



Larkin Community College Coláiste Pobail Lorcáin

Email: larkinupdates@lcc.cdetb.ie

19th March 2020

Dear Parents/Guardians & Students

In these unprecedented times it is paramount that we look after our mental health in a very positive and healthy way. Uncertainty of the unknown can create some stress and anxiety in our lives and calls for positive measures in addressing what we are feeling and experiencing in the moment.

Stress is unavoidable in today's world, but it doesn't have to get us down.

Remember Larkin Community College is a school community that has come together, will stick together and support one another during these challenging times.



- We would encourage you to stay in contact with your friends. Peer learning is one of the most effective methods to support curriculum engagement. Use technology *sensibly* to connect and learn together.
- Breaks, exercise and healthy diets are crucial to staying healthy
- Talk to someone in your family or to a friend. Talk to your doctor if you are very overwhelmed and sick with worry.
- Please email larkinupdates@lcc.cdetb.ie should you require support during school hours. We will make every effort to respond to your query promptly and support you in any way we can.



Other organisations which can support you are:

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| • Teen Counselling | (01) 8360011 |
| • Childline | 1800 666666 |
| • Jigsaw | (01) 6583070 & jigsaw.ie |
| • Teen-Line | 1800 833 634 |
| • HSE | 1850 24 1850 |
| • Samaritans | 116123 |
| • Pieta House | 1800247247 |
| • Rape Crisis Centre | 1800778888 |

We hope that you and your families remain safe and well.

Yours sincerely,

Thomas Usher