



**St. Mary's
College
Ballysadare**

**Wellbeing
Dept. Plan**

2024-25

Wellbeing Overview;

Wellbeing is described as the state of being comfortable, healthy, resilient and happy. Our priority is the wellbeing of our students as espoused in our mission statement. We seek to promote a caring and committed school community where everyone is valued as unique. SMCB is committed to promoting the emotional and social wellbeing of all, creating a respectful atmosphere between all individuals: management, teachers, staff members, students, parents, & visitors. We recognise the importance of students having positive role models.

Staying well is one of the Key skills in the Junior Cycle process and the following *Statements of Learning* from the Junior cycle which are particularly relevant to an understanding of Wellbeing:

[wellbeingguidelines_forjunior_cycle.pdf](#)

Rationale

‘The goal of wellbeing is human flourishing, and flourishing rests on the following: positive emotion, engagement, relationships, meaning, and accomplishment’
(DES, 2015)

The goal of this policy document is;

- to ensure that all staff contribute to promoting a caring and inclusive environment that is supportive of school wellbeing.
- To provide for the wellbeing of all students in the school in the light of the school Mission Statement.
- Outline the policies and activities which will serve to assist the wellbeing of students at SMCB.
- to ensure there is a shared vision and understanding of what student wellbeing means and how it will be realised within our school.
- Recognise the relationship between positive experiences of school life, student achievement and long-term wellbeing
- Ensure respectful and caring relationships are fostered between staff and students, students and students, and staff and parents.

- To offer a coordinated structure in supporting our students through the creation of opportunities to promote wellbeing

Wellbeing in the curriculum;

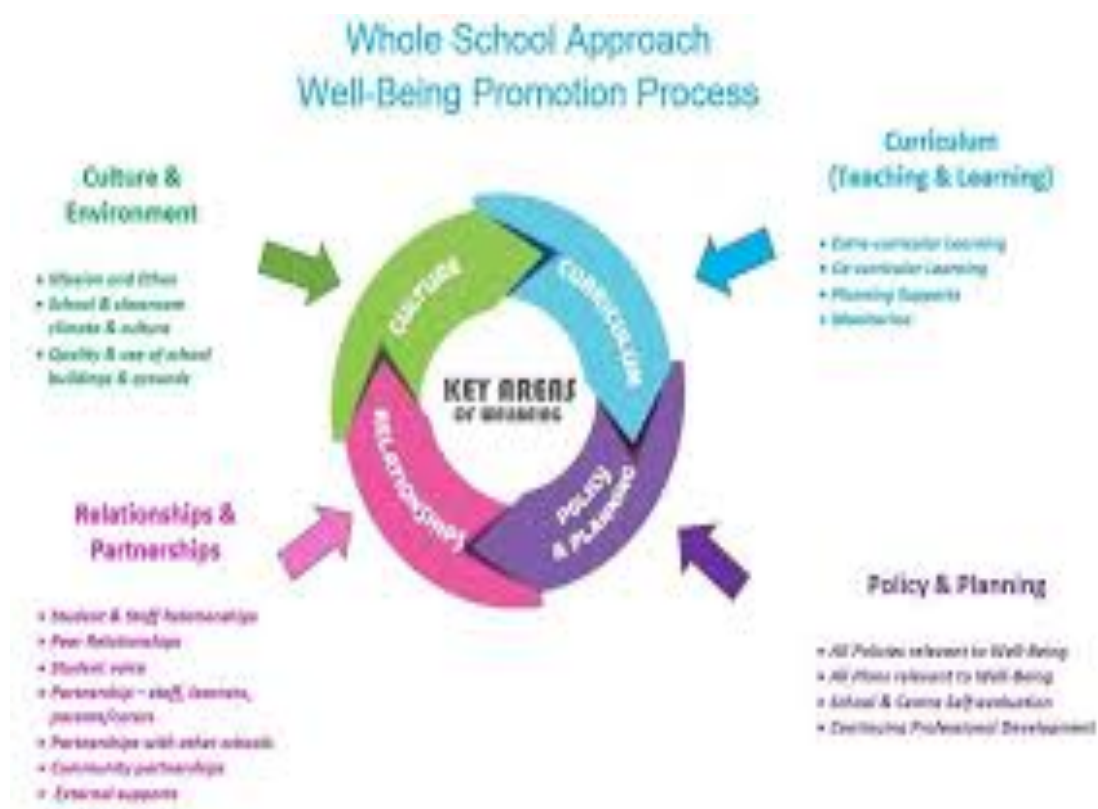
[wellbeingguidelines_forjunior_cycle.pdf](#)

Mission Statement

To create a learning environment where students and teachers are encouraged & supported in a Christian atmosphere in partnership with parents and the wider community.

