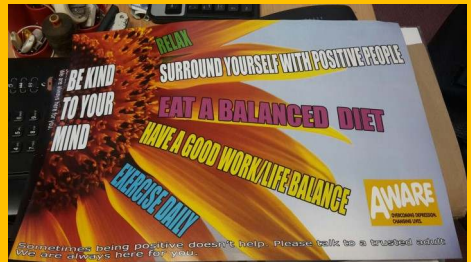




## Sacred Heart College and AWARE Schools Fundraising Partnership

**Celia McGinn, Vice Principal and Head of Pastoral Care for Sacred Heart College, Omagh, talks about the schools support for AWARE and how the pupils of the school got involved in fundraising for the charity.**

The pastoral focus for the school year 2016/2017 was positive mental health. The school had benefited from local charity, AWARE's Mood Matters for Young people programme and decided they would get involved in fundraising for the charity. The RE department contributed a 'Prayer for Good Humour to set us on our way.



The first fundraising activity we organised with the support of AWARE and was our own School's Mood Walk on Friday 16<sup>th</sup> September 2016 in the Gortin Glens. The walk promoted exercise which is proven to lift your mood and demonstrated how pupils can look after their own mental health. The walk raised almost £1000 and it

was a great way to start the new school year. It was supported by North West Mountain Rescue and sponsored by TC Autos, Strathroy Dairies and Super Valu, Omagh.



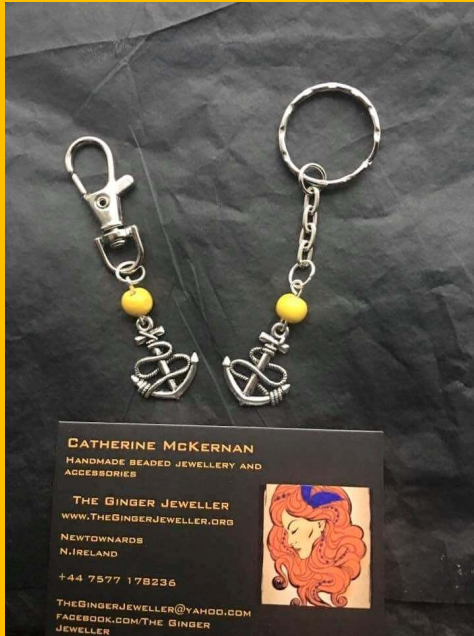


The second fundraising activity was initiated by six, year 13 pupils with the support of Miss Janette Higgins (Business Studies Department). They registered for the First Trust Build a Bank competition in October 2016 and were tasked with opening a school bank with a major aspect of the competition being to support a charity and carry out a variety of fundraising events in the community, not just the school. Their motto was 'Balance your mind, Balance your account.' They organised numerous fundraising events throughout the year, including street collections and themed parties during bank hours. They also carried out mindfulness classes in school and gave finance talks in local primary schools. The team got through to the Ireland Finals, excelling themselves and demonstrating their newfound skills as business ambassadors.

The third fundraising activity was through the Young Enterprise Company which was made up of Year 13 pupils starting their Young Enterprise journey in September 2016. The students em-



braced the school's positive mental health focus and called their company "Living in the Dark". The company explored the aspects of school life that can cause stress and anxiety for pupils and found that transitions in school life were particularly stressful. In response to this they designed and created three booklets to support pupils during 3 vital transitions.

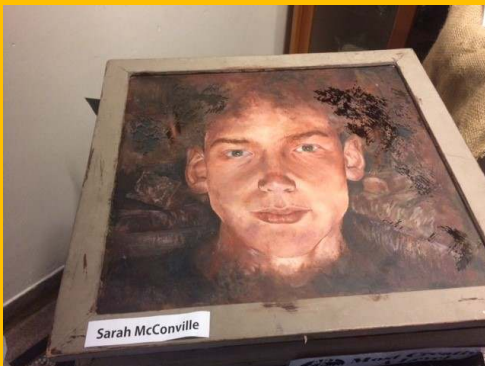


The students sold their products at a range of events including local primary schools, the school open day and open evening events. In April 2017 the team won 3 awards at the Young Enterprise Celebrating success event at Titanic Belfast. They won;

In May 2017 they also attended “The big Celebration” Award Ceremony in Belfast City Hall, a black tie event which celebrated the team’s success. Sacred Heart College won 3 awards for Asda Best Social Impact Award, Michael Mullin ‘Journey

Award’ for his contribution and journey throughout the programme.

In September 2017, Teresa Sloan from AWARE attended the Awards night in Sacred Heart School. Teresa presented an art award to Sarah Mc Conville who used mental health as her theme.



Sacred Heart College integrated mental health into business and art and through the first trust build a bank initiative.



# Fundraise for AWARE



**AWARE is the national depression charity for Northern Ireland. The focus of our work is to educate and support people on the illness of depression.**

**AWARE is a local charity working really hard to help people who are vulnerable to the illness of depression.**

- 1 in 10 young people aged 5-16 years suffer from a diagnosable mental health problem.
- Depression can affect anyone at any stage in their life.
- 45,000 young people living here are currently affected by a mental health problem.

AWARE rely on public donations to provide our services including our AWARE Mood Matters Young People Programme.

**Your school can help AWARE by Fundraising on these significant dates:**

#### **Brighten up 'Blue Monday' – 3rd Monday in January**

Dress brightly on the 3rd Monday in January – also known as Blue Monday. In fact you can do it on any Monday – and raise money for AWARE.

#### **Children's Mental Health Week – February**

We can assist you in organising a Mood Walk in the grounds of your school or a suitable venue. Make lunchtime active, improve your mood, look after your mental health and help fundraise for AWARE.

#### **World Mental Health Day – 10th October**

Have a dress down day on 10 October and help promote positive mental health in school while raising money for AWARE by giving a donation.

**Or maybe you can create your own exciting fundraising event on a different date – let us know and we can help you.**



**Let's get you started:**

Contact [fundraising@aware-ni.org](mailto:fundraising@aware-ni.org)

Visit [www.aware-ni.org](http://www.aware-ni.org)

Call Us on 028 9035 7820

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Company No. NI 30447

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.