

# GUIDANCE AND COUNSELLING NEWSLETTER



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## A MESSAGE FROM THE GUIDANCE AND COUNSELLING TEAM

**MS O'MALLEY & MS CARROLL**

As the academic year draws to a close, we reflect on what must be the most extraordinary school year of our lives. We have faced many challenges; educationally, socially, and emotionally. We are proud of the students and teachers of LCF who have risen to the challenge and continued to educate and learn in the face of adversity.

Here are some sage words taken from an editorial in *The Irish Times*, 'In time the crisis will pass. The schools will reopen. Exams will take place. In the meantime, perhaps the best advice for students...is to stay calm, keep focused and assume that a normality of sorts will resume in time.'

This newsletter is intended to give you ideas on how to stay happy and healthy, and amused over the summer holidays. We hope you have a restful break and we look forward to seeing you in September.



## MENTAL HEALTH AND WELLBEING

The challenges we have been faced with since the arrival of Coronavirus in Ireland has left many people feeling fragile and in a more vulnerable position than usual. When school's out for summer, there will be lots more time to look after our mental health and wellbeing. The pandemic has put life on pause so maybe this is a good time to take stock and reflect. Work out what it is that really makes you feel good in life? What steps could you take to improve your wellbeing? Here are some useful websites and some ideas to get you thinking.

#BeActive

**COUCH TO 2K**  
Jog With Us!

- Build up to 2K gradually over 4 weeks.
- A FREE walking to jog plan.
- Support, Tips & Advice.

**YOU SET THE GOAL AND WE HELP YOU REACH IT.**

More information / Register Here  
<https://dlrcouchto2kgroup2.eventbrite.ie>  
 #UnitedInSport #Stay Home #COVID-19

DLR logo and SPORT IRELAND logo are also visible.

**The JCSP Libraries** have a whole webpage dedicated to wellbeing resources designed for young people. They have links to websites for Fitness, Entertainment, Podcasts, Live Experiences (Virtual tours and performances), Mental Health, and Mindfulness. Check it out at this address <https://jcsplibraries.com/wellbeing-resources/>

*'We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again.'*

Queen Elizabeth II, 5th April 2020

# MENTAL HEALTH AND WELLBEING



Each year See Change roll out a month long national **Green Ribbon Campaign** to encourage people in Ireland to End Mental Health Stigma. The campaign has been postponed this year so you won't be able to buy a Green Ribbon. You can still support the campaign by wearing a Green Ribbon or Twibbon on your social media profile. Download from <https://twibbon.com/support/green-ribbon-3>



Jigsaw have launched a new support line on freephone 1800 JIGSAW (544 729).

This new initiative was developed as part of their Covid-19 response. It will provide free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults who live in Ireland.

**JIGSAW**  
Young people's  
health in mind

You can also get in touch with Jigsaw clinicians by text message or email and ask for a return support call. Contact details and opening hours:

Call: 1800 JIGSAW (544729)  
Monday to Friday, 1pm- 5pm

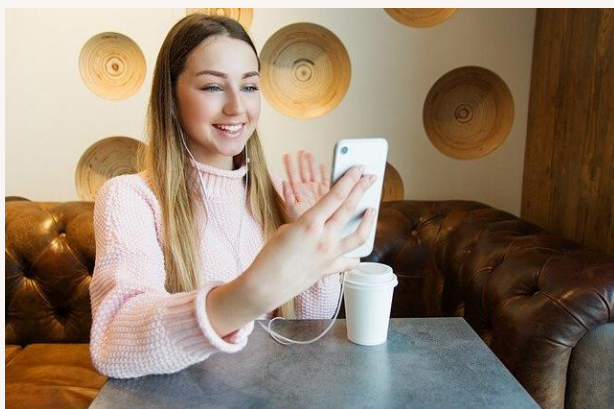
Text 086 180 3880 Text "call me" with your preferred day and time for a call, Monday to Friday, 9am to 5pm

Email [help@jigsaw.ie](mailto:help@jigsaw.ie) you can email anytime, and clinicians will be responding from Monday to Friday, 9am to 5pm.

