





ACS Upbeat Week,
March 11-15th, 2024.





A.C.S Upbeat Week, March 11th-15th 2024.

Dear Parent/Guardian(s),

It's that time of year again! **March 11-15th 2024** marks the return of **Upbeat Week** in ACS. This year's theme is **'Minding Myself; It Starts With Me.'** Under this theme, we aim to emphasise the importance of positive mental health while also highlighting the role of physical movement in enhancing overall wellbeing.

"Minding Myself" encapsulates the idea of taking care of oneself holistically—mind, body, and spirit. Our ultimate aim is to encourage students to prioritise self-care and develop habits that promote their mental and physical health.

In our school, we recognise that students who are mentally healthy are better equipped to handle the challenges they face both academically and personally. They are more likely to excel in their studies, build meaningful relationships, and contribute positively to our school community. By emphasising the importance of positive mental health, we are not only investing in the wellbeing of our students but also laying the foundation for their future success and happiness.

During Upbeat Week at ACS, we have an exciting lineup of activities planned to promote wellbeing among our students. Each morning kicks off with our Morning Mile, encouraging physical movement and setting a positive tone for the day. Our Fruit Trolley will be making rounds, offering snacks to promote healthy eating habits. For a fun experience, we're hosting a Silent Disco, where students can dance and unwind without uttering a word. Throughout the week, students will have the opportunity to attend various talks tailored to their year groups, covering topics such as stress management, resilience, and self-care. Additionally, we'll undertake some Random Acts of Kindness, in a bid to foster an appreciation for giving back, as well as Meet and Greet, which we hope will set a positive tone for the day. We're also setting up a Pop-Up Cafe where students can unwind and connect with peers over a warm cup of tea or coffee. The list goes on, with some secret treats along the way! **On account of the many activities taking place, please note that students are permitted to wear the ACS PE Uniform for the duration of this week.**

We encourage parents/guardians to join us in supporting this initiative by engaging in conversations with their children about mental health, fostering an open and supportive home environment, and modeling healthy behaviours. Together, we can create a community where mental health is valued, prioritised, and nurtured.

During Upbeat Week at ACS, we're not only focusing on fostering wellbeing within our school community but also extending our support to those in need in our local area. This year, the funds raised will be directed towards **Safe Castebellingham**, a community-based organisation established in 2022 with a noble mission: to provide crucial support to individuals struggling with mental health issues. **Safe Castebellingham** offers a lifeline to those navigating challenging times, connecting them with the resources and assistance they need to overcome obstacles and regain stability in their lives. By contributing to **Safe Castebellingham**, we are not only investing in the mental health and wellbeing of our broader community but also reaffirming our commitment to creating a supportive and compassionate society where everyone has access to the care and support they deserve. **In light of this, we will be hosting a Non-Uniform Day on Thursday, March 14th. Students are asked to make a contribution of 3 euro each to allow us to make a donation to our chosen charity, and to help offset costs incurred. It is envisaged that the students' contribution will make a tangible difference in the lives of individuals facing mental health challenges.**

As always, thank you for your continued support in this important endeavour. Together, we can make a positive difference in the lives of our students and empower them to lead happy, healthy, and fulfilling lives!

Many thanks,

The Upbeat Week Committee

'Minding Myself; It Starts With Me.'