

# Core Theme: Wellbeing

## Priority Area: Students

### Domains:

- Learner Outcomes (T&L)
- Learner experiences (T&L)
- Leading Teaching & Learning(L&M)

### Target:

- To promote wellbeing and resilience amongst students.
- To support students as they journey through school.
- To provide a safe and secure environment that is responsive to the needs of students.

### Action:

→ Diversity & Inclusion Awareness to be promoted in the school

Action to 2/3/21	Impact on T&L?

→ Chaplain: review of Chaplain's timetable to ensure time allocated for Chaplain and Pastoral care Duties.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"><li>• Chaplain's timetable reviewed for 2019/2020 timetable – reducing the number of classes scheduled.</li><li>• Chaplain's timetable further reviewed for 2020/21 timetable reducing class contact to 6 hours maximum.</li></ul>	<ul style="list-style-type: none"><li>• Reduction in class contact increases the time available for Pastoral Care interventions and support.</li></ul>

→ Pastoral Care: referral mechanism for referral to Pastoral Care by teacher or parent; student can also self-refer.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"><li>• Email referrals</li></ul>	Facilitates prompt and effective intervention.

	Maintains a timescale record and relevant information to facilitate effective intervention or further referral.
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→ SEN: Review and audit of SEN Team to provide best support students who may be experiencing difficulties with their learning in school.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• Expansion of SEN Team with teachers who have expressed an interest in SEN.</li> <li>• Recruitment of SEN staff.</li> <li>• Delineation of roles within the SEN Team:</li> <li>• ASD co-ordinator - allocation of administration time,</li> <li>• SEN Mainstream Co-Ordinator – allocation of administration time,</li> <li>• Student Support Centre Foinse Co-ordinator as a post of responsibility</li> <li>• RACE Application Coordination - allocation of administration time,</li> </ul>	<ul style="list-style-type: none"> <li>• Teachers with a specific interest in an area eg SEN have identified that interest in their Wishlist which ensures that staff with an interest, aptitude and skillset in this important field are assigned to SEN students.</li> <li>• Administration time ensures necessary coordination takes place in an efficient and effective manner thereby supporting the needs of students.</li> </ul>

→ Assignment of RACE coordinators for Junior Cycle & Senior Cycle.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• RACE Co-ordinator: Emer Magee.</li> <li>• RACE Meetings Scheduled for 2019/2020 academic year.</li> <li>• Reviewed for 2020/21 academic year – not scheduled allows freedom to schedule meetings when needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitates efficient and effective co-ordination.</li> </ul>

→ Establishment of a Student Support Centre – Foinse for secure housing of all student files and meeting area.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• In operation September 2019</li> </ul>	<ul style="list-style-type: none"> <li>• Sensitive student information stored securely- facilitates accessing student supports. Staff can access important information in relation to students and differentiate accordingly.</li> </ul>

→ Role of Year Heads redefined to facilitate a greater pastoral role.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>In operation since January 2019</li> </ul>	<ul style="list-style-type: none"> <li>Wholistic student support.</li> </ul>

→ CPD for staff: Source in-service for staff in the area of Wellbeing and support staff who attend Wellbeing Inservice and training independently.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Whole Staff Inservice with Shane Martin</li> </ul>	<ul style="list-style-type: none"> <li>Promotion of resilience in staff and students.</li> </ul>

→ Guest Speakers.:Source guest speakers and programmes on Wellbeing for Students.

Action to 2/3/21	Impact on T&L?

→ Liaise with Student Council to conduct an audit of student needs/interests.

Action to 2/3/21	Impact on T&L?

→ Wellbeing Week/Month/ Day a Month to run in the school.

Action to 2/3/21	Impact on T&L?

→ Identify priority times for Wellbeing Needs throughout the academic year.

Action to 2/3/21	Impact on T&L?

→ Appointment of post holder for Wellbeing.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Aspect of Anne Howard's post – seconded November 2020.</li> </ul>	

→ SPHE/RE/PE/CSPE/Careers Subject Plans to have a particular focus on Wellbeing.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>In place September 2019.</li> </ul>	

→ Review of Timetable to facilitate Career Provision at Senior Cycle.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Career timetabled for 5<sup>th</sup> &amp; 6<sup>th</sup> years.</li> <li>Careers scheduled at Junior Cycle.</li> <li>Careers Day facilitated in TY programme.</li> </ul>	<ul style="list-style-type: none"> <li>Students empowered to make informed choices – promotes resilience and reduces anxiety.</li> </ul>

→ Retreats - explore range of Retreat options and programmes available for students.

Action to 2/3/21	Impact on T&L?

→ Faith Calendar to operate throughout the year which both celebrates our Catholic Ethos and encourages participation and engagement by all faiths and those who do not prescribe to a faith community.

Action to 2/3/21	Impact on T&L?

