

## Coláiste Pobail Acla

Polranny,  
Achill Sound  
Co. Mayo



Dear Parents & Guardians,

### **Soar Wellbeing Workshops – Wednesday 17 & Thursday 18 September 2025**

On Wednesday 17th and Thursday 18th September 2025, Soar Wellbeing Workshops will take place for students in all year groups. Each year group will participate in a workshop unique to their year group, and the schedule of workshops is as follows:

Wednesday 17th September: TYs & 5th Year

Thursday 18th September: 1st, 2nd, 3rd & 6th Years

The Soar workshops allow young people to explore their emotions and sense of self by creating supportive and authentic environments to discuss their lives with one another. The Soar Foundation was set up in 2012 to tackle a problem very evident amongst teenagers – lack of self-esteem, confidence and direction. Teenagers are navigating an extremely complex world with studies showing that life-satisfaction, optimism and body confidence are at a low. The Soar workshop is a chance for them to pause and ask themselves and each other how they really are, through the guidance and direction of skilled facilitators.

The workshop is proven to result in improved emotional management and a growth in independent and critical thinking. Please see the Soar website [www.soar.ie](http://www.soar.ie) for further information.

Below are some quotes from students and teachers who have experienced the workshop:

*"It was a joyful experience, the facilitators were amazing at making us open up about our emotions and making sure every voice is heard."* - Student feedback.

*"I was incredibly impressed. The engagement of the facilitators was wonderful and this resulted in genuine outstanding engagement by the student body. I liked that the students were mixed around and there was a range of activities that were done within the allocated time."* – Teacher feedback."

Jason Ó Mongáin

Principal



**etb**

Bord Oideachais agus Oiliúna  
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