



Completed
Application
2023 – 2024

**Promoting Positive Mental Health in Our
Communities**

Dear Amber Flag Team,

Welcome to your application booklet!

This booklet provides you with a space to capture everything you have achieved by taking part in the Amber Flag Initiative.

Closing Dates for Submitting Completed Applications 2023 - 2024	
Secondary Schools, Youthreach, Further Education and 3rd Levels: Submit Completed Applications by: 12th April 2024	Primary Schools, Clubs and Others: Submit Completed Applications by: 10th May 2024

Please complete each section and upload it to your assigned SharePoint folder before the closing dates below:

If you have any queries regarding anything outlined in this booklet please contact the Pieta Amber Flag Team on amberflag@pieta.ie.

You can also refer to the information booklet in your SharePoint folder if you need extra information on any of the steps below.

On behalf of the Education and Training Department in Pieta, we would like to wish you the best of luck with this stage of your Amber Flag journey!

How to Achieve an Amber Flag

1. Complete Registration Form at the start of the academic year on www.pieta.ie

2. Create an Amber Flag Committee with a cross section of students/service users/club members/staff

3. Carry out an audit on what has already been done to promote positive mental health

4. Set and complete a minimum of 3 mental health awareness goals
a mental health day/week, a fundraiser for Pieta, and at least one more based on your audit

5. Submit completed Amber Flag Application by the closing date along with evidence of the goals achieved

6. Receive a physical flag and certificate

7. Maintain Amber Flag Initiatives

8. Apply for Amber Flag Renewal

Step 1: Register for the Amber Flag Initiative

You have already completed this step by registering before Friday 15th December 2023.

Please complete the following for reference

Organisation Name:	Caheragh N.S
Organisation Address:	Caheragh, Drimoleague, Co. Cork
Organisation Eircode:	P47 AV25
Co-ordinator Name:	Angela Galvin
Co-ordinator Email Address:	caheraghns@gmail.com

Step 2: Your Amber Flag Committee

- You must have established an Amber Flag Committee to achieve your Amber Flag. The names of the committee members should be recorded here:

Details of the Amber Flag Committee:

Committee Member	Name
1.	Angela Galvin (Co-ordinator)
2.	Siobhán Leahy
3.	Jodie McCarthy
4.	Kayla McKennedy
5.	Art Molloy
6.	Saoirse O' Neill
7.	Eve McCarthy
8.	Jack O' Donovan
9.	Amber McCormick
10.	Annie O' Donovan
11.	Katie Murray

There is no maximum number of committee members.

Add additional rows above to include more committee members.

Step 3: Audit of Past and Current Activities that Align with Amber Flag Objectives



- It is important to acknowledge and enhance the good work that is already being done in relation to mental health and well-being.

This section requires the Amber Flag Committee to share an overview of your audit of past and current activities that align with the objectives of the Amber Flag.

Activity/Service	How does this align with Amber Flag objectives?
Homework-free Fridays	Past and current: Preparation and organisation of homework takes time at school and of course homework takes time to complete at home. Homework-free days allow more time for games and fun activities across the timetable and a free evening at home. It creates a Friday feeling!
Circle time	Past and current Weekly Circle Time sessions with focused content allow students time to talk, express opinions, air concerns and listen to the word of others in a controlled and supportive environment. It allows for greater awareness among staff of issues that may be in need of addressing.
Buddy system at break times	Past and current: For students with additional needs including support in the area of social skills, classmates operate a rota system at break times to ensure that the student is always included in a group during play.

Social Stories	<p>Past and current:</p> <p>For students who find new experiences (e.g. swimming lessons, receiving the Sacraments, transition to a new classroom or to secondary school) intimidating and/or overwhelming, Social Stories are employed to prepare them for each new experience and to pre-teach necessary skills and coping strategies, thereby ensuring a more confident and stress-free experience for all concerned.</p>
Food Dudes	<p>Past and current;</p> <p>Food Dudes initiative focuses on healthy eating which plays a vital part in general health and well-being. A balanced and nutritious diet leads to better energy levels, enhanced ability to concentrate and participate in school, better sleep patterns and a more positive mind-set.</p> <p>Food Dudes is a fun and structured way to offer children the opportunity of experiencing a more varied diet with a focus on raw fruit and vegetables.</p>

Step 4: Goals and Objectives

Please use this section to tell us the Amber Flag goals you set and achieved this year, the date you achieved them, a brief description of how you achieved your goals, and how you plan to maintain what you have achieved.

