

# CB STAFF NEWS



Volume 3

3rd April 2020



## Happy Easter



*Well done everyone, we made it to Easter....*

Hi Everyone

Well, the end of week three of Remote everything is in sight. I think we should give ourselves a huge clap on the back (metaphorically speaking of course) and bask in the happy knowledge that we are getting on with things – however imperfect. Indeed, to paraphrase good old Winston Churchill as he rallied the British nation after the evacuation of Dunkirk on June 4<sup>th</sup> 1940

*‘we shall go on to the bitter end (Easter Holidays), we shall not flag or fail ( keel over a bit maybe...)*

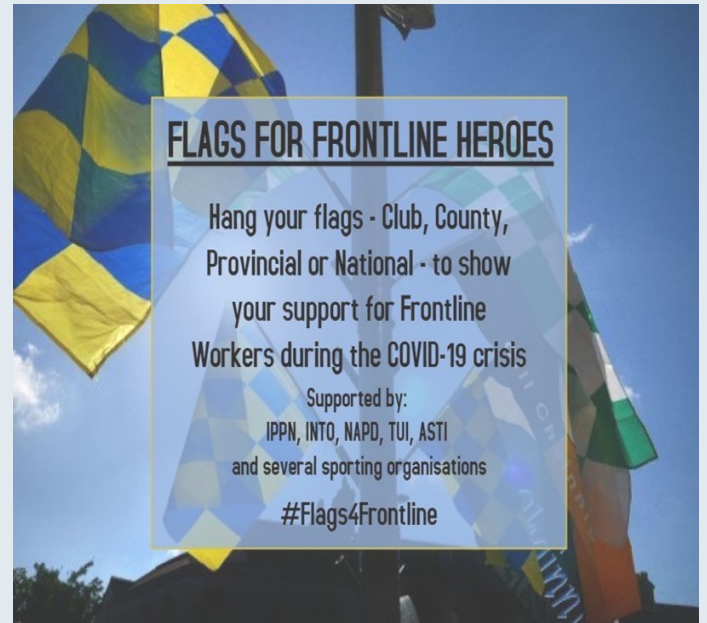
*...we shall teach them on Teams, we shall teach them On Outlook, On One Note, no matter what..... we shall defend our laptops... whatever the cost may be, we shall use them in the kitchen,, we shall use them on the landing, we shall use them in the bathrooms!! , we shall never surrender.”*

Please forgive me my poetic licence but we need a bit of humour at times like these but seriously, everyone has done so well to keep our students to the forefront of everything we do as a CB family.

Easter break is a natural time of rebirth and renewal. Everyone must now take time off to renew and re- energise – get out and enjoy our lovely countryside and gardens. We are so lucky to be alive, to be healthy and to be loved

Mind yourselves and take care

*Mairéad Earley*



### FLAGS FOR FRONTLINE HEROES

Hang your flags - Club, County, Provincial or National - to show your support for Frontline Workers during the COVID-19 crisis

Supported by:  
IPPN, INTO, NAPD, TUI, ASTI  
and several sporting organisations

#Flags4Frontline



**Easter reminds us that hope must never be lost for as dark as the road may seem, there always lies light at the end of it. May all your prayers be fulfilled. May you have a pleasant**

# Easter!

*It's the Easter Holidays ..... Time for some fun, rest and relaxation*



*Bake this fabulous Easter cake .... Apparently it's very easy!! See Kailo Chic on Pinterest for full details <https://www.pinterest.com/pin/274930752236673348/>*

## *Not Cancelled*

**Going outdoors is not cancelled, listening to music is not cancelled, quality time with our families is not cancelled, reading a book is not cancelled, sharing with friends is not cancelled, singing out loud is not cancelled, laughing has not been cancelled, sharing HOPE with others has not been cancelled.**



**Let's EMBRACE what we have.**

Kelly's  
Treehouse

During this stressful time, you or family members may be struggling with your mental health. Here are two useful links:

