



**Scoil Náisiúnta Mhuire
Ballyleague
Co Roscommon**

May 2021

Whole School Plan for

Well Being

BALLYLEAGUE NATIONAL SCHOOL

WELL BEING POLICY

Our Ethos:

We define Wellbeing as care of the individual in the school to ensure they are contented, healthy and successful.

In Ballyleague National School, our priority is the contentment and well-being of our pupils as outlined in our mission statement. We view ourselves as a learning school and we strive to develop a culture wherein the students can develop a passion and a lifelong love of learning.

Mutual respect, building of positive relationships and above all, empathy are the corner-stones of our philosophy. We implement the principles of Restorative Practice, constantly aware of the underlying the values of respect, interconnectedness, fairness, personal accountability, honesty, collaboration, problem-solving.

Parents, pupils, staff and management all have an important role to play in communicating this message in school life at Ballyleague NS

Key Principles:

The development of this policy has been guided by key principles, which in turn will guide its implementation and monitoring:

- Child-centred: The wellbeing needs and the best interests of our children and young people are a central focus of this policy.
- Equitable, fair and inclusive: All children and young people need access to equitable, fair and inclusive opportunities to develop their wellbeing in ways that are responsive and suitable to their particular needs and contexts.
- Evidence-informed: This policy promotes the use of evidence-informed practice, which brings together local experience and expertise with the best available evidence from research.
- Outcomes focused: This policy promotes continuous improvement practices and the use of data relating to outcomes to guide practice in our schools in relation to the promotion of wellbeing for all children and young people.
- Partnership/Collaboration: The wellbeing of our children and young people is a shared responsibility.

The Department's Wellbeing Policy Statement and Framework

The Department's Wellbeing Policy Statement and Framework for Practice assists schools in ensuring that well-being promotion is embedded within the school's existing practice.

The school's review and development process using the Wellbeing Policy Statement and Framework for Practice provides guidance and practical resources to assist in the further enhancement of whole school approaches to well-being promotion in the areas of:

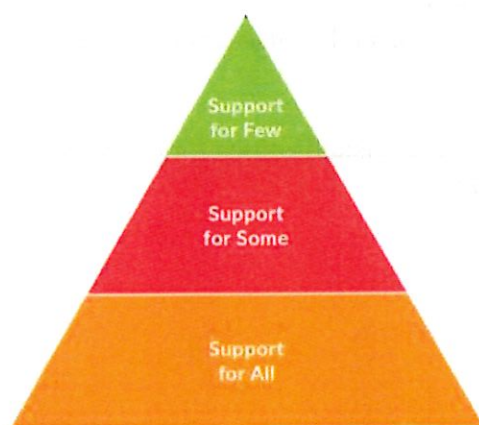
- Culture and environment
- Curriculum (teaching and learning)
- Policy and planning
- Relationships and partnerships



Whole School Approach

A multi-component, preventative, whole school approach to the promotion of well-being is the priority for Ballyleague NS. This whole school approach involves all members of the school community engaging in a collaborative process of change to improve specific areas of school life that impact on well-being. Ballyleague NS aims to promote well-being, and social and emotional learning, and ensures a whole school approach to well-being promotion and early intervention, especially when considering appropriate use of external supports and services. Students flourish where there is a whole school approach to supporting their growth and where there is a shared belief in their potential for development, learning and well-being. The school is responsible for providing an environment that nurtures and supports students.

In line with best practice, the Continuum of Support offers a flexible framework within which schools can address all educational needs, including wellbeing needs



School Support Plus for Few:

Individualised, targeted intervention for children and young people with more complex and enduring needs.

School Support for Some:

Identification, targeted prevention and early intervention for those at risk.

Whole School and Classroom Support for All:

Whole school support for wellbeing promotion that includes prevention and development of social and emotional competence & coping skills for all.

Strategies implemented to achieve wellbeing:

All teachers have a role to play in their individual classes.