Subject Aims

1. To develop and implement policies and procedures to support student wellbeing.
2. To ensure student wellbeing is central to teaching practices and student learning.
3. To raise awareness in the school community of issues related to student wellbeing
4. To develop a community and a continuum of support for all in our school community, staff and students



Subject Objectives:

- ✓ The student has an awareness of personal values and an understanding of the process of moral decision making (SoL 5)
- ✓ The student values what it means to be an active citizen, with rights and responsibilities in local and wider contexts (SoL 7)
- ✓ The student has the awareness, knowledge, skills, values and motivation to live sustainably (SoL 10)
- ✓ The student takes action to safeguard and promote her/his wellbeing and that of others (SoL 11)
- ✓ The student is a confident and competent participant in physical activity and is motivated to be physically active (SoL 12)
- ✓ The student understands the importance of food and diet in making healthy lifestyle choices (SoL 13).

Subject Co-ordinator: Cathriona Fallon

Subject Teachers/ department members

C Fallon

D Giblin

A Frain

E Tighe

AMc Lean

A Giblin

Time Allocation:**Curricular provision**

- From September 2020, wellbeing will require a minimum of 400 hours timetabled engagement.
- All subject planning will include Wellbeing and teachers should embed wellbeing into their curriculum and ensure it is visible to students.
- Wellbeing will be further embedded into the school curriculum through three key subject areas which are; CSPE, SPHE, PE and Wellbeing classes.

Grouping of Pupils

Mixed ability

Student Access to Subject / Level:

All students participate

SSE & Wellbeing

Our SSE /School improvement plan aims to build student wellbeing and confidence in order that teaching and learning may be enhanced.

Support for ALL

At this level we adopt a **whole school approach**.

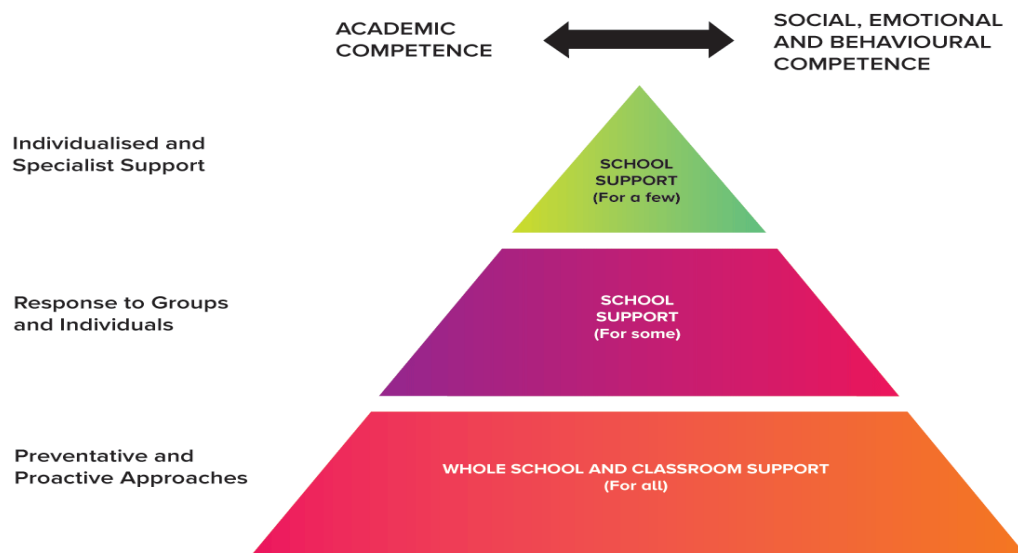
- (i) the establishment of a safe environment that is conducive to wellbeing and which supports the prevention of factors that negatively impact on wellbeing.
- (2) promotion of an understanding of and commitment to wellbeing
- (3) early identification and intervention in the cases of challenge.

