.



We made heart shaped chocolates for our families.



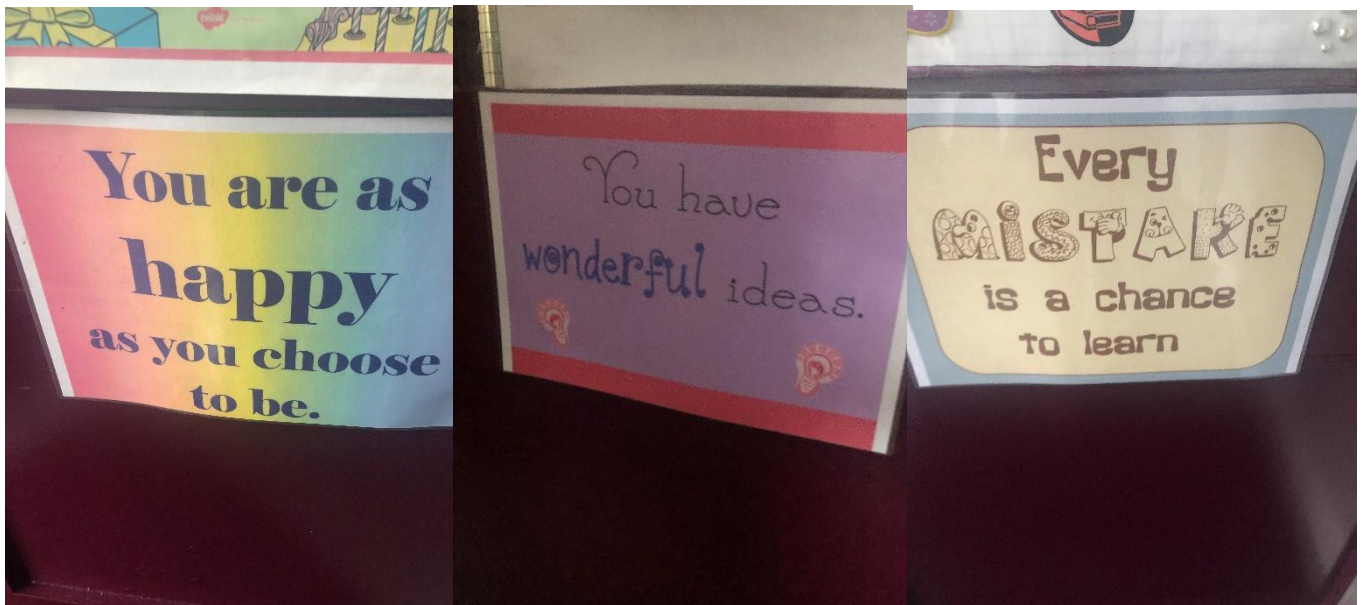
We made beautiful Valentine's Day cards for our families too.





# Motivational Posters

Motivational and inspirational quotes and phrases are evident all around our school building.

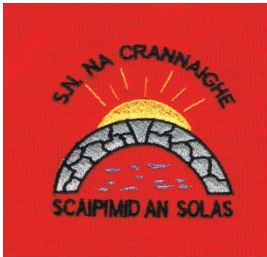






## Newsletters

To promote positive mental health and well-being amongst the whole school community. We include our progress with the Amber Flag in our monthly newsletters. These newsletters are available to view on our website also.



*Scoil Ch.uimhneacháin Pheadair Mhic Fhlannchadha, An Chrannaigh.*

*Peadar Clancy Memorial School, Cranny.*

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Principal: Edel McMahon

Deputy Principal; Patricia Cunningham

## **October Newsletter**

### **Information Meeting**

Thank you all for attending our Parent's Information Meeting last week. Following the meeting, we have decided on the following

- **Social Media:** We are looking into setting up a social media account for the school in addition to a school website. If you have any issue with your child's image appearing on such a platform please inform the school, as we require full support for this venture to go ahead.
- **Open Day:** We will plan an Open Day at Cranny National School for prospective students in Term 2.
- **Sign:** A sign will be ordered over the mid term break and will be erected once permission is sought.
- **Brochure/Website:** These are both in the process of being updated.

### **Dates for your Diary**

- Halloween Dress Up – The children are invited to dress up in their Halloween costumes this Thursday 25<sup>th</sup> October. This will be a fun day for the children. School will close at 12pm on Thursday.
- 26<sup>th</sup> October – School closed due to Presidential Election.
- 8<sup>th</sup> November - Cranny National School cordially invite you to attend the retirement celebration of Kathleen O'Connell on Thursday November 8<sup>th</sup> at 7.30pm at St. Mary's Church Cranny followed by refreshments in Cranny National School.
- 18<sup>th</sup> December – Class trip to see Snow White – The Panto in University Concert Hall Limerick. (Parents are asked to pay €15 for the tickets by December 7<sup>th</sup>, the Board of Management will cover the price of the bus).

### **P.E.**

The children have completed five weeks of athletics with Maura Falsey. Children may wear their tracksuits every Thursday for football.

### **Maths Week**

We celebrated Maths Week last week. We had great fun learning about maths in the world around us.

