

Mental health

The last week before our Christmas holidays was designated Mental Health Awareness week. This is an area of increasing concern both nationally and internationally. In Crana College we decided to explore the importance of well-being. How can we care for ourselves physically and emotionally? Several strategies can help all of us to manage the daily stresses that are part of life. We carried out various feel good activities, addressed many classes and managed to raise a large sum of money for jigsaw, an organisation dedicated to building positive mental health. 'Guess the amount of sweets' and 'I'm a teacher get me out of here!' helped us to raise the funds. The week ended with an informative presentation by Breifne Earley, author of Pedal the Planet. His story inspired many of us. Despite his struggles and difficulties he literally pushed onwards to achieve. Together we can help build positive relations and make changes for the better.

The Laurentic

This was a busy week for the Transition Year Media Team. Hours of hard work and research resulted in a great end product - a two page spread within the official Laurentic booklet was complete. We are very proud of our contribution to the memorial of this historical event. The material will be shown within the school and beyond. The booklet will actually travel around the world and appear at the special commemoration to be held in the upcoming months.

Pope John Paul II Award

Each year Crana College introduces Transition Year students to a very successful programme that is run throughout the country, The Pope John Paul II Award. This programme encourages young adults to participate in their local communities. A number of students within my class are undertaking the award. Activities such as dancing, sports, playing musical instruments, volunteer work or coaching younger teams are examples of community based activities. Another component requires participation in your local church. A number of activities are being undertaken for this aspect of the award - reading at church, involvement in youth ministry, choir, assisting in the compilation of church leaflets/websites etc. Last years students will receive their award in February at the annual awards ceremony in the Millenium Forum, Derry

Animal Farm

In our Creative Writing class we are reading George Orwell's Animal Farm. So far we have been introduced to the setting and a number of key characters. The tale highlights the struggle for freedom, an historical reality for many people throughout history. In this case the animals wish to be free of Mr. Jones. A rebellion follows Old Major's speech and we are about to travel with Boxer, Napoleon, Squealer and others from Manor Farm to Animal Farm. Will the animals live in harmony once all traces of man are resigned to memory? Let's continue with the tale and discover whether the animals, when left to their own devices, create a land where they are free and equal!