- Teachers are continuously conscious of developing positive relationships to ensure wellbeing of staff and pupils
- A variety of extra-curricular activities ensure wellbeing of pupils is provided for.
- We endeavour to create links with external agencies and parents
- Workshops on positive mental health and managing themselves and others are provided for students on an annual basis
- Senior classes are offered Healthy Sexuality workshops based on Stay Safe programme, Friends for Life programme and Busy Bodies
- Junior pupils are offered life skills from Stay Safe and other wellbeing programmes
- Mindfulness and reflective opportunities are provided throughout the school week
- Theme weeks are dedicated to developing positive relationships and wellbeing
- The school has a dedicated Wellbeing team
- A student council represents the pupil voice
- Mentoring for new teachers, SNAs to ensure continuity of wellbeing strategies in place

Curricular provision:

- All subjects planning will include awareness of Wellbeing
- Topics/modules on Wellbeing are addressed in a variety of subjects e.g. S.P.H.E., English, Religious Education, and P.E.....

Extracurricular activities

Well Being Week

A week dedicated to 'Well-Being' seeks to promote all faculties (spiritual, social, academic, mental etc.) of the person. Our school's Well-Being Week seeks to highlight what keeps us well, content and whole. Sample activities include: Posters & competition on Positive mental health, Class noticeboards in hallways, Positive Affirmations on walls etc

Additional Activities and Resources

Ballyleague NS is proud to be titled a 'Health Promoting School' where students are encouraged to be active, healthy and well with access to a wide and diverse range of activities.

- Pupils are encouraged and provided with opportunities to display their talent on an annual basis through participation in school plays and concerts.
- Quiz competitions promote literacy amongst the pupils and is also a social activity for those involved.
- Music and Drama play an important role in school life
- PDST Breathe resource (Self- Regulation & Relaxing Visualisations for children)
- PDST Children's Book for wellbeing recommendations
- PDST online wellbeing portal
- PDST energisers & Movement Breaks
- Meditation and Prayer Services in RE
- Friends for Life (NEPS)

Benefits of promoting pupil well-being in Ballyleague NS

By implementing a whole school approach to well-being the benefits include:

- Better quality of school life for pupils

- Staff health is promoted
- A co-ordinated approach to social, physical and environmental needs
- Increased pupil self-esteem
- Lowered incidence of bullying
- School environment is safer and more secure
- Improved relationships within the school
- More involvement of parents/guardians
- Better use of outside agencies
- Pupils receive better quality education

Links with other School Policies

- Anti-Bullying Policy links in supporting both the victim and the instigator
- Critical Incident Policy. This is an important policy as it outlines procedures that a school uses when faced with a trauma such as death of a student.
- Enrolment Policy. This will include the school's commitment to caring for the student and to alert parents to the fact that those students can be referred for internal support.
- Continuum of Support Policy. This policy reflects the fact that students attending learning support or who have special needs may need extra support.
- SPHE Policy. The social, personal and health education of students is an integral part of the curriculum and links in with the wellbeing policy

Conclusion

We constantly review how our school provides and promotes positive wellbeing

Evaluation:

This policy was adopted by the Board of Management on the 23rd of June, 2021.

This policy has been made available to school personnel, is readily accessible to parents and pupils on request, and provided to the Parents' Association. A copy of this policy will be made available to the Department and the Patron if requested.

This policy and its implementation will be reviewed by the Board of Management once in every school year. Written notification that the review has been completed will be made available to school personnel, published on the school website (or where none exists, be otherwise readily accessible to parents and pupils on request) and provided to the Parents' Association (where one exists). A record of the review and its outcome will be made available, if requested, to the Patron and the Department.

SIGNED: Brenda Reynolds
(Chairperson of Board of Management)

DATE: 25/06/21

SIGNED: Catharine Fallon
(Principal)

DATE: 25.6.21

DATE OF NEXT REVIEW: June 2021