



Hello and welcome to the third Larkin Community College Wellbeing Newsletter. This week the Newsletter will focus on the theme of **A GIFT**. Do get in touch with Ms Mc Kenzie or Ms O'Higgins if you would like to contribute to the newsletter.

We hope that next week's Newsletter will have contributions from you. Ms Creighton has a message about this further down in this Newsletter.....

This is a poem by activist and environmentalist Wendell Berry chosen by Ms O'Higgins. 'This poem', she says, 'helps me to understand how I can respond to the strange world we are living in these days.'

I go among trees and sit still.

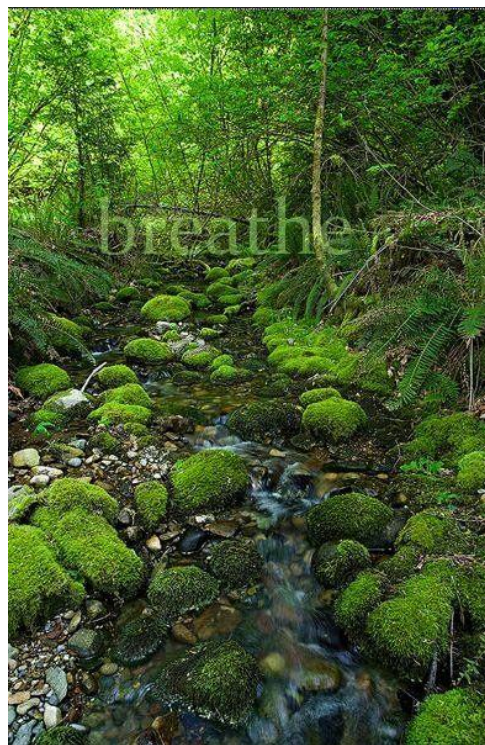
All my stirring becomes quiet around me
like circles on water.

My tasks lie in their places where I left them
asleep like cattle.

Then what is afraid of me comes
and lives a while in my sight.

What it fears in me leaves me
and the fear of me leaves it.

It sings and I hear its song.



1,063 people have died in Ireland as a result of COVID-19. 18,561 people have been diagnosed with the Covid19 virus. 9,233 have recovered from the virus. Some days it feels overwhelming just thinking about what is happening in our country, and all over the world. Some days it feels like it is too much to take in. Ms Mc Kenzie has a great saying 'It is what it is'.

Another wise person, the comic artist Bill Keane, wrote those wise words

'Yesterday is the past, tomorrow is the future, today is the present. That's why it is called a **gift**!'

If the present is a **gift**, how can we stop thinking about the past, worrying about the future? How can we stay in the present, moment by moment?



Try this short exercise ♥

Sit upright, feet on floor, bum on chair, spine on straight, hands on lap. If it isn't possible to sit in this position, just notice how you are whether you are sitting or lying down or standing. We will do this for 1 minute. To help you to pay attention, lower your eyes or close them. Bringing your attention to your breathing. Noticing it. The rise and fall of your breath in the body. Sit, lie, stand with this attention to your breath for a few breaths. Try maybe three breaths. Now open your eyes and look gently at something in your eyeline. There, it's over!

Do this exercise as many times in the day as you'd like to. Each time you do this meditation, try increasing the number of breaths you are noticing.

When you do this exercise, you are practicing being in the moment. Things can feel less freaky and scary when we do this.

Something else happens when we practice this meditation. We become more aware of HOW we are feeling. Sometimes we can feel sad. Or angry. It is not the meditation that is making us feel sad or angry. We are simply noticing how we really are. Only then can we begin to respond to how we are. We have met our authentic self! That is the **gift** to myself that meditation can bring.



When you connect with yourself, you get to know the real you. You become your authentic self. It is easier then to ask for help in life because you are more confident about who you really are and who you want to be. Your teachers would like you to reach out to them and ask for help with your education. Do stay in touch with your teachers. They are there to help you be your authentic self. They want to help you to realise your potential, get the career you really want and flourish in life.

Your teachers are a GIFT to you.

Ms Creighton's Gift to you!...

Hi LCC students, Ms. Creighton here,

I hope you are all keeping well and managing learning from home as best as you can. It is very different for sure and I for one have really started to miss the buzz of our busy and vibrant school.

In order to combat the boredom and the feelings of missing people I have tried my best to apply the "**CreateDon'tContaminate**" idea to some of my free time.

Being creative for me is fun, uplifting and definitely takes my mind off things for a bit.

I will include a piece that I wrote a few weeks ago, I wrote this piece inspired by my choir and drama students. We may be **APART** now but we can remain **UNITED** through **OUR CREATIVITY** and using that creativity to **BRIGHTEN** someone's day.

With this in mind we are asking you to **SHARE** any ideas or creative pieces you have developed during this time. We would love to share this **CREATIVITY** with the whole school community. You can email any of your teachers with your work, whether it's a poem, a music piece, a song to lift our spirits, painting, photography anything creative which you believe might **BRIGHTEN** someone's day and keeps us **CONNECTED** while apart. A selection of what is submitted will be shared in this Newsletter.



Together Through Creativity

12TH OF March,

Day started like no other but a day that forced us to- Listen, be still, take note.

A threat in our community, a worry for the ones we love.

Our community by its nature- warmth, a hug, together, fun.

What now? "Show love by being apart"?

A call on Ireland, A call to protect. "Stay home, stay safe, and flatten the curve".

Good days and bad, people worried, sometimes sad.

From the uncertainty- we have our heroes- we clap full of gra.

There's family, time together or show love from afar,

A chance to look within.

Quiz nights in the kitchen, pop into the sitting room for a trim.

"Create don't contaminate they said"- and here lies our time to excel,

Separated due to love, a need to protect,

While remaining bound by the art we perfect.

Video Clip: Seven Wonders of the World

https://www.youtube.com/watch?v=UAjf0Rmub_4

A message from Ms Mc Kenzie and Millie