Jigsaw Online

New articles, video and audio are being added to Jigsaw Online all the time to help you get through this challenging time.





## STAYING IN TOUCH WITH GRANDPARENTS

Coronavirus restrictions may be easing for many of us, but those who are cocooning (i.e. the over 70s and those with underlying health issues) are still advised to isolate to protect themselves from the risk of contracting the virus. Keep in touch with grandparents and other people you know who fall into this category – they may be feeling lonely and frustrated as they watch the rest of the country return to the new normal.

*Here are some funny quotes written by a class of 7 year olds about grandparents!*

Grandparents don't have to do anything except be there when we come to visit them

They are usually fat, but not too fat to tie your shoelaces!

They have to answer questions like, 'Why isn't God married?' and 'How come dogs chase cats?'

They don't say 'Hurry Up'

Grandpa is the smartest man on earth!

When they read to us, they don't skip

They say prayers with us and kiss us even when we've acted bad

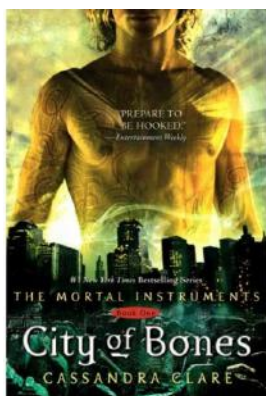
They don't mind if we ask for the same story over again

Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us. . .

# SUMMER READING LIST

The summer is a great time to get stuck into a good book. Here is a list of classic young adult fiction to give you some inspiration. These books are widely available on Amazon or for Kindle download. The DLR libraries are operating an online service to download books while libraries are closed due to Covid-19. Libraries are due to re-open in Phase 2 of the easing of restrictions. Check out <https://jcsplibraries.com/online-reading/> for more reading suggestions.

Thank You to our wonderful librarian Ms Morrissey and the students in her bookclub for making these recommendations. Blurbs sourced from GoodReads.



When fifteen-year-old Clary Fray heads out to Pandemonium Club in New York City, she hardly expects to witness a murder—much less a murder committed by three teenagers covered with strange tattoos and brandishing a bizarre weapon. Then the body disappears into thin air. It's hard to call the police when the murderers are invisible to everyone else and when there is nothing—not even a smear of blood—to show that a boy has died. Or was he a boy?

**First book in the 'Mortal Instruments' series ... Read them all**



Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends.

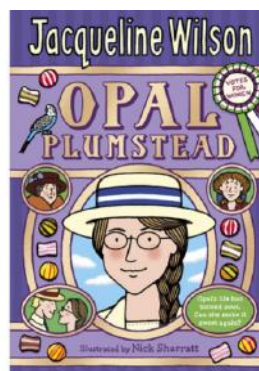
The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed.



Two boys. Two secrets.

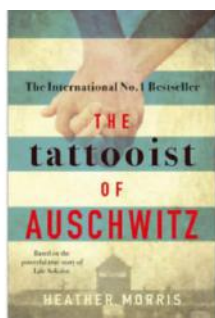
David Piper has always been an outsider. His parents think he's gay. The school bully thinks he's a freak. Only his two best friends know the real truth—David wants to be a girl. On the first day at his new school Leo Denton has one goal—to be invisible. Attracting the attention of the most beautiful girl in year eleven is definitely not part of that plan.

When Leo stands up for David in a fight, an unlikely friendship forms. But things are about to get messy. Because at Eden Park School secrets have a funny habit of not staying secret for long...



Opal Plumstead might be plain, but she has always been fiercely intelligent. Yet her scholarship and dreams of university are snatched away when her father is sent to prison, and fourteen-year-old Opal must start work at the Fairy Glen sweet factory to support her family.