B. Support for Some

There is a more focused approach adopted with several identifiable groups of young people who are at risk of developing unhealthy patterns of behaviour. These structures seek to provide a more targeted support structure to promote and scaffold wellbeing for these identified groups.

C. Support for a few

This support focuses on putting in place interventions for young people with more complex and enduring needs. Work with this group of students is structured under the development and support of a Care Team.



Class Organisation:

Teachers will use their discretion based on needs within room, class size, chosen activity etc. There will be allocated spaces/ rooms in the school to allow for classes/ teachers to have less restricted spaces for class activities should they require them.

Textbooks and Course Materials:

- Books/workbooks are to be purchased for class use that follow JCT guidelines.
- Students complete material in copies or on photocopied material if applicable.
- Suggested programmes to follow;
 - <https://jigsaw.ie/one-good-school>
 - <https://www.walkinmyshoes.ie/>
 - <https://www.pieta.ie/how-we-can-help/prevention-programmes/resilience-academy/>
- All resources will be available online under **Wellbeing TEAM**
- There is to be a press with all Wellbeing resources to be made available in staffroom.

Planning for Students with Special Needs:

- Resources/Material are accessible to all.

Cross-Curricular Planning:

Topics covered in Wellbeing classes link with SPHE, RE, PE and CSPE.



Subject Planning for a Culturally Diverse Society:

The wellbeing programme fosters an awareness that personal development is common to a culturally diverse society.

Assessment for Learning;

- ✓ Teachers use active methodologies to develop the key skills in their subjects
- ✓ Teaching and learning is differentiated and provides an appropriate challenge to enable all students to engage and experience success

Use of a variety of learning & teaching methodologies and strategies:

Mindful of the mixed ability settings in most classes staff utilise a variety of teaching approaches and methodologies to maintain student engagement and maximise learning and achievement. Emphasis has also been placed in recent years on the integration of ICT into teaching and learning in the school.

Mixed ability class grouping: apart from the banding of core subject; English, Irish and Maths to allow for uptake at differentiated levels. This serves to promote a sense of democracy and inclusion in all classes. In keeping with best practice staff sees this structure as central to the promotion of student self-esteem.

Role of the wellbeing teacher

- Monitoring of academic progress. Monitor students homework, test results, teacher notes.
- Implementation of code of behaviour which helps provide a safe space for all students in which to develop linking directly to our ethos.
- Work within student support structures.
- Advocating on behalf of students/parents/management/colleagues
- Support a positive work ethic in the year
- Acknowledgment of achievement through positive feedback

Assessment of learning;

No formal assessment takes place within Wellbeing

Availability/Use of ICT Facilities:

- There is a Computer room that currently classes can be brought up to a maximum of 12 students.
- All classrooms are fitted with a data projector.
- Teachers have their own laptops for classroom use.
- All students and teachers have access and use TEAMS for sharing of information.

Provision for Health and Safety Requirements:

Teachers follow school policy in relation to health and safety requirements.

Wellbeing Programme content;

WELLBEING SCHEME OF WORK

FIRST YEARS

MONTH/THEME	TOPIC/CONTENT	Activity
September Induction	<ul style="list-style-type: none"> ✓ Mission statement ✓ Code of behaviour ✓ School uniform policy ✓ Induction activities into to school life. ✓ Foroige/ mentors 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ 2 mentor activities ✓ Ensure all students are on TEAMS and know how to use ✓ Bonding day
October Anti-Bullying awareness	<ul style="list-style-type: none"> ✓ Anti-bullying policy ✓ Spreading kindness ✓ Friendship 	<ul style="list-style-type: none"> ✓ Tutors to check each students' school journal every week ✓ Box & interview for all 1st years ✓ 2 mentor activities on raising bullying awareness
November Mental Health Awareness	<ul style="list-style-type: none"> ✓ Beat the blues ✓ Tackle your feelings activities during SPHE classes and mentor activities 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Mentor activities ✓ Poster activity ✓ Remembrance activity for deceased family and friends
December Christmas festivities	<ul style="list-style-type: none"> ✓ HYLS Healthy relationships programme during tutor time. 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Mentor activity ✓ Red day/non uniform day ✓ Carol singing ✓ SVP hampers ✓ Christmas liturgical service

