

Coláiste Éamonn Rís Loch Garman



Loch Garman

Christian Brothers Secondary School Wexford

Principal: Mr. M. McMahon M.A., H.D.E.
Deputy Principal: Mr. J. Hegarty B.A. H.D.E

Phone: Office 053 9141391
Fax: 053 9146803

30/5/2019.

Dear Parent/Guardian,

As you know our school community is deeply saddened by the sudden passing of our staff member, colleague and friend, Ms Sinead Breen. Ms Breen has been a highly regarded member of staff for almost 20 years. She was passionate about her subjects, Maths, Computers and Geography and had a hugely positive influence on the lives of so many students through her role as Transition Year Coordinator.

It is a particularly difficult time for all members of the school community, following on from the tragic death of Jack Whelan some months back. It is possible that your son may have some feelings and questions that he may like to discuss with you. You can greatly help your son by taking time to listen and by encouraging him to express his feelings especially as we approach the summer holidays and the normal routine of school is no longer there.

While research shows that the majority of our young people are unlikely to need additional or specialised counselling support, it is vital that all students have opportunities to talk to people whom they know and trust. We continue to encourage you as parents to create opportunities for your children to talk about any worries or concerns which they may have in the coming weeks, particularly when the routine of school is removed and they may not be in contact or meeting up with their school friends. Often times when young people are upset or troubled, they just want someone to listen without judging or offering advice. Just knowing that they have someone to listen to them and to acknowledge what they are saying can be hugely supportive. As already mentioned, best practice is that it helps to have routines as far as possible and we are encouraging our students to continue to participate in the normal activities which they enjoy. Eating healthily, getting regular sleep and engaging in physical exercise are far more conducive to positive mental health than gaming, tv, late nights or spending too much time alone. It is also important to encourage young people to spend time engaging in activities with friends and family. It is good for them to take time out to do something fun with friends and family such as playing sport, listening to music, going to the cinema, going for a walk, etc.

As previously advised, if you have concerns about your son and if you think that he is in distress, reassure him that help, support and advice is available. In the first instance you should contact your GP. If it is a weekend or out of hours and you cannot contact your family GP, you should call CAREDOC on 1850 334 999. In an emergency, you can also go to the Emergency Department in Wexford General Hospital. You can also call:

- Samaritans on Freephone 116 123; email jo@samaritans.ie or text 087 2609090

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- Pieta House (Wexford) 053-9122787; www.pieta.ie ; 24 Hour Suicide Helpline 1800 247 247 or text 51444
- Ferns Diocesan Youth Service (FDYS), Francis Street, Wexford; www.FDYS.ie; (053)9123262; For counselling services contact mairead.duffy@FDYS.ie or phone (087)9351725.

Other useful websites include:

www.yourmentalhealth.ie

www.spunout.ie or www.reachout.com or www.reachout.com/parents

As we break for the summer, all our thoughts and prayers are with Sinead's family and friends at this time.

Ar dheis Dé go raibh a hanam