When uploading your completed application, supporting evidence should be also be uploaded to your SharePoint folder. Examples include photographs of art projects, posters for awareness event, sample of minutes from committee meetings. We **do not** accept links to Social Media platforms as evidence.

- Please note that one Activity can achieve two goals. For example: A Mental Health Awareness Day may also incorporate a fundraising event.

Goal 1:	School Self-Evaluation/ School Improvement Plan focus on Well-Being
Date Achieved:	Began September 2023. Ongoing.
Details of Activities/Events to Achieve Goal:	School community began a new cycle of SSE with particular focus on Well-Being as part of the School Improvement Plan for the current school year and beyond. Initiatives to include application for Amber Flag status. Other events/activities are listed below.
Our Plan to Maintain the Benefits of this Achievement:	Inclusion of Well-Being in School Self-Evaluation /School Improvement Plan for the coming years (see attachment). Activities and events which are undertaken in the current school year and which are seen to have obvious benefits for Well-Being and mental health in general, will be perpetuated in the forthcoming years.
Goal 2:	Mental Health Day
Date Achieved:	Friday, 15 th December 2023
Details of Activities/Events to Achieve Goal:	Our Mental Health Day took the form of a Pyjama Day, wherein the entire school population wore their favourite PJ's, snoodies, onesies and slippers to school!
Our Plan to Maintain the Benefits of this Achievement:	It was a fun and special day, and the dress code served to enhance the fun and break down the formal barriers between staff and students that exist during regular school days. Enjoyment of the day was increased by suspension of the regular timetable, and organisation of games, activities and Storytime by the committee. Hot chocolate and chocolate chip cookies, served by the committee, were an extra treat. We intend to make this an annual pre-Christmas event!
Goal 3:	Fundraiser for Mental Health charity
Date Achieved:	Scheduled for Thursday, June 20 th , 2024
Amount Raised:	Not yet available
Details of Activities/Events to Achieve Goal:	Ice-cream Day

	There will be a visit from the mobile ice-cream van and students and staff will have an ice-cream treat. An offering of 2E per child/adult will be collected in aid of a charity that supports Postive Mental Health.
Our Plan to Maintain the Benefits of this Achievement:	The forthcoming Ice-cream Day is already being eagerly anticipated by the students, and will be a fitting way to end the school year on a positive note as it is scheduled for the day before the summer holidays. Formal classes, tests etc will be finished until September and we look forward to a carnival atmosphere as the van approaches! We hope to make this an annual event also.
Goal 4:	Mindfulness Monday
Date Achieved:	Weekly since September 2023
Details of Activities/Events to Achieve Goal:	<p>Each Monday, the committee selects a suitable picture to colour for the students in each of our three classrooms (usually based on a seasonal or topical theme, e.g. Christmas, Valentines’s Day, new season etc).</p> <p>As Mondays have an especially busy timetable, introducing new topics and preparing sets of homework for a new week, Mindful Colouring for twenty minutes at the end of the day is a calming and relaxing way to finish. Gentle music is played in the background while the students relax and colour their pictures in restful silence. Students are encouraged to colour at their own pace...there is no pressure to have the activity completed by the end of the session. In fact, students keep unfinished pictures to hand and are free to continue this exercise if they have time to spare following an assigned activity over the following days.</p>
Our Plan to Maintain the Benefits of this Achievement:	We have found this exercise to be very beneficial for the students in relieving the stresses of the day and preparing them calmly for home time. For older students in particular, colouring is an activity that they rarely have the opportunity to engage in apart from during specific art sessions and its benefits as a mindful activity are apparent. We will continue the new tradition of Mindfulness Mondays into the future.
Optional Additional Goal 5:	Implementation of Weaving Well-Being as a whole-school programme in the current school year.
Date Achieved:	September ’23-June ’24
Details of Activities/Events to Achieve Goal:	Lessons from the programme to be accessed through regularly scheduled sessions on the curricular timetable.
Our Plan to Maintain the Benefits of this Achievement:	Continuation of the implementation of the programme in the forthcoming years