January Activity Month	<ul style="list-style-type: none"> ✓ Stress ✓ Link between physical and emotional health ✓ 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Couch to 5k/ steps challenge ✓ Mindful walking ✓ Mentor activity
February Healthy schools month	<ul style="list-style-type: none"> ✓ Food pyramid ✓ Nutrition/ healthy eating ✓ Mindful eating 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Mentor activity ✓ Healthy eating challenge
March Belong to LGBTIQ month	<ul style="list-style-type: none"> ✓ LGBTIQ awareness ✓ Link back to bullying 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Box & Interview with all 1st years ✓ Mentor activity
April Gratitude Month	<ul style="list-style-type: none"> ✓ Internet safety 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Activity; soccer blitz ✓ Mentor activity ✓ Digital detox
May End of year		<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Mentor activity ✓ Prize giving ✓ End of year trip for good behaviour

WELLBEING SCHEME OF WORK
SECOND YEARS

MONTH/THEME	TOPIC/CONTENT	Activity
September Friendship month	<ul style="list-style-type: none"> ✓ Friendship 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week

<p>October Anti-Bullying awareness</p>	<ul style="list-style-type: none"> ✓ Anti-bullying policy 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Box & interview for all 2nd years ✓ Anti Bullying activities
<p>November Mental Health Awareness</p>	<ul style="list-style-type: none"> ✓ Tackle your feelings programme 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Random acts of kindness ✓ Remembrance activity for deceased family and friends
<p>December Christmas festivities</p>		<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Red day/non uniform day ✓ Carol singing ✓ SVP hampers ✓ Christmas liturgical service
<p>January Activity Month</p>	<ul style="list-style-type: none"> ✓ Benefits of physical activity ✓ Link between physical and emotional health ✓ Relaxation 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Couch to 5k/ steps challenge ✓ Mindful walking ✓ Relaxation techniques
<p>February Healthy schools month</p>	<ul style="list-style-type: none"> ✓ Food pyramid ✓ Nutrition/ healthy eating ✓ Mindful eating 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Healthy eating portrait ✓ Healthy eating challenge

March Belong to LGBTIQ month	<ul style="list-style-type: none"> ✓ LGBTIQ awareness ✓ Link back to bullying 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week Box & Interview with all 2nd years
April Gratitude Month	<ul style="list-style-type: none"> ✓ Internet safety 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Scenarios/ discussion ✓ Digital detox
May End of year	<ul style="list-style-type: none"> ✓ Resilience ✓ Forgiveness ✓ Communication ✓ Becoming assertive 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week ✓ Grad mass/ choir ✓ Prize giving

WELLBEING SCHEME OF WORK
THIRD YEARS

MONTH/THEME	TOPIC/CONTENT	Activity
September Kindness	<ul style="list-style-type: none"> ✓ The kindness project 	<ul style="list-style-type: none"> ✓ Teacher to check each students' school journal every week
October Anti-Bullying awareness	<ul style="list-style-type: none"> ✓ Anti-bullying policy 	<ul style="list-style-type: none"> ✓ Box & interview for all 3rd years ✓ Anti Bullying activities
November Mental Health Awareness	<ul style="list-style-type: none"> ✓ Tackle your feelings programme 	<ul style="list-style-type: none"> ✓ Remembrance activity for deceased family and friends
December Christmas festivities		<ul style="list-style-type: none"> ✓ Red day/non uniform day ✓ Carol singing ✓ SVP hampers ✓ Christmas liturgical service

January Activity Month		<ul style="list-style-type: none"> ✓ Couch to 5k/ steps challenge ✓ Mindful walking ✓ Relaxation techniques
February Healthy schools month	<ul style="list-style-type: none"> ✓ Food pyramid ✓ Nutrition/ healthy eating ✓ Mindful eating 	<ul style="list-style-type: none"> ✓ Healthy eating challenge
March Belong to LGBTIQ month	<ul style="list-style-type: none"> ✓ LGBTIQ awareness 	<ul style="list-style-type: none"> ✓ Videos/Posters/Debate ✓ Box & Interview with all 3rd years
April Gratitude Month	<ul style="list-style-type: none"> ✓ Internet safety 	<ul style="list-style-type: none"> ✓ Activity; soccer blitz ✓ Digital detox
May End of year		<ul style="list-style-type: none"> ✓ Prize giving ✓ JCPA reports OALs

Wellbeing Plan for 2024/25

All events are subject to change.

