

28th March 2022

Dear Parents,

I am delighted to inform you that Mount Carmel has been selected to participate in Jigsaw's One Good School programme. Jigsaw is the national center for youth mental health. They have identified schools as a safe and supportive environment for building life skills, resilience and a strong sense of connectedness.

The One Good School programme is a whole school approach in supporting the mental health and wellbeing of our pupils. It is backed by Jigsaw and their team of clinicians. Over the next 18 months, pupils, staff and parents will have the option to participate in online courses, webinars and activities. The subject matter of these will be tailored to the needs of the school, based on questionnaires undertaken by the pupils.

For general information about Jigsaw and One Good School, I have attached added promotional materials onto our school website www.mountcarmelsecondaryschool.ie. This includes a PowerPoint presentation, a YouTube video and a link to Jigsaw's website. Pupils will also learn about the programme in the coming weeks.

The first One Good School activity for pupils is called 'Let's Talk, Sure Why Not?'. This is a one-hour course in which they learn about what can hurt and help their mental health, while also exploring the barriers and supports to mental health. It will be done during class time. Pupils will be informed in advance.

There will be a mental Health Awareness webinar for parents on the 6th of April. This will support you in your role of supporting your child's mental health and wellbeing. It will provide information and practical strategies.

You will need to register an account with Jigsaw in order to attend. This can be done here: <http://onegoodschool.learnupon.com>. I will be in touch to remind you closer to the time.

Thank you in advance for your support,

Justin Dermody

Home School Community Liaison