

Lusk Community College

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Coláiste Pobail Lusca

Lána Ráth Éanaigh. Bóthar an Rátha Mhóir,
Lusca, Contae Bhaile Atha Cliath.



23rd February 2026

Dear Parent/Guardian,

We are pleased to inform you that your son/daughter will be participating in a **Spark workshop** in school on Tuesday, 3rd March. This workshop is designed to support students' wellbeing and strengthen connections within their year group. Below is an outline of the programme and its purpose:

'The Spark programme is designed to be a space for students to create genuine connections with their year group. A space to allow themselves to see the possibility of friendship and relatability in their peers. During a workshop, we create a safe, non-hierarchical atmosphere by meeting young people on the level, and introducing ourselves through honest, authentic personal storytelling. Our facilitators use interactive activities and create opportunities for verbal and non-verbal discussions. We allow young people to unpack and discuss their secondary school experience so far, normalising their feelings and helping them to realise that they are not so different from one another. This collective discussion allows the group to break down the assumptions and judgements they may have to create an environment where everyone can be themselves.

Facilitators lead the group through an exercise of what they would like their school/group environment to look like and empower them to agree on the way they would like to treat one another going forward. With this agreement as motivation, we give them a chance to practice chatting with people that they may not usually speak to through our 'Fast Friends' activity. Our aim is that the group feel more connected to one another and themselves, and more able to use honesty to express themselves freely with their peers. We finish the workshop by providing the young people with information regarding additional supports if needed and encourage them to take part in a self-care activity following the workshop. Our goal is for them to leave with the belief that they can build a safe, happy and inclusive school environment.'

We believe this will be a positive and valuable experience for our students. If you have any questions or would like further information, please do not hesitate to contact the school.

Yours sincerely,

Katie Murray
2nd Year Head