**Colaiste Choilm Wellbeing Contacts in the School**

**One Good Adult**

The following is a list of people in the school you can contact if you need to discuss your wellbeing and mental health. Everybody needs **One Good Adult** in their lives to discuss the problems that may be bothering you. Do not hesitate at any time to contact one of these people.

Principal Mr C. Boyle. Office located on the ground floor beside the school office.

Deputy Principal Mr K. Foster. Office located on the first floor near the science rooms.

Guidance Counsellor Mr S Byrne. Office Located between Rooms 17 & 18.

Wellbeing Coordinator Mr F Coen. In the Crannóg and room 12 most of the time.

**Year Heads**

|  |  |
| --- | --- |
| **Year** | **Year Head** |
| First Year | Ms E Healy and Ms A Felton |
| Second Year | Ms M O’Keefe |
| Third Year | Ms K Shiels |
| Transition Year | Ms S Hynes |
| Fifth Year | Ms F Cullen |
| Sixth Year | Mr L Dundon |

**SPHE Teachers**

|  |  |
| --- | --- |
| **First Year** |  |
| 1K | Mr F Coen |
| 1L | Mr S Byrne |
| 1S | Mr C Donoghue |
| **Second Year** |  |
| 2K | Mr J Bonnie |
| 2L | Mr F Coen |
| 2S | Ms S Hynes |
| 2T | Mr S Byrne |
| **Third Year** |  |
| 3K | Mr J Bonnie |
| 3L | Mr S Byrne |
| 3S | Mr J bonnie |
| 3T | Ms M Heraghty |

**Any teacher who teachers you**

All the teachers are available to talk to you regarding any issue or problem you may be having in school. Do not hesitate to talk to us. We are there to help with any problem and it is good to talk to somebody you can trust. Your mental health and wellbeing are of utmost importance to everybody in Coláiste Choilm. **One Good Adult** can make all the difference.