

Wellbeing plan

Key focus: Curriculum: teaching and Learning

Year A (starting 2022-23)	Year B (starting 2023-24)
Web wise: 1 st & 2 nd : HTML heroes 3 rd & 4 th : HTML heroes 5 th & 6 th : Myselfie and the wider world	Web wise: 3 rd & 4 th : Be kind online (Garda visit) 5 th & 6 th : Digitown
Wellfest: A wellbeing day for the whole school.	Coffee morning/ Wellbeing morning
Cyber safety talk for children, parents and teachers.	Yoga/Meditation
Zippy's friends	Friends for Life for 3 rd and 4 th class
RSE	Stay Safe

Possible future addition:

Staff wellbeing, environmental wellbeing (physical and atmospheric), community events.

Curriculum (Teaching and Learning)

8.03.2023

Ballinacarriga National School: Wellbeing Statement of Effective Practice for All.

Are teachers using opportunities to promote wellbeing across the curriculum?

So far in Year A, school year A, our staff have taken many opportunities to promote wellbeing across the curriculum. The whole school have taken part in a Wellfest day in September 2022. On this day many areas were covered such as Art, Music, Drama, Dance, Storytelling, Meditation and healthy eating. The children from 1st to 6th class have completed the programme on Webwise HTML Heroes and Myselfie and the Wider World. We have also had Ger Brick to talk about Cyber Safety to parents, staff and children from 4th- 6th class. And the whole school is currently teaching RSE to all classes.

Reflection on wellness post Covid (Spring/Summer 2023):

A questionnaire was sent to parents regarding Wellness in Education in Ballinacarriga NS. We have a parent body of 54 families, we had 16 replies. Parents were given 4 weeks to reply.

Strengths:

We are welcoming, health-promoting, active and respectful to parents and children. The Parents Association has a voice within the school, parents are aware of who to speak to if there is an issue. The majority of parents are confident that the school sees health and wellbeing as important.

Challenges:

Following Covid, parents are not as likely to come up to the school for a chat or an informal question or get involved in an activity. Parents may feel that email is better. Parents are busy and in the past we have asked for support in areas (such as coaching, knitting, help at school events) but unfortunately the uptake has been slack. This is understandable in the world we live post Covid.

It is difficult to bring a large group (parents and children) together because of our lack of physical space in the school.

Opportunities:

- Re-consider our approach to discipline- rewards and punishment
- Explore art in a less subscribed way
- Involve parents more in policy making or make it known when Parents Associations have been involved.
- Invite parents for coffee mornings, displays, etc where possible.

Threats:

- Space restrictions
- Busy lives
- Hard to change old habits.

Children's Questionnaire Summary

The children were generally very happy at school and there was a wide range of subjects/activities that they enjoy.

When asked what was tricky at school, many said nothing, some said English writing and others said Maths, a small number said SESE or Irish.

Yoga or meditation may be a nice way to relax.

The children's happiness at school has improved dramatically since Covid, with children missing friends and sport the most.

In the older children, there is a high percentage of children (31%) who feel it would be difficult to tell an adult at school if they were worried.