



## **Support for Student Wellbeing**

We find ourselves currently in unprecedented times and are facing challenges that we never dreamed of or imagined. It's a difficult time. Everything has changed and how we adapt to these changes will determine our future. Our social life, one of the key components of what makes us human has been broken and already we have all learned just how important our family and friends really are.

But we still try to normalise the unfamiliar, and with that we have seen that the hard work of both teachers and students continues. The support of parents and guardians for their children is needed now more than ever. Research has shown us that mindset is key to success, in fact 80% of success in life comes down to psychology and 20% is developing skills. Right now we are surrounded by so much fear and uncertainty. Protecting our wellbeing; our physical, mental and emotional health is vital. Maintaining a "growth mindset" will provide us the opportunity to face these challenges head on and get through it all with everything left on the field. We have to remain resolute on the goal, our individual and collective ambitions.

We can control what we focus on. In this age we have the resources and materials, we have the networks and technology, and we have the time. Trying to maintain our focus on the positives will help alleviate a sense of frustration, hopelessness, regret, anxiety and stress. These senses lead us to the dark side, the "fixed mindset".

Despite all our best efforts, always be assured that at D.V.S., we have a very competent Pastoral Care Team which can be contacted at anytime by emailing [info@dvs.ie](mailto:info@dvs.ie) (include Pastoral Care in the Subject or teacher name).

The Pastoral Care Team includes:

Principal: Mr. M. Fallon

Deputy Principal: Mr. S. Wynne

Year Heads: Ms. O'Neill, Ms. Traynor, Ms. Kearns, Ms. Coen

Special Needs Educational/Learning Support Co-Ordinator: Ms. McLoughlin

Career Guidance Counsellor: Mr. Hughes



## Contact Your G.P.

Always remember to contact your local G.P. if you are feeling unwell in any way, physically or emotionally.

NowDoc is also available 24/7 on 1850400911

## Web Contacts for Wellbeing

<a href="http://www.childline.ie">www.childline.ie</a>	Listening service for young people Tel: 1800 666666 (24/7) Text: 50101 (10am-4pm)
<a href="http://www.aware.ie">www.aware.ie</a>	Support for Depression and Mental Health Tel: 1800 833634 Email: <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a>
<a href="http://www.smaritans.org">www.smaritans.org</a>	Support and advice for a range of issues Tel: 116123 Email: <a href="mailto:joa@smaratians.ie">joa@smaratians.ie</a>
<a href="http://www.northweststop.ie">www.northweststop.ie</a>	Information and Counselling to promote positive suicide prevention Email: <a href="mailto:info@northweststop.ie">info@northweststop.ie</a>
<a href="http://www.pieta.ie">www.pieta.ie</a>	Support for Mental Health, Suicidal Thoughts and Self Harm Tel: 1800 247 247 Text HELP to 51444
<a href="http://www.spunout.ie">www.spunout.ie</a>	Advice for young people on living a healthy and active life. Text: SPUNOUT to 0861800280
<a href="http://www.grow.ie">www.grow.ie</a>	Positive Mental Health education Tel: 1890 474474 Email: <a href="mailto:info@grow.ie">info@grow.ie</a>
<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>	Eating Disorders Association of Ireland Tel: 1890 200444 Email: <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a>
<a href="http://www.lgtb.ie">www.lgtb.ie</a>	Support and advice for LGTB community, friends and family Tel: 1890 929 539 Email: <a href="mailto:info@lgtb.ie">info@lgtb.ie</a>
<a href="http://www.parentline.ie">www.parentline.ie</a>	Support, advice and guidance on all aspects of parent life Tel: 1890 927277 or 01 8733500
<a href="http://www.hse.ie">www.hse.ie</a>	Information on covid19