Opal struggles to get along with the other workers, who think her snobby and stuck-up. But Opal idolises Mrs Roberts, the factory's beautiful, dignified owner, who introduces Opal to the legendary Mrs Pankhurst and her fellow Suffragettes. And when Opal meets Morgan - Mrs Roberts' handsome son, and the heir to Fairy Glen - she believes she has found her soulmate. But the First World War is about to begin, and will change Opal's life for ever.



In April 1942, Lale Sokolov, a Slovakian Jew, is forcibly transported to the concentration camps at Auschwitz-Birkenau. When his captors discover that he speaks several languages, he is put to work as a *Tätowierer* (the German word for tattooist), tasked with permanently marking his fellow prisoners.

Imprisoned for more than two and a half years, Lale witnesses horrific atrocities and barbarism—but also incredible acts of bravery and compassion.

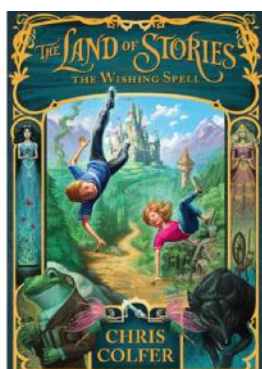


What if America had a royal family?

When America won the Revolutionary War, its people offered General George Washington a crown. Two and a half centuries later, the House of Washington still sits on the throne.

As Princess Beatrice gets closer to becoming America's first queen regnant, the duty she has embraced her entire life suddenly feels stifling.

Nobody cares about the spare except when she's breaking the rules, so Princess Samantha doesn't care much about anything, either... except the one boy who is distinctly off-limits to her.



Alex and Conner Bailey's world is about to change, in this fast-paced adventure that uniquely combines our modern day world with the enchanting realm of classic fairy tales. *The Land of Stories* tells the tale of twins Alex and Conner. Through the mysterious powers of a cherished book of stories, they leave their world behind and find themselves in a foreign land full of wonder and magic where they come face-to-face with the fairy tale characters they grew up reading about.

**First book in the 'Land of Stories' series ....Read them all**



Miles "Pudge" Halter is done with his safe life at home. His whole life has been one big non-event, and his obsession with famous last words has only made him crave "the Great Perhaps" even more (François Rabelais, poet). He heads off to the sometimes crazy and anything-but-boring world of Culver Creek Boarding School, and his life becomes the opposite of safe.

**Read other books by this author**



## PICK ME UP BOXES

### BRING A LITTLE CHEER TO A FRIEND

Everyone loves to get a surprise package in the post. Now that shops have closed couriers and postmen/women are busy delivering packages to households. Even when you know what you've ordered there is still a flurry of excitement pulling the packaging off and seeing what you've been waiting for.

Imagine you got an unexpected package, a surprise gift, all packaged up in gift wrap and ribbons. Inside several small items that were hand chosen especially for you, a little 'Pick Me Up' package.

Around the world people are creating 'Pick Me Up' packages for loved ones and friends who may be feeling a little lonely or down during these days of isolation and social distancing. Maybe you know someone who could do with a little cheer?

Here are some ideas to create a little package that may bring a smile to someone's day. Or you may arrange with another friend to create Pick Me Up Packages for each other. Agree a budget in advance. Save money on postage by hand delivering (whilst observing social distance).

Not everything in the package needs to be new, it's hard to get to shops these days. Recycle a book, do some baking, make something....

### Ideas for a Pick Me Up Box

Candle	Chocolate	Lip Balm	Pen / Markers
Recycle a Book	Sweets	Nail Varnish	Notebook
Hand Cream	Home Baking	Soap	Stickers

Write up Affirmations - Hand design little positive messages for your friend to post on her mirror or use as a bookmark

# STAYING IN IS THE NEW GOING OUT

## FUN PUZZLES FOR ALL THE FAMILY

As the pandemic continues to loom in our lives, we are now finding ourselves spending more time at home with the family and socialising with our friends through video chat. Here are some brain teasers to keep you entertained. Solving puzzles like the ones below are a great way to keep a group (be it family or friends) amused. The answers are on page 9