→ Wellbeing as a component of all Subject Plans

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>In place from September 2019.</li> </ul>	<ul style="list-style-type: none"> <li>Reinforces wellbeing components in all subjects.</li> <li>Highlights community responsibility for wellbeing.</li> </ul>

→ Mentoring: establishment of 5<sup>th</sup> year student mentors to work with 1<sup>st</sup> year students to ease the transition to second level.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Commenced September 2019 – will be reviewed in May 2020</li> <li>COVID restrictions for 2020/21 academic year mitigated against operating a</li> </ul>	<ul style="list-style-type: none"> <li>Ease transition of 1<sup>st</sup> year students; create a greater sense of belonging; mitigate against bullying; provide leadership opportunity for senior students.</li> </ul>

mentoring programme and cross group missing. <ul style="list-style-type: none"> <li>• 2021/2022: important to review provision of mentoring programme.</li> </ul>	<ul style="list-style-type: none"> <li>• Reinforces and protects positive, caring atmosphere in the school.</li> </ul>
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→ Induction Days & Information Evenings to support and alleviate anxiety for students transitioning to new courses.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• Introduced in April 2019</li> <li>• Scheduled for February 2020</li> <li>• Moved to Virtual Induction for March 2021</li> </ul>	<ul style="list-style-type: none"> <li>• Reduces anxiety and supports transition to second level.</li> <li>• Supports students and parents in making informed decisions.</li> </ul>

→ **COVID Action:** Explore how to support students and parents in the transition from primary school to secondary and from Junior Cycle to Senior Cycle

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• Virtual Open Night</li> <li>• Virtual Induction</li> <li>• Senior Cycle Online Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Supported potential students and parents in decision making process.</li> <li>• Virtual Induction gives detailed subject specific information to students and parents especially when considered with new Junior Cycle Prospectus</li> <li>• Online Senior Cycle Presentations- gives 3<sup>rd</sup> &amp; TY students quality information to inform their choices for senior Cycle</li> <li>• Accompanied by senior Cycle Prospectus</li> <li>• All Virtual &amp; Online presentation have the added advantage of being available to be reviewed as often as required by students and parents.</li> </ul>

→ Lunchtime activities to promote social interaction and relaxation.

Action to 2/3/21	Impact on T&L?

→ Extra-curricular activities to promote social interaction, physical activity and creativity.

Action to 2/3/21	Impact on T&L?

→ Explore the possibility of Activity breaks during the school week/day– Drop Everything and Walk

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Drop Everything and Mindfulness Initiative introduced in November 2020.</li> </ul>	<ul style="list-style-type: none"> <li>Reduce stress &amp; anxiety and support resilience.</li> </ul>

→ Continue to develop and promote active school's week.

Action to 2/3/21	Impact on T&L?

→ Bonding trips for all students but particularly at the beginning of new programmes ie 1<sup>st</sup> year, LCA & Transition Year.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>In place as part of Transition Year &amp; LCA programme.</li> </ul>	<ul style="list-style-type: none"> <li>Introduces students to new programmes.</li> <li>Facilitates development of student relationships.</li> </ul>

→ Access programmes available eg Rainbows, Friends for Life, Friends for Youth Resilience Programme.

Action to 2/3/21	Impact on T&L?

→ Liase with external agencies eg NEPS, Clare Youth Service, Diocesan services

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Collaborate with the Comp</li> <li>Clare Youth Project Board- Sharon Brooks</li> <li>Safety on JC results night talk- Shannon Gardai</li> <li>Social Media safety- Shannon Gardai</li> <li>Linking in with LCAs-Shannon Gardai</li> <li>Road Code Road Safety programme- CYS and UPS</li> </ul>	<ul style="list-style-type: none"> <li>CPD opportunities for students &amp; staff</li> <li>Enhanced links may provide work experience/work shadowing opportunities.</li> <li>Engaging with expertise in the community, amongst parents and alumni can enhance T&amp;L.</li> </ul>

<ul style="list-style-type: none"> <li>• CAMHS, NEPS, CYS ongoing visits to school re Wellbeing- Year heads, S. Brooks, N.Murray, A. Howard</li> <li>• Note: This is outside of official visits.</li> <li>• Traveller Health Ed. Workshop- Mary Shannon</li> <li>• AslAm Schools Pilot Project- Mary Costello, Y. Nugent</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Supports targeted interventions for students struggling to engage with education.</li> <li>• Potential to expand the range &amp; variety of extra-curricular opportunities for our students.</li> <li>• Creates strong and binding links with our wider community – reinforces students’ sense of community responsibility and empowerment.</li> <li>• Opportunities to experience the theory of subjects in ‘real life .’</li> </ul>
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→ Wellbeing page on school website with links to services.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>
<ul style="list-style-type: none"> <li>• Stay Active, Stay Positive sections on School Website</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes wellbeing strategies.</li> <li>• Encourages student &amp; staff autonomy in Wellbeing.</li> </ul>

