

Introductions

What was the most difficult thing about lockdown and what did you miss most?

no guidance for the school and what to do etc

I think for me and being in care the thing I missed most was seeing my family, I was unable to see my mammy and sister due to restrictions

Finding motivation to complete school work, for example handing essays in on time and completing work that's simply been sent to us in a word document. I miss the freedom and the lie ins

The most difficult thing was not being able to meet up with my friends

uncertainty

getting too much school work to do

missed hugs

Personally, I missed being able to see my family and friends in person, it just wasn't the same over calls.

Uncertainty over what was happening with exams

What was the most difficult thing about lockdown and what did you miss most?

it was difficult to participate on calls

Uncertainty with exams and what was actually being assessed

I really missed family who were shielding! Not being able to visit was really hard. I really missed hugs and company!

I missed socialising

The lack of social contact was hardest

Uncertainty, exams rushed, upsetting.

Were there any benefits from lockdown and what did you most look forward to after lockdown ended?

i became more confident i think

I really looked forward to being able to socialise again

more sleep

I became more self confident

I looked forward to being able to sit down and have a meal with friends

I feel I had more time to work on myself

It gave me a bit of room to grow away from outside influences

looked forward to spending time with friends

looked forward to less screen time

Were there any benefits from lockdown and what did you most look forward to after lockdown ended?

I looked most forward to getting back to a bit a normality, even if it was just seeing friends but only outside

shopping!! and gain new hobbies

Looked forward to being able to leave my house

I learned to take more opportunities and to be more social as now more than ever the future is extremely uncertain and you never know when you'll have that opportunity again, for example you could be told to isolate the next day.

Rediscovering lots of nature and a pace of life that had no commute, less rush, though surreal... I really look forward to live gigs and theatre!

Being in one place was quite zen. But I really look forward to travelling!

It gave me time to pursue my own interests instead of focusing on school

I looked forward to Primark reopening

Looked forward to being able to perform music again eg in bands and orchestra

Were there any benefits from lockdown and what did you most look forward to after lockdown ended?