The HSE:

<https://www2.hse.ie/mental-health/?>

[gclid=CjoKCQjwsYboBRCOARIsAHbLPhG7VQ69nlq6GdZI9PGGzdK4iveHoLopsgwumW6oHBnL3CFS-tSCke4aAqWaEALw\\_wcB&gclidsrc=aw.ds](https://www2.hse.ie/mental-health/?gclid=CjoKCQjwsYboBRCOARIsAHbLPhG7VQ69nlq6GdZI9PGGzdK4iveHoLopsgwumW6oHBnL3CFS-tSCke4aAqWaEALw_wcB&gclidsrc=aw.ds)

INSPIRE which offers online counselling through the employee assistance programme. Click on the link if you are interested in receiving further information. This service is available to teachers & SNAs-also their family members - generally the first few sessions are free of charge.

<https://www.inspirewellbeing.org/workplaces>

EVERYONE YOU  
MEET IS  
FIGHTING A  
BATTLE YOU  
KNOW NOTHING  
ABOUT.  
BE KIND.  
ALWAYS.

## *An Easter Prayer*

Christ the Lord is risen  
And, as all the world rejoices,  
Singing of His glory  
With such joyful hearts and voices,  
May you find that Easter brings you  
Peace and faith and hope anew,  
And may these blessings fill your heart  
With joy the whole year through.

*Happy Easter*





## Reminder re Resources & Supports .....

There are some fantastic and wonderful free supports circulating online. However, in the constant stream of multi-media at the moment it can be hard to find what you need. As you know Philip and his team collated all of these resources into a one stop shop for everything, with easy to click hyperlinks to the particular resources, saving you time. There are 3 Resource Packs—one for parents, one for students and one for educators, with relevant resources to the most appropriate interested party which we hope will make life easier for you.

In your resource pack, you will find:

1. The most up to date publications from DES
2. Articles and information to support you in this time
3. Links to resources to support your well-being and mental health
4. Infographics
5. Teaching and learning supports
6. Advice and tips to assist

The PDFs can be downloaded from [www.colaistebride.com](http://www.colaistebride.com) where we have created a new **COVID-19** tab and will be updated regularly as new resources come on stream. If you have resources that you would like to submit, Philip will be updating it every couple of days or so. He has also created a folder in 'Teachers Remote' on Teams as well where you can download the PDFs.



## Have You Earned Your Tomorrow

Is anybody happier because you passed his way?  
Does anyone remember that you spoke to him today?  
This day is almost over, and its toiling time is through;  
Is there anyone to utter now a kindly word of you?

Did you give a cheerful greeting to the friend who came along?  
Or a churlish sort of "Howdy" and then vanish in the throng?  
Were you selfish pure and simple as you rushed along the way,  
Or is someone mighty grateful for a deed you did today?

Can you say tonight, in parting with the day that's slipping fast,  
That you helped a single brother of the many that you passed?  
Is a single heart rejoicing over what you did or said;  
Does a man whose hopes were fading now with courage look ahead?

Did you waste the day, or lose it, was it well or sorely spent?  
Did you leave a trail of kindness or a scar of discontent?  
As you close your eyes in slumber do you think that God would say,  
You have earned one more tomorrow by the work you did today?