Amber Flag Committee Reflection

Please use this space to share some of your thoughts:

What we learned from taking part in the Amber Flag:	As a school community, we have greater awareness of the need for discrete lessons in Well-Being and the importance of maintaining our mental health.
What we enjoyed most about taking part in the Amber Flag:	Fun and relaxing activities– Mindful Colouring allows us to slow down and express our creative and artistic side without pressure or expectation. It shows us that school is not all about lessons and curriculum work. Pyjama Day created a very special atmosphere in our school and we are looking forward to our next one already!
If we could change one thing:	We would love to have more time than we do to devote to such an important part of our overall health, but our school timetable is curriculum-heavy and our teachers find it difficult to allot more time to mental health benefits without sacrificing other curriculum subjects.
Additional thoughts:	Other initiatives, such as class-based yoga sessions (via Youtube), Picker Pal Litter-picking Programme and Friendship Friday, have been piloted in some classrooms and it is hoped to make some of these initiatives available in all classrooms in the future.

Amber Flag Feedback Form

Now that you have completed your Amber Flag application, we're inviting you to complete our Amber Flag Feedback Form:

[Amber Flag Feedback 2023/24](#)

Your comments and suggestions will help Pieta's Education and Training Team to plan future Amber Flag resources and to better meet the needs of those participating in the initiative.

Thank you once again for all your hard work. We hope that the Amber Flag has impacted positively on everyone involved!

Sharing your Achievements Online?

Please remember to tag Pieta in your Amber Flag Social Media posts:

Twitter: @PietaHouse

Facebook: @pietahouse

Instagram: @pieta.house

TikTok: @PietaIreland

Upload
Completed
Applications
to your
SharePoint
Folder by:

- Secondary Schools, Youthreach, Further Education and 3rd Levels: 12th April 2024
- Primary Schools, Clubs and Others: 10th May 2024

Step 5: Submit Amber Flag Documentation

When you have fully completed this Application Booklet, and gathered your supporting evidence, please upload them to your SharePoint Folder. When you are ready to submit your application, open the “submit my application” file in your Share Point folder and complete the Form labelled “submit”. Please also take the time to complete the feedback form once this step is done.

Thank you for taking part in the Amber Flag Initiative!

Once the Pieta Amber Flag Team are satisfied that you have completed the tasks, you will be awarded Amber Flag Status!

The flag must be flown outside your building in a visible place, where it will convey the caring ethos of your group and the importance it places on Mental Health.

Additional Supports



Mental health support in the area of suicide and self-harm prevention.

- Freephone **1800 247 247**
- Text **HELP** to **51444**
- www.pieta.ie

text about it

50808

Free anonymous text service funded by the HSE and run by trained Crisis Volunteers.

- Text **HELLO** to **50808**
- text50808.ie

JIGSAW

Young people's health in mind

Ireland's youth mental health organisation.

- 01 472 7010
- info@jigsaw.ie
- www.jigsaw.ie



Mental health support service.

- Freephone **1800 111 88**
- www.yourmentalhealth.ie



ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland.

- Freephone **1800 833 634**
- www.ispcc.ie/teenline

Childline

Call . Chat . Text

Looking out for the welfare of young people regarding any issue that may be affecting them.

- Freephone **1800 666 666** 24h
- Free Text: **50101**
- Live chat: childline.ie
- www.childline.ie



Eating Disorder Association of Ireland eating disorder and body image issues support.

- 1890 200 444
- 01 210 7906
- alex@bodywhys.ie
- BodyWhys.ie



An online youth information platform covering a wide range of topics from health, to school, to relationships.

- Spunout.ie



National organisation supporting LGBTI+ young people in Ireland.

- 1890 929 539
- www.belongto.org

SAMARITANS

Mental Health support service.

- Freephone **116 123**
- Text **087 2 60 90 90**
- www.samaritans.org

DRUGS.ie

The HSE Drug and Alcohol helpline provide free and confidential support, information, guidance and referral on anything to do with substance use and alcohol.

- Freephone **1800 459 459**
Mon-Fri 9:30 17:30
- helpline@hse.ie
- www.drugs.ie