Updates will be provided via TEAMS and staff noticeboard.

<p>September</p> <p>Induction</p>	<ul style="list-style-type: none"> ✓ Induction of first years. Monday, 26th August in conjunction with I programme. ✓ Induction of Mentors, Monday 26th August 2pm-3pm in the Clarence B ✓ Mentors to assist with 2nd induction day, Tuesday, 27th August. ✓ Match mentor to first years. Carry out a mentor activity. ✓ Wellbeing meeting to take place first week of school of all wellb Establish resources to be used/shared. Create a Wellbeing team on Offic ✓ Establish Droichead needs among staff. Match NQT's to PST member. ✓ Take photos of new staff members and add to photo frame outside offic ✓ Assist with Head prefect interviews. ✓ Co-ordinate Induction trip for first years at the end of September. ✓ Whole school mass to take place the 19th/20th of September in Corrhov ✓ Update wellbeing wall for students and staff ✓ Upload and circulate calendar of events
<p>October</p> <p>Anti Bullying</p>	<ul style="list-style-type: none"> ✓ Update wellbeing wall and social media with information ✓ Continue with Droichead programme ✓ Mentor activity ✓ Anti-Bullying surveys, interviews, reports. Link in with class tutors. ✓ Open night presentation to parents and student regarding wellbeing as framework. Presentation on 'Start a Heart', CPR programme
<p>November</p> <p>Mental health</p>	<ul style="list-style-type: none"> ✓ Co-ordinate HYLS programme for first years. ✓ Tackle your feelings programme ✓ Prayer service potentially Friday 29th November ✓ Preparation for Christmas activities- food hampers for SVP, carol singing ✓ Create and circulate calendar of events for term. ✓ Mentor activity
<p>December</p> <p>Christmas</p>	<ul style="list-style-type: none"> ✓ Red Day/ non uniform day for students. Friday, 6th December ✓ Carol singing outside Supervalu as a fundraiser for SVP. ✓ Food hampers for SVP ✓ Christmas liturgical service for whole school in Corrhownagh. Thursday 12th OR Friday 13th of December ✓ Mentor activity

<p>J a n u a r y</p> <p>F e b r u a r y</p> <p>M a r c h</p> <p>H e a l t h i s</p> <p>W e a l t h</p>	<ul style="list-style-type: none"> ✓ Physical activity- movement challenge. Create timetable in conjunction with PE teacher for scheduled walks Cycle. ✓ Heart health- CPR training for first years. Refresher training for 2nd & 3rd ✓ Mentor activity ✓ Senior Cycle European trip? ✓ Ash Wednesday Wednesday 5th March ✓ Droichead programme continues. ✓ Second round of Anti- bullying surveys to be completed for junior classes. Reports to be collected/ students to be interviewed. Report to be uploaded on Care te
<p>A p r i l</p>	<ul style="list-style-type: none"> ✓ Whole school event to culminate wellbeing e.g. a whole school walk. ✓ Trip for 1st years to award good behaviour. TBC ✓ Co-ordinate prizegiving- circulate nomination forms to staff, gather from last year, get them inscribed, purchase new trophies/cups for this y
<p>M a y</p>	<ul style="list-style-type: none"> ✓ Leaving Cert Dress up/ themed day- <u>Wednesday, 21st of May.</u> ✓ Prizegiving for Juniors & Seniors- <u>Thursday, 22nd May</u> ✓ <u>Graduation mass Thursday, 22nd of May.</u> ✓ Co-ordinate prize giving- ✓ Complete JCPA reports/ OALs for junior certs. ✓ Mentor activity to complete the year. ✓ Wellbeing meeting to review the year ✓ Update wellbeing plan ✓ Create new calendar for upcoming year.