



Amber Flag Initiative



Virginia College is taking in Pieta's Amber Flag Initiative for schools this year.

The Pieta Amber Flag Initiative recognises the individual efforts of primary and secondary schools, youthreach, third level institutions, community groups and clubs to create healthy, inclusive environments that support mental well-being.

Uniting these groups in their efforts, working together toward a happier, healthier Ireland and eradicate the stigmas associated with mental health issues.



As part of this initiative, we have set up an Amber Flag Committee, which has students from all year groups along with teachers. The committee have divided up into three subgroups.

- One group is looking at various activities that students can do in class to promote positive mental health during our wellbeing week.
- The second group is organising a positive mental health display as well as creating different posters to be displayed around our school displaying different ideas to help promote our positive mental health.
- Our final group is in charge of organising a fundraiser which will promote positive mental health and also form part of our wellbeing activities. It will also raise vital funds for Pieta House.

Virginia College's Wellbeing & Positive Mental Health Week will take place from March 7th -11th 2022. There will be a variety of initiatives as a whole school and also for different year groups.

The Amber Flag Committee in junction with the GAA Future Leaders have already raised €1,098.90 for a Jersey Day they held before Christmas.

