

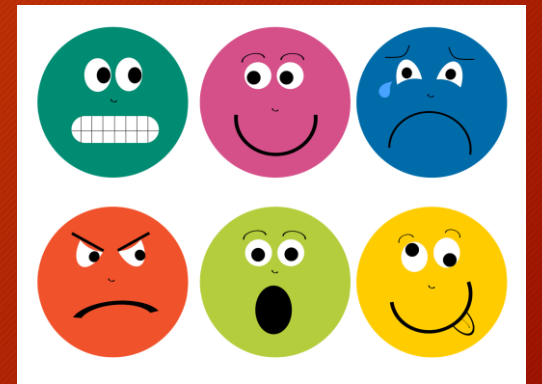
The Amber Flag



What is well-being?

Well-being includes:

- how we are feeling/our emotions
- the thoughts we are having
- how these thoughts affect the choices we make
- feeling comfortable in our own skin
- being able to cope with what is happening in our daily lives



The Amber Flag

- The Amber Flag was created by a charity called Pieta House.
- Pieta House wants to praise and reward school communities for coming together to create a safe, positive and healthy attitude towards our physical and mental health and our well-being.



The Amber Flag

- In our school, we are working hard to earn an Amber Flag.
- Our goal is to create a positive and safe environment in our school where pupils and staff feel comfortable expressing their emotions in a healthy way.

If you see someone
without a smile, give
them one of yours.



How do we achieve the Amber Flag?

- Having an Amber Flag awareness day (October 14th)
- Creating an Amber Flag notice board (Outside the staff room)
- Having a well-being week in our school (In February)
- Holding a fundraising event for Pieta House (More details later)

Well-being Warriors



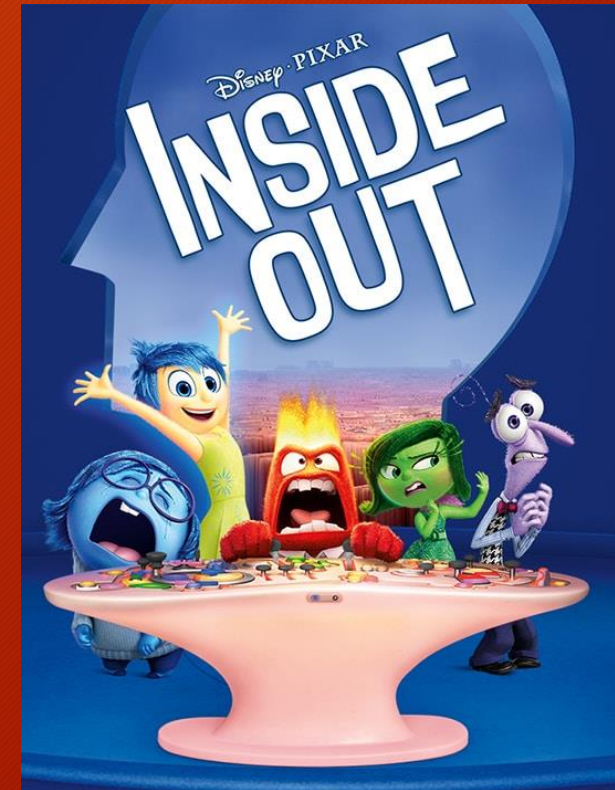
- We are asking for one person from each class to become a “Well-being Warrior.”
- The job of the “Wellbeing Warriors” will be to work together to help promote positive mental health and well-being in our school.
- They will also be involved in organising fun well-being activities throughout the year.

Inside Out Day!

October 14th 2022

Inside Out Day encourages everyone to wear their clothes inside out to symbolise the fact that how someone looks on the outside does not always reflect how they are truly feeling on the inside.

It is important that we learn how to **express** our internal feelings in a **safe and healthy way** with **someone** that we can **trust**.



Events in our school

1. Well-being homework on the last Thursday of each month
2. Random acts of kindness recorded on the Amber Flag board
3. Well-being week in February
4. Fundraiser fun day (More to be announced)

Stay tuned for more updates on all of the exciting events we have planned over the coming weeks!