**Cadbury**  
Name these Cadbury products!

1. 🍷 🍷	9. 🇹🇷 😊
2. 🐫 + R	10. 🐄 🥛
3. 🌿 (✚ - T, + P)	11. 🏌️ 🍷
4. (🍇 🍌 🍏) + 🍷	12. 🥛 🍪
5. 🍷 🌀	13. 🚌 🚌
6. C + 🏃 🧘	14. ❄️
7. (🍷 🍌 🌟 🌳)	15. ▶️ ▶️ ◻️
8. 🌪️	16. 🙏 👨 👩 👧 👦

IDENTIFY THESE EIGHTEEN DUBLIN PLACES

01	02	03
04	05	06
07	08	09
10	11	12
13	14	15
16	17	18

$\bigcirc + \bigcirc + \bigcirc = 30$

1 3 5 7  
9 11 13 15

Select 3 balls and put into the circles, total of sum must be 30. There is only 2% of people can solve this.

+ + = 21

+ + = 19

+ + = 15

+ × = ?



## COLLEGE VIRTUAL OPEN DAYS

18 May	LYIT	School of Tourism - 2pm
18 May	CIT	Instagram live: Sport, Leisure and Childhood Studies- 3pm
19 May	MIC	Instagram live: Post Primary Teaching Q&A - 11am
19 MAY	LYIT	School of Business – 2pm
19 May	CIT	Instagram live: Civil, Structural & Environmental Engineering – 3pm
20 May	IADT	Business and Humanities Information Session – 2pm
20 May	BFEI	Virtual Open Day – 2pm
20 May	LYIT	School of Engineering – 2pm
20 May	CIT	Instagram live: Social Care Work – 3pm
21 May	LYIT	School of Science – 2pm
21 May	CIT	Instagram Live: Process, Energy and Transport Engineering – 3pm
21 May	BIFE	Virtual Open Day – 7pm
26 May	MIC	Instagram live: Early Childhood Care and Education Q&A 11am
29 May	IT Carlow	Virtual Open Day – 10:30am
2 Jun	UCD	Virtual Summer School
3 June	MIC	Instagram live: Bachelor of Education Q&A 11am
3 June	MIC	Instagram live: Education and Psychology Q&A 11:25am
9 June	DBS	Virtual Open Evening – 7pm
15-19 June	Maynooth Uni	Summer School*
25 June	DCU	Open Day* - 11am
26 June	RCSI	Experience Tour* - 2pm
27 June	Maynooth Uni	Summer Open Day*

*\*currently advertised as being on campus – check website for updates.*

*"Education is not the filling of a pail,  
but the lighting of a fire ."*

W.B. Yeats





## ANSWERS TO PUZZLES PAGE

### Cadbury Chocolate Quiz

1. Roses, 2. Caramel, 3. Mint Crisp, 4. Fruit and Nut, 5. Curly Wurly, 6. Crunchie, 7. Picnic, 8. Twirl, 9. Turkish Delight, 10. Dairy Milk, 11. Whole Nut, 12. Milk Tray, 13. Double Decker, 14. Flake, 15. Buttons, 16. Heroes.

### Eighteen Dublin Places

1. Five Lamps, 2. Chapelizod, 3. Papal Cross, 4. Swords, 5. Four Courts, 6. Dolphins Barn, 7. Foxrock, 8. Woodquay, 9. Lucan, 10. Marino Casino, 11. Central Bank, 12. Anglers Rest, 13. East Link Bridge, 14. Dorset Street, 15. Cabinteely, 16. Bluebell, 17. Ballsbridge, 18. Temple Bar

### Number Balls

Green 9 + Red 11 + Green 9 reversed to make a 6 = 30

### Maths Puzzle

Answer = 26

Value of Caterpillar = Number of dots on caterpillar

Flower = 2

Value of Clock = time

$$6 + (4 \times 5) = 26$$

$$6 \text{ dots on caterpillar} + (2 \text{ flowers} \times 5 \text{ O'Clock})$$

*We hope you have a relaxing and enjoyable Summer Holiday and we look forward to seeing you again in September.*

The Guidance and Counselling Team