



This year in Coola Post Primary we are partaking in the Amber Flag Initiative in conjunction with Pieta House. The Amber Flag is a symbol of promoting positive mental health within our school community.

Please follow us @ [coolapps_amberflag](#) on Instagram to keep up to date with all we are doing to promote positive mental health and wellbeing in our school 😊

Our Committee

Along with our Amber Flag co-ordinator Miss O'Connell and other members of the teaching staff, our wellbeing co-ordinator Mr. Ryan and home school liaison officer Nessa Cosgrove, we have set up a student representative committee for the Amber Flag. This consists of 1 boy and 1 girl from each year group to be the voice for their year group on what they would like to see done in the school to raise awareness about mental health and promote positive mental health initiatives in the school.



Our Goals

As part of the Amber Flag, we as a school set 3 main goals which we wish to execute this year. Our committee after much discussion decided our three main goals this year are:

1. Hold a successful wellbeing week (taking place from January 24th – 28th)
2. Raise a target amount for Pieta House
3. Create a calm/sensory area for students to retreat to if feeling overwhelmed

We are working to achieve these goals by the end of the school year and hope the school community will benefit from them.

A Dip in December – Our Fundraiser

Our school community has been tragically affected by suicide over the past number of years and we want to do our part by giving back and raising awareness about suicide and the importance of positive mental health in our school.

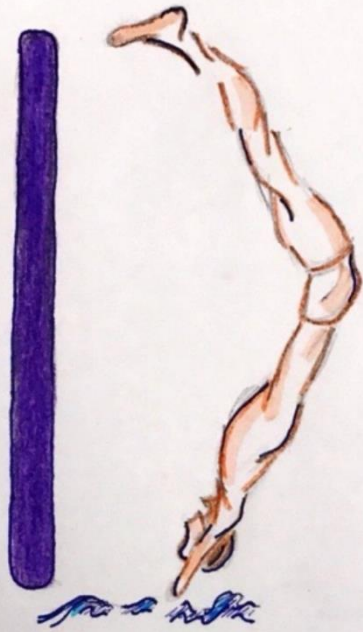
To raise much needed funds for Pieta House, our 45 TY students (& a few brave teachers!) have committed to jumping into the sea at Rossespoint beach, Co. Sligo on December 15th 2021!

We have a target of raising €2500 for Pieta before Christmas. Please donate what you can to this very worthy cause. Every little helps. Your donation will help those bereaved by suicide and the great work Pieta House for members of society every day.

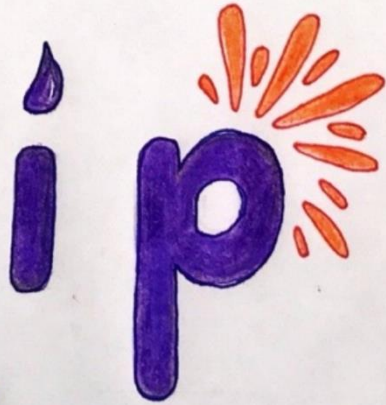
We would like to take this opportunity to dedicate this fundraiser to all the members of our community who we have sadly lost to suicide.

You can donate to our fundraiser here:

<https://www.gofundme.com/f/coola-pps-a-dip-in-december-for-pieta-house>



COOLA PPS



IN

DECEMBER

ROSSES POINT BEACH

Dec 15th