Able to focus on my own mental health

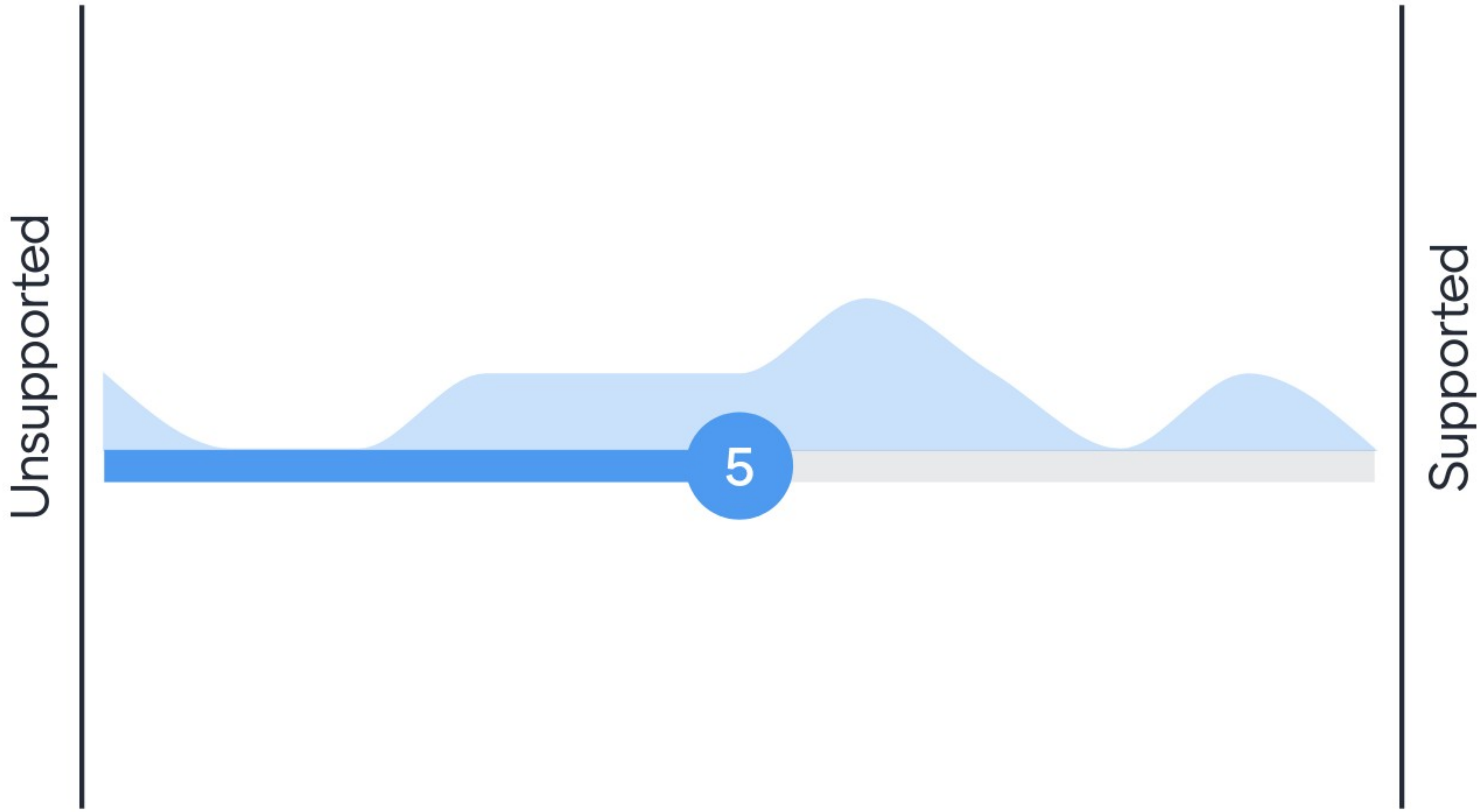
Self confidence

Slow down, reflection, realised taking things for granted

Who provided you with emotional support?



Did you feel supported during lockdown?



How did your school or the government support your mental health and wellbeing during lockdown, if at all?

Sent out motivational YouTube videos

Thoughts for the day

Encouraged mindfulness

The only support we were given was having to answer a 3 question Google form, although even if we said we were struggling it was never acknowledged.

They told us to not be depressed at an assembly so that helped

had a google classroom for a good mindset

wasnt talked about

Used the synonym assessment for exams to attempt to decrease stress

My school was extremely good in keeping contact with the students and making sure they were ok and providing us with different helplines and numbers we could contact

How did your school or the government support your mental health and wellbeing during lockdown, if at all?

mindfulness is what i meant not mindset

Systemic mental health support was pretty non existent from school but individual teachers were sometimes helpful

Working from home was reassuring as it felt safe, also the initial exercise time gave a really important boost to good habits

If there are further lockdowns what could the school or government do to support your emotional wellbeing and mental health?

Provide us with sources to receive professional advice on mental health issues

Zoom calls with teachers to give guidance on what it is we should be doing

Provide confidential support for people who want it that they can access without going through a teacher or guardian

Easy access to mental health professionals eg as Chris was saying about the online chat room

having regular one on one meetings with your teacher/school (if needed)

Make mental health professionals more accessible, such as through websites or text messages as a lot of people would even find helplines on the telephone difficult.

Have form teachers / year heads check in with their students

Keep students in the loop about the new government guidelines for school and possible decisions they could be making

Involve students in the decision making for their education

What one thing could the school or government do to help you cope with school life now and in the future?

giving us less work in a stressful time!

Allow us to have more input in the changes that will affect us

Listen to the students and cut some of the unnecessary curriculum

Reduce the number of exams and assessments we need to sit

include the students in big decision regarding our education

Provide more educational support for those who are struggling in school

Put less pressure on academic success and work with students more at what they are already good at or passionate about

Outdoor space and time in nature should be promoted more

Wifi and digital and other cinnection

Is there anything else the Committee should consider about the impact of lockdown on learning and young people's mental health?

The pressure young people are under especially when they have to practically teach it to themselves

Tell us what is happening in advance

It can feel like adults don't realise how much it affects us

be consistent no quick fix

Overall just keep in mind that lockdown has left many of us in a fragile mental state, especially those who were struggling prior, and that it may take us a while to return to normal.

home environments impact learning

We are nervous about covid as well

Involve us in the decision making involving our future

Just because we're still doing well academically doesn't mean we're not struggling

Following the experience of lockdown what are you now most grateful for?

wifi

The value of classroom time

My friends and family

My family

knowing who i value the most and who understands me

The bonds I made in the difficult times

The fact all my friends are still here with me

my daddy. he was shielding throughout lockdown so if he got it i could've lost him. my pets-they were my therapy. nature as well

I'm grateful for the people in my life and how much they have supported me throughout lockdown.

Following the experience of lockdown what are you now most grateful for?

not feeling so lonely

my close circle, the kindness of humans, natural beauty which is antidepressant! little quiet cups of tea, banal activities where I can turn my brain off!

The opportunity to look at my future and decide the best and most important path for me to take for the future such as career and university

wifi nd connection

i'm so thankful no one in my jmediate family got covid