

# Cycle Against Suicide Congress at the RDS



The aim of the Student Leaders' Congress is to promote positive mental health, help-seeking behaviour in young people, and the Cycle Against Suicide message that ***'It's ok not to feel ok, and it's absolutely ok to ask for help'***.

The Congress brings together young adults and teachers from all over the island of Ireland in an inspiring and energetic forum comprising celebrity speakers, live entertainment, discussion and much more.

Very much a student-led event, a large portion of the day involves students: discussing projects they have engaged with, providing entertainment, conducting peer interviews and interacting with a range of mental health organisations exhibiting on the day.

The theme of this year's Congress is **'Together We Can.'**

**Students enjoying themselves at the Cycle Against Suicide Congress in the RDS today January 14th.**

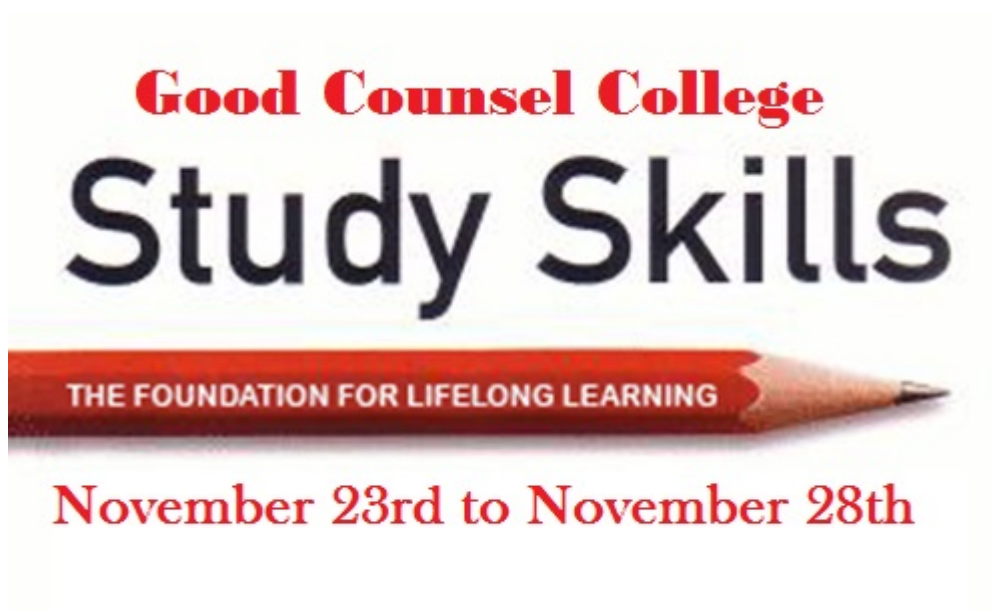


The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that; it's OK not to feel OK and it's absolutely OK to ask for help. **Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.**

<http://www.cycleagainstsuiticide.com>

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[L2L](#)



[Students Power Point Presentation](#) delivered to all year groups by Mr Mark O'Brien & Mr Aidan O'Brien.

Study Skills Seminar on Saturday 28th with over 140 students attending.

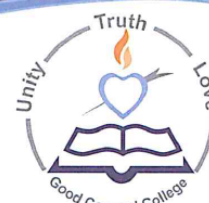
Ongoing focus on learning to learn in individual classrooms.

Text messages home to parents.

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[L2L](#)





## Learning to Learn

Dear Parents,

In an effort to raise awareness of the importance of how our students study, we have designated the week of November 23<sup>rd</sup> to 28<sup>th</sup> as 'Study Skills Week'.

With its theme of 'Learning to Learn', we are hoping to help students and parents become more aware of how to study. We hope to provide practical advice and tips so that students make best use of their study time.

There are 3 principal initiatives planned for this week:

- 1) We will deliver a general presentation on study skills to each year group.
- 2) Subject departments are asked to devote at least one period in the week to subject specific study advice.
- 3) We aim to host a Saturday morning workshop, delivered by an external professional service, on Study Skills. Taking place on Saturday, November 28<sup>th</sup> this will be subject to uptake and places will be limited. The cost for this 3 hour workshop will not exceed €10. If you would like your son to avail of this we would ask you to sign the attached form and return it to the school before Tuesday, November 17<sup>th</sup>.

Thank you for your co-operation with this. If you require further details or clarification, please get in touch.

Yours Sincerely,

Aidan O'Brien

Deputy Principal



Study Skills workshop – Saturday, November 28<sup>th</sup> – 10am to 1pm.

I wish to reserve a place on this workshop:

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

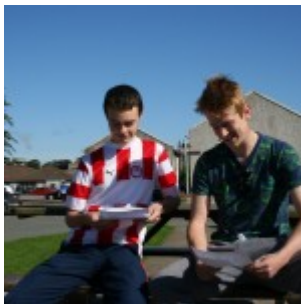
***Please return before Tuesday, November 17<sup>th</sup>***



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# Well done to our Leaving Certificate Students. – Great Results

Results were collected here this morning by our class of 2015. There have been some great individual results and the general feeling of our young men is one of satisfaction and a sense of achievement. Well done to each and every one of them.





If any student has a query or worry do not hesitate to contact us for advice.

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## 1st Year History Tour

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Written by, **Cathal Connolly 1st Year**

Edited by, **Cian Murphy Kehoe** and Andrew Kirwin. 1st Year

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Friday 8<sup>th</sup> of May,

For our first year history tour we wondered of to the Irish Heritage Park, Ferrycarrig, Co. Wexford. One hundred and thirty students travelled from first year only!

Our tour guides name was Karina. Karina showed us around the park. The first major site we saw was the Tepee. The best site we saw was the Crannog that was in the middle of the lake. Early Christians used Dolmens and passage tombs for burying people. The most astonishing site we saw was the Viking boat, which was used to transport goods. It was on the shore of



the giant lake.

We wondered off to leisure max when the tour ended. We had a blast. We played games like zorbing soccer, rock climbing, zip lining, bowling and pool soccer. It was great fun. We then hopped onto our busses and headed home. We had a great day.

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**GCC Got Talent – May 12th @  
7pm**

**Good Counsel College,  
New Ross, Co.Wexford.**

*Showcasing the  
best talent in the school*

**GOOD COUNSEL'S GOT  
★ TALENT  
TALENT SHOW**

*All proceeds go to  
Nepal Disaster Fund*

**Admission: €5  
Thursday May 7<sup>th</sup> 2015  
@ 7.30pm**