

We are taking part in Jigsaw's...

ONETM
GOOD
SCHOOL

...to support the mental health
and wellbeing of our students

JIGSAW
Young people's
health in mind

One Good School™

Jigsaw's One Good School™ is an initiative which supports the mental health and wellbeing of young people by developing a shared responsibility across the whole school community.

A comprehensive and integrated approach to mental health promotion in schools requires initiatives and supports for young people, teachers, parents and school leadership teams.

A key component of the success of [One Good School™](#), is a commitment to adopting a whole-school approach to promoting and supporting youth mental health and wellbeing.

This starts with raising awareness about the initiative, connecting with the whole-school community about what is taking place and keeping the community updated.

What does Jigsaw's One Good School™ offer my school?

- **A broad range of activities for the whole school community**

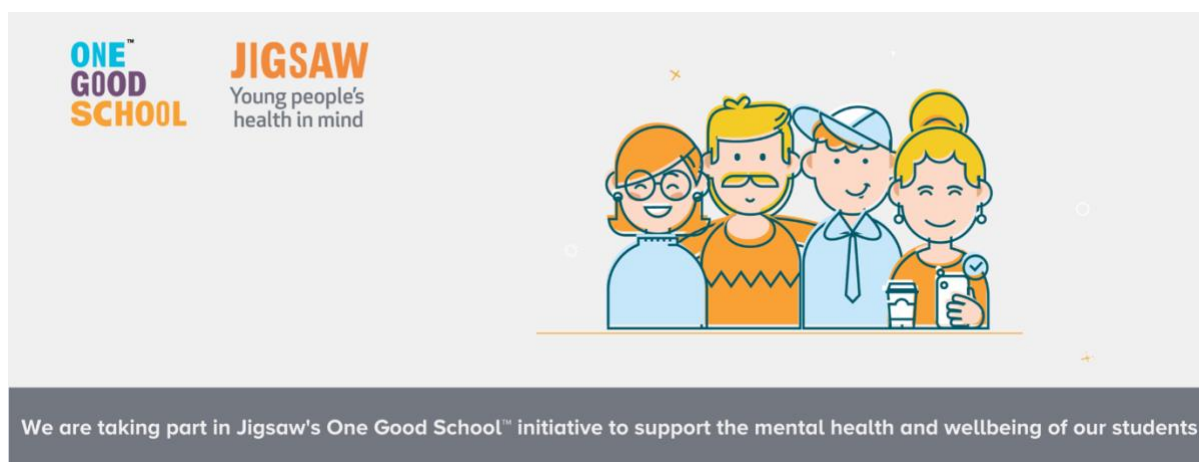
This initiative provides a broad range of evidence-informed activities for all those within the whole school community, including school leadership teams, teachers, parents, and students. The initiative will be delivered through interactive workshops, webinars, online tools and resources, peer education programmes and more.

- **Aligned to national policies and supports the School Self-Evaluation process (SSE)**

Implementation of Jigsaw's One Good School™ initiative supports schools in meeting the expectations of a multi-component and whole-school approach to mental health and wellbeing which have been outlined in national policies. The evaluation process involved as part of the initiative can usefully contribute to the School Self-Evaluation process (SSE). This is particularly valuable in view of the target which has been set by the Department of Education and Skills that all schools will have 'an embedded self-evaluation wellbeing promotion process by 2023.'

- **Recognition of your school's participation**

One Good School™ offers three levels of award at the end of a two-year cycle to acknowledge the efforts and commitments that all members of the school community have demonstrated towards promoting and supporting youth mental health and wellbeing.



Lusk Community College is participating in One Good School

Youth mental health and wellbeing are important to our school – we want our school community to be a place where mental health and wellbeing is nurtured and valued.

In working towards this, we are taking part in Jigsaw's One Good School initiative, which seeks to support our school community to promote youth mental health.

To learn more about One Good School read through the attached Information Pack PDF document.

This is a whole school initiative where we will be seeking Parent/guardian, student and staff involvement. Our One Good School Team is representative of the whole school and plays a role in supporting our whole school in our participation of this national initiative.

Students Representatives

Emma Ward
Eimear Kelly
Conor Power
Sinead Young

Staff Representatives

Ms. T. Martyn – Team Lead
Mr. P. Cole - Principal
Ms. D. Convery – Staff Representative
Mr. J. Geraghty - Staff Representative
Ms. G. Mulligan – Guidance Team Representative
Ms. C. O'Neill - Staff Representative
Ms. J. O'Neill – Senior Management Team Representative

Parents/ Guardian Representatives

Bernice Corless
Cate Monaghan

**Each member of our whole school community has a role to play in this initiative.
Below is a list of tasks to complete as part of One Good School.**

Students



Students complete the webinar 'Let's talk – Sure Why Not?'
To do this

1. log into the LearnUpon Platform
https://onegoodschool.learnupon.com/users/sign_in?next=%2Fusers%2F12115570%2Fcomplete-profile
2. Create an account using your school email address
3. Start the course 'Let's talk – Sure Why Not?'
4. Complete the survey on your year head Team

Parents



Parents are invited to attend a free 'Mental Health Awareness Webinar'

To do this

1. **Create an account and log into the LearnUpon Platform**
https://onegoodschool.learnupon.com/users/sign_in?next=%2Fusers%2F12115570%2Fcomplete-profile
2. **How to access the webinar?**
You will have to log into the LearnUpon platform and the 'Mental Health Awareness Webinar' will appear there for parents and guardians to access
https://onegoodschool.learnupon.com/users/sign_in?next=%2Fusers%2F12115570%2Fcomplete-profile
3. **When is the webinar?**
Date: **Wed 4th May**
Time: **7:30-8:30pm**
4. **Complete this survey afterwards** <https://www.surveymonkey.com/r/DK3S58Y>

Staff



Staff complete the course 'Mental Health and Wellbeing – A One Good School Approach'.

To do this

1. log into the LearnUpon Platform
https://onegoodschool.learnupon.com/users/sign_in?next=%2Fusers%2F12115570%2Fcomplete-profile
2. Create an account.
3. Start the course 'Mental Health and Wellbeing – A One Good School Approach'
4. Complete this survey afterwards <https://forms.office.com/r/syy2J8bpUe>