→ Coping with Exams Seminars

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>
<ul style="list-style-type: none"> <li>• Study strategies as a component of school journals.</li> <li>• 6<sup>th</sup> year inhouse study seminars.</li> </ul>	<ul style="list-style-type: none"> <li>• Context relevant strategies.</li> </ul>

→ Awareness Days eg Mental Health, LGBT etc

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Whole School Drug & Alcohol Awareness Programme

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Social Media Awareness Programme to support students in social media usage & pitfalls.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

<ul style="list-style-type: none"> <li>• TY Social Media Initiative.</li> </ul>	<ul style="list-style-type: none"> <li>• Empowers students in making good choices regarding social media interactions.</li> </ul>
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→ Social Media Awareness for parents and issues of Cyber-bullying.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Explore role of Student Council as 'experts' in the use of Social Media to alert parents and students to pitfall

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Wellbeing Spaces for students in the school.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Explore possibility of playing music in the canteen at break and lunchtimes.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Friendship Benches to be located throughout the school campus to encourage comfortable social interaction among students.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Develop a St Patrick's Comprehensive School Wellbeing Guide for students for their school journal or as a separate publication.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>

→ Explore possibility of bonding trip for after the Mock Exams.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>



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## Priority Area: Staff

### Domains:

- Teacher's Individual Practice(T&L)
- Teachers' collective/collaborative practice(T&L)
- Leading Teaching & Learning(L&M)

### Target:

- To promote the care and wellbeing of staff.
- To provide a secure and comfortable working environment.

### Action:

→ Survey of staff of needs/interests in area of wellbeing.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>
<b>Completed by Wellbeing Committee.</b>	

→ Refurbishment of staffroom as a comfortable environment for staff.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>
<ul style="list-style-type: none"> <li>• Completed Summer 2019.</li> <li>• Enhanced further Autumn 2020.</li> <li>• Purchase of benches for outside dining for staff.</li> </ul>	<ul style="list-style-type: none"> <li>• Enhances staff wellbeing.</li> </ul>

→ Year Heads to remind students at assembly that staff should not be disturbed during breaktimes unless in an emergency – supervising staff are available to answer queries.

<b>Action to 2/3/21</b>	<b>Impact on T&amp;L?</b>
<ul style="list-style-type: none"> <li>• Addressed by Year Heads at assemblies throughout the year.</li> </ul>	<ul style="list-style-type: none"> <li>• Enhances staff wellbeing.</li> </ul>

→ Teacher Timetable Wishlists as a forum for staff to voice what might support them best in their role.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Completed March 2019</li> <li>Completed March 2020</li> <li>Complete March 2021</li> </ul>	<ul style="list-style-type: none"> <li>Teachers will be teaching subjects they are qualified to teach; delivery of quality teaching for all students and greater wellbeing for staff</li> <li>Teachers with a specific interest in an area eg SEN have identified that interest in their Wishlist which ensures that staff with an interest, aptitude and skillset in this important field are assigned to SEN students.</li> <li>Provides the opportunity for staff to extend their skills eg additional staff to deliver the LCPE programme.</li> </ul>

→ Pastoral Care and Management support for staff experiencing difficulties.

Action to 2/3/21	Impact on T&L?

→ Board of Management support for staff CPD & wellbeing.

Action to 2/3/21	Impact on T&L?

→ Explore and implement a range of Work Smart Strategies.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>Staff emails limited to within school day unless emergency or exceptional circumstances prevail.</li> </ul>	<ul style="list-style-type: none"> <li>Staff wellbeing</li> </ul>

## Priority Area: Parents

### Domains:

- Learner Outcomes (T&L)

- Learner experiences (T&L)

**Target:**

- To support the care & wellbeing of parents.
- To support parents in supporting their students..

**Action:**

→ Survey of parents of needs/interests in area of wellbeing.

Action to 2/3/21	Impact on T&L?

→ Liaise with Parents' Association in sourcing guest speakers and programmes of interest.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• Parents Association organized social media presentation for parents.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents better equipped to support students in making informed decisions regarding engagement with social media.</li> </ul>

→ Parental engagement and support for in-school initiatives eg Wellbeing Week, Active schools Wek, Faith Calendar, Whole School Drug & Alcohol Awareness.

Action to 2/3/21	Impact on T&L?

→ Referral mechanism available if a parent has a concern for their student.

Action to 2/3/21	Impact on T&L?
<ul style="list-style-type: none"> <li>• Parents encouraged to email Year Head who will complete referral to relevant Team member.</li> </ul>	<ul style="list-style-type: none"> <li>• Efficient and effective referrals to implement support students.</li> </ul>

→ Social Media Awareness Programme for parents to support their students in social media usage & pitfalls.

Action to 2/3/21	Impact on T&L?

→ Explore with parents the possibility of establishing parent support groups.

Action to 2/3/21	Impact on T&L?