



Wednesday 1<sup>st</sup> April 2020

Dear Students,

I hope that you and your families are all keeping safe and well. In the week that has passed since the last newsletter, the Taoiseach and the government have asked us all to stay at home, further extending the restrictions to movement.

In this new reality that we are all living in,

**The theme of this week's newsletter is  
'Resilience and Optimism'.**

There is also a competition this week which will hopefully inspire you to get creative. Please get in touch if you have any questions or any suggestions for the Guidance Newsletter. Email: [lauraoflanagan@stkevinscollege.com](mailto:lauraoflanagan@stkevinscollege.com)

Warmest regards,

Ms. O'Flanagan  
Guidance Counsellor

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## What Is Resilience?

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Hard times are a fact of life. Resilience is the quality which allows us to bounce back from hard times. Rather than letting difficulties or failure overcome us and drain our determination, we can find a way to rise.

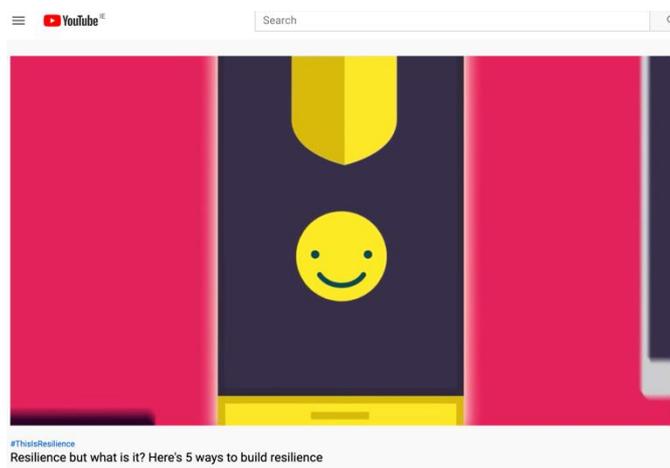
Psychologists have identified some of the things that make a person resilient, such as a positive attitude, optimism (thinking positively), the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Research shows that optimism helps reduce the impact of stress on the mind and body.

Resilience is not some magical quality; it takes real mental work to overcome hardship. But even after hard times, resilient people are able to change course and move toward achieving their goals.

Here is a short YouTube video about building resilience in 5 steps

1. Sleep is essential – about 9 hours
2. Stay connected to our friends, family and community
3. Set goals and aim to reach them
4. Express yourself – be creative
5. If it all gets too much, be present in the moment!

[Click here for the resilience video on YouTube](#)





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## Optimism

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Your parents might call it “thinking like the glass is half full”. Being optimistic is looking positively at a situation and imagining a good outcome. At the moment, school is closed, everything is closed and we are asked to stay at home. It is easy to look at this situation negatively and to become disheartened. The news is frightening and we have not been able to see our friends or live our normal lives.

How do we look at this situation optimistically?

Look at what good is happening in the world. We are all staying at home to help stop the spread of coronavirus and to help the health service to not become overwhelmed. This is evidence of the amount of kindness in the world. We are all coming together by staying apart. This time period is the whole world coming together to help each other by staying at home. All over the world, people just like you are having the same experience as you – at home, off school, no sports, no meeting up with their friends. This is necessary so that life can go back to normal as soon as possible.

Actor and film director John Krasinski



(The Office, A Quiet Place) has made a YouTube channel where he collects some of the good news from around the world. Take a look!

[Click here for John Krasinski's Good News on YouTube](#)

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## School Work – It's not too late to start!

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Your teachers are sending you school work. This work will keep you on track with your learning. If you haven't started it yet, start now! Start today! It's not too late. Don't stress about what you haven't done, just open it up and do something. You can email your teachers or message them through Edmodo if you need help.



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## Competition Time!

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With Easter around the corner, and Spring in the air, we have a competition this week.

Read the poem 'Begin' by Brendan Kennelly (on the next page) and come up with a creative response – it could be another poem, a story, photography, a drawing or a painting.

Whatever creativity 'springs' to mind!

E-mail entries to

[lauraoflanagan@stkevinscollege.com](mailto:lauraoflanagan@stkevinscollege.com)

By Friday April 3<sup>rd</sup>

There are Easter eggs up for grabs!

Winners will be announced on the school social media and prizes will be posted to the winners.

## Begin

Begin again to the summoning birds  
to the sight of the light at the window,  
begin to the roar of morning traffic  
all along Pembroke Road.

Every beginning is a promise  
born in light and dying in dark  
determination and exaltation of springtime  
flowering the way to work.

Begin to the pageant of queuing girls  
the arrogant loneliness of swans in the canal  
bridges linking the past and future  
old friends passing though with us still.

Begin to the loneliness that cannot end  
since it perhaps is what makes us begin,  
begin to wonder at unknown faces  
at crying birds in the sudden rain  
at branches stark in the willing sunlight  
at seagulls foraging for bread  
at couples sharing a sunny secret  
alone together while making good.

Though we live in a world that dreams of ending  
that always seems about to give in  
something that will not acknowledge conclusion  
insists that we forever begin.

— Brendan Kennelly