### **Amber Flag**

We celebrated World Mental Health Day on October 10<sup>th</sup>. The junior classes did lessons on their feelings and the senior classes read the book Headbombz. We have created a notice board area to display our Amber Flag initiative work to date.

### **Music Generation**

The children have been working with Dermot and Conor composing their own songs and performing using various instruments.

### **Christmas Shoebox Appeal**

Christmas Shoeboxes will be collected Wednesday 24<sup>th</sup> October. Thank you for your participation in this worthwhile project.



*. Scoil Chuimhneacháin Pheadair Mhic Fhlannchadha, An Chrannaigh.  
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### **Dates for your Diary**

- 30<sup>th</sup> November – School closed to facilitate staff training on the new Primary Language Curriculum.
- 18<sup>th</sup> December – School trip to see Snow White (more details below)
- 21<sup>st</sup> December – Christmas Holidays. School will close at 12pm.

### **Website/Facebook**

As discussed at our meeting in October, we have been working on our school website and Facebook page. Our website and Facebook pages are now live. Our website address is [www.crannynationalschool.com](http://www.crannynationalschool.com). Search Cranny National School on Facebook to find our page.

### **Panto**

The children will travel to see Snow White – The Panto in the University Concert Hall, Limerick. The bus will leave the school at 8:30am. Tickets cost 15euro. The Board of Management have kindly agreed to pay for the bus to and from Limerick. Please bring in €15 by December 14<sup>th</sup>.

### **Science Week**

We celebrated Science Week recently. We had great fun learning about science in the world around us through a variety of STEM activities. You can see what we learned on our new website [www.crannynationalschool.com](http://www.crannynationalschool.com).

### **Amber Flag**

Our theme for November is 'Sadness'. We learned about feeling sad and feeling bad and what we can do if we are feeling blue. We also linked our learning about sadness to 'In November, We Remember' as part of our Grow in Love study.

### **Music Generation**

The children have been working with Conor composing their own songs and performing using various instruments. The children will be recording their songs before Christmas.

**Physical Education**

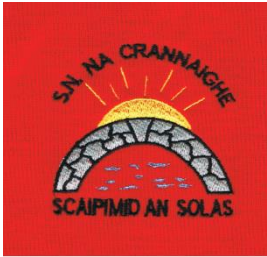
The children have been improving their football skills with Afric each week. The children have also started Yoga with Zara. Yoga will continue every Monday until Christmas.

**Christmas Shoebox Appeal**

Thank you all for participating in the Team Hope shoebox appeal. Your support is very much appreciated.

**Parent Teacher Meetings**

Parent Teacher Meetings will take place in Term 2.



*Scoil Chuimhneacháin Pheadair Mhic Fhlannchadha, An Chrannaigh.*

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## **December Newsletter**

### **Dates for your Diary**

- 21<sup>st</sup> December: School closes at 12pm for Christmas Holidays.
- 7<sup>th</sup> January: School reopens.
- 25<sup>th</sup> January: Cranny NS will hold an open day from 1pm for prospective students. If you know of anyone that would be interested in attending please let them know.
- 21<sup>st</sup> & 22<sup>nd</sup> February: Mid-term break

### **P.E.**

The children have been participating in Yoga every Monday during November and December with Zara from Namaste Yoga. It was a great success and the children thoroughly enjoyed it.

### **Amber Flag**

Our theme for December was 'Kindness'. Thank you to all the children who brought in food for the St. Vincent de Paul Food Appeal and to all families for supporting the Team Hope Christmas Shoebox Appeal.

### **Music Generation**

The children recorded their songs with Conor last week as part of Music Generation.

### **Website/Facebook**

Keep up to date with school news and activities on our school website [www.crannynationalschool.com](http://www.crannynationalschool.com) and Facebook page.

### **Brochure**

Please find attached a copy of our new school brochure. Following our meeting with parents in October, we updated our brochure in an effort to raise the profile of our school. This brochure will be made available in the locality. If you know of anyone considering Cranny National School as an option for their child, please call in and pick up a brochure for them. Cranny National School is an integral part of our community. We need at least one child to enrol in September 2019 to retain our two-teacher school status.

### **School Self Evaluation**

We would like to thank parents for taking the time to fill out our School Self Evaluation Questionnaire. We are looking forward to implementing our school improvement plan in the new year with regards to oral language and vocabulary development.

### **Festive Friday**

Last Friday, the children had a fun afternoon playing board games, listening to Christmas tunes and drinking hot chocolate as part of our festive celebrations.

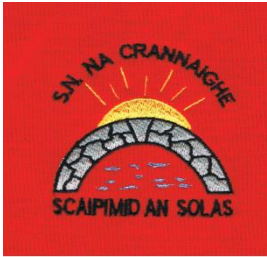
### **Panto**

On Tuesday we went to see Snow White The Panto. A great time was had by all.

### **Christmas Holidays**

We invite the children to wear something festive (Christmas jumper or hat etc.) on Friday. School will close at 12pm.