Edgar Albert Guest



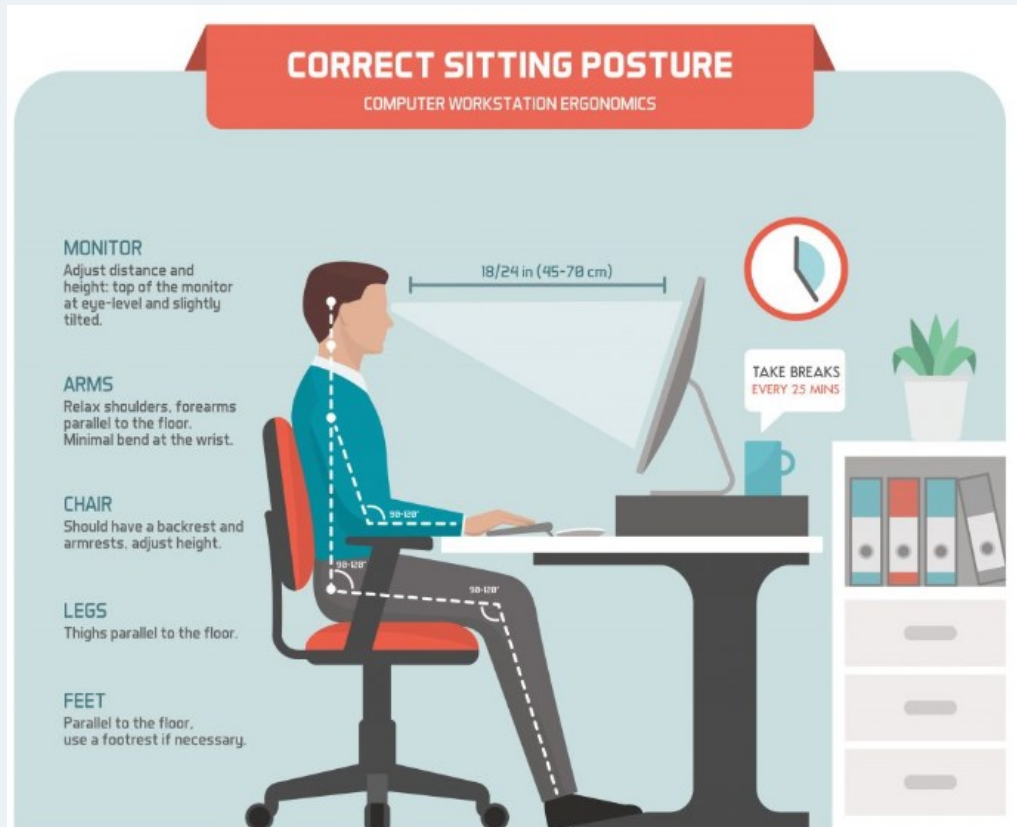
REST, RELAX, RENEW  
REDISCOVER  
THE REAL YOU

pam luckock

## Health & Safety Message from Karen Hopkins

### Computer Workstation Ergonomics

As we perform remote learning from our homes, you may find yourself sitting behind a desk or a table for hours at a time. This may result in neck and back pain or sore wrists and fingers. Correct sitting posture (Computer Workstation Ergonomics) can help you and your joints stay comfortable and pain free. Ergonomics is the field of study in which workspaces are rearranged to reduce strain and injuries on the body. The goal of ergonomics is a relaxed and comfortable posture. Below is a diagram to help you set up your workspace ergonomically.



Reference: <https://ergonomicshealth.com/ergonomic-workstation-setup/>

For those of you who don't have an office desk and chair and sit at the kitchen table you can adjust the height of your laptop or screen simply by placing a big book (Mary Berry's Cookery Course Book for example) or a number of books underneath your laptop or your screen - bring back the Yellow Pages! This small step can make a difference and minimise neck and shoulder pain and prevent that trip to the Physio.

If you have an office desk and chair here's a video on how to set up your desk ergonomically. The video also demonstrates some exercises that you do while sitting at your desk: [https://www.youtube.com/watch?v=F8\\_ME4VwTiw](https://www.youtube.com/watch?v=F8_ME4VwTiw)

For more comprehensive video on neck and upper body stretching exercises visit <https://www.youtube.com/watch?v=bt6JL6luuTs>

For a 20 minute beginners Yoga for Neck, Back and Shoulder Pain visit <https://www.youtube.com/watch?v=Vlo5yzWM7po>

*Don't forget to take regular breaks. Get up and away from your desk to get some movement exercises in but also to give your eyes and mind a break.*