***We wish you and your families a very happy and peaceful Christmas and every good wish for 2019.***



*Scoil Chuimhneacháin Pheadair Mhic Fhlannchadha, An Chrannaigh.*  
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### **Dates for your Diary**

5<sup>th</sup> February – Parent Teacher Meetings

21<sup>st</sup> and 22<sup>nd</sup> February – Mid-term break

### **Coding with Scratch**

The children in the Senior Room were very busy developing their coding skills with Keelan Cunningham. The children learned how to program their own interactive games using Scratch software. Scratch helps children learn to think creatively, reason systematically and work collaboratively which are all essential skills for life. The children received certificates to reward their efforts. Well done to all!

### **Yoga & Amber Flag**

As part of our work on wellness, mental health promotion and physical education, the children completed their final yoga classes with Zara from Namaste Yoga. They learned lots of different poses and mindfulness techniques. The children really enjoyed it.

### **The Daily Mile**

The children have been engaging in The Daily Mile every day. This involves running for fifteen minutes each school day. The children are developing their fitness and are having great fun too.

### **Swimming**

The children will begin swimming lessons on February 28<sup>th</sup> in Quilty. Swimming lessons will be held each Thursday for six weeks. All classes will be brought swimming this year. More details will be provided over the coming weeks.

### **Music Generation**

Music Generation resumed last Tuesday with Conor Crimmins. The children will be composing new songs and will be learning more about instruments, musical literacy and composing over the coming weeks.

### **Parent Teacher Meetings**



Cranny National School will close at 2pm on Tuesday 5<sup>th</sup> February to facilitate Parent-Teacher meetings.

**Goal 3: Prevent mental health problems through increasing awareness, social support and reducing risk factors such as racism, bullying and isolation**

Action	Result	Evidence
Buddy Bench	A buddy bench was identified in the school yard as a place for children feeling isolated or in need of a friend at lunch time.	Picture of the Cranny NS Buddy Bench.
Yoga	A six week programme delivered by an external coach was completed by all children.	Pictures of the children engaging in yoga.
Online Bullying talk	The children and parents attended a workshop on being safe online with Dr. Maureen Griffin in Labasheeda NS.	Copy of email detailing the content of the talk by Dr. Maureen Griffin. Children from 3 <sup>rd</sup> to 6 <sup>th</sup> Class attended.
SPHE Stay Safe	Talking about managing feelings coping with disappointed what happens when I feel... Being positive about myself	Examples of children's work.
Aistear	The children learn how to interact and play with one another. This	Photographs of the children working together in small groups.

	reduces bullying and isolation.	
Incredible Years	The incredible years programme in the junior room supports and develops positive relationships at school.	Picture of Incredible Years rules in the classroom and examples of positive reinforcement.



## Buddy Bench

We decided to use our bench in the yard as a 'Buddy Bench'. This is a place where children can go if they are feeling isolated or want someone to play with. Children are encouraged to be kind to others and play with people who may be feeling lonely at play time.





## Yoga

As part of our work on wellness, mental health promotion and physical education, we completed six weeks of yoga classes with Zara from Namaste Yoga. We learned lots of different poses and mindfulness techniques. We really enjoyed it.







# Internet Safety

## Talk

Children in 3<sup>rd</sup> to 6<sup>th</sup> classes and their parents attended an internet safety talk in Labasheeda NS by Dr.

Maureen Griffin. The topics covered included

- Social networking & Chatting Apps (The importance of parental involvement & permission, dangers of accepting people you do not know in real life as friends, sharing personal information etc.)
- Searching Online (how to safe search, pop-ups)
- Cyber-bullying (what it is, why it happens, the role of the bystander, exclusion, what to do if you are the target of cyber-bullying)
- Online gaming (the dangers of addiction, the need to have a good balance between online and off line activities, the dangers of conversing with strangers, the impact of the material on your life)
- Screen Time & Sleep (how technology can interfere with sleep and how to create good habits)



## Aistear

The children in the junior classes engage in Aistear regularly. Aistear is very beneficial in the social



# development of the children.

## Aistear January

February 4, 2019 | Comment 0

The children have been very busy building their vocabulary and developing their oral language skills through Aistear: The Early Childhood Curriculum Framework. We have been working on themes such as The Restaurant, The Toy Shop and The Farm







## Incredible Years

The Incredible Years is an evidence based program which helps children reduce challenging behaviours and increase their social emotional learning and self-control skills. This program was adopted in the Junior Room.





## SPHE Programme

Our work on the Amber Flag project has been integrated with

our SPHE programme throughout the year. Many of our Walk Tall and Stay Safe lessons link very well to the promotion of positive mental health. Some other work that we engaged in through SPHE was reading the story 'The Magic Moment' by Niall

Breslin and completing art activities based on our own magic moments. The whole school also created an art project together based on the story 'The Crayon Box that Talked'.

Please see the pictures below.

# The Crayon Box That Talked



"We are a box of  
crayons, each one of us  
unique, but when we  
come together,  
the picture is  
complete!"  
*The Crayon Box That Talked*



# THE MAGIC MOMENT

Includes  
**MINDFULNESS  
TECHNIQUE** to  
help children  
explore difficult  
emotions

## NIALL BRESLIN

ILLUSTRATED BY SHEENA DEMPSEY

The Magic Moment.



11/12/18



