

Priority: Build resilience.

Aims for priority (What overall is the school aiming to achieve?)

We aim to build resilience among our junior cycle students, through a combination of teaching them coping strategies for dealing with life's challenges, ensuring that they know where to turn for help and enhancing their belief that with effort they can achieve.

Which indicators of Wellbeing will this work support?



Success Criteria (What would the school expect to see if this aim was met? What might success look like?)

Focus on the intended change or the difference that this work will make to the target group or to the setting.

- The SPHE department would create a shared scheme of work for all junior cycle classes, using the short course specification. The weighting applied to the various indicators of learning would reflect our prioritisation of the resilient indicator, followed by the responsible indicator.
- Signs would be visible in the corridors and tutor group classrooms, informing students of where to locate the guidance counsellors and how to make an appointment to see them.
- Feedback on homework and assessments would be formative in nature, with emphasis placed on what has been done well and what changes/additions will lead to an improved grade in the future, so as to build our students' belief that with effort they can achieve.
- An information evening would be arranged in collaboration with the Parents' Association to inform them about what they can do to help build and maintain resilience among their children.

Objectives for priority (What needs to happen in the four key areas to achieve the aim and meet the success criteria)

Culture

- Teaching, learning and assessment styles need to become more formative to ensure that students have regular opportunities to talk about learning and what will help them to progress.
- Signs need to be placed on corridors and tutor group classrooms, directing students to the guidance counsellors' offices and informing them on how they can make an appointment.

Accountability: Teachers will be responsible for ensuring that they complete the formative feedback section on the cover sheet for all week 10, 20 and 30 assessments and for ensuring that their students transcribe that feedback into their school diaries.

Curriculum:

- Teachers of SPHE will review the department plan and create a shared scheme of work for all 1st, 2nd and 3rd year classes. This scheme will weight the learning intentions associated with the resilient indicator in accordance with the expressed needs of our school community.
- All teachers will be encouraged and facilitated to engage with CPD in formative instructional and assessment practices. There is a lot of evidence linking their use to improved levels of wellbeing among students.

Accountability: School management will arrange for training to be made available to all teachers regarding the provision of formative feedback. The school will be funding this continuous professional development for the whole staff. Teachers are actively encouraged to avail of it and to utilise it in their practice.

Policy and Planning:

- Teachers will be encouraged and facilitated to share their learning at CPD with their colleagues in relation to junior cycle wellbeing at subject planning meetings.

Accountability: All teachers who attend CPD in relation to junior cycle wellbeing or resilience will be required to share their learning with their colleagues during subject planning sessions and on teams. Teachers are also encouraged to avail of the 40 minutes per week of professional time made available for junior cycle planning to share their learning with other members of staff.

Relationships:

- Information evenings will be organised in partnership with the Parents' Association to inform parents and guardians about our wellbeing programme and how we can work together to help build and maintain resilience among the student population.
- We also aim to enhance our relationships with the EROC Centre, The Phoenix Centre, Foróige, the NCSE and the NBSS in support of student wellbeing.

Accountability: The wellbeing team will organise an information evening for parents and guardians to share our wellbeing plan with them and to raise awareness of supports available locally. Teachers will also be encouraged to ensure that their feedback is formative on all school reports and at parent teacher meetings.

Indicators based on objectives (What evidence will indicate you are making progress?)

- The SPHE department will have devised a shared scheme of work for all junior cycle students that reflects the expressed needs of our school community.
- Assessments aligned with the priorities identified in the whole school consultation will be introduced for SPHE. The results of these assessments will all be reported on school reports.
- Signs will be visible around the school directing students to the guidance counsellor's offices.
- We will have introduced a standardised cover sheet for all house examinations that will provide students with formative feedback.
- Students will have a record in their school diaries of the formative feedback received throughout the year.
- A parents/guardians evening will be organised to share our wellbeing plan and to highlight how school, home and local agencies can work together to support the wellbeing of all our students.

Priority: Promotion of healthy lifestyle choices

Aims for priority (What overall is the school aiming to achieve?)

The promotion of greater awareness and understanding among our school community of the importance of making healthy diet and lifestyle choices.

Which indicators of Wellbeing will this work support?



Success Criteria (What would the school expect to see if this aim was met? What might success look like?)
Focus on the intended change or the difference that this work will make to the target group or to the setting.

- Students would have a greater awareness of the importance of making healthy lifestyle choices to protect their own wellbeing and that of others.
- Students would understand the importance of behaving responsibly and respectfully online and that they would be aware of the steps that they should take to protect themselves and their data online.
- Students would know where to access support in the event of a harmful online interaction.
- Students develop a greater understanding of the consequences of irresponsible behaviour.

Objectives for priority (What needs to happen in the four key areas to achieve the aim and meet the success criteria)

Culture

- The findings of the consultation process in two years' time should show a reduction in the number of students and parents seeking to prioritise the responsible indicator.
- Posters will be displayed in the IT rooms warning students of online dangers and giving tips on how to stay safe.
- Posters will also be displayed in the ref and the canteen encouraging students to make healthier choices when selecting their food and drinks.

Accountability: The wellbeing co-ordinator will complete a whole school consultation in two years' time. The results will show if we have succeeded in raising awareness of the importance of making healthy and responsible lifestyle choices. The wellbeing team will also source posters for display around the school and in the IT rooms, the ref and the canteen.

Curriculum:

- Teachers of SPHE will review the department plan and create a shared scheme of work for all 1st, 2nd and 3rd year classes. This scheme will weigh the learning intentions associated with the responsible indicator in accordance with the expressed needs of our school community.
- CSPE and Computer Studies departments will create schemes of work for all of their junior cycle classes. They will plan lessons to teach students about the importance of staying safe online and their civic responsibility to behave appropriately online. We will endeavour to ensure at the early planning stage that these lessons are distributed throughout the school year to maintain a whole school focus on online safety.
- Co-curricular activities will be incorporated such as the talk given by the An Garda Síochána every year to junior cycle students about the importance of cyber security.

- Guest speakers will also be sourced during Healthy Living Week who will reinforce the messages delivered in SPHE around healthy lifestyle choices around food, exercise and substance use.
- Presentations designed for use during tutor time will reflect the priorities identified in the whole school consultation i.e., building resilience and making healthy lifestyle choices.

Accountability: Teachers of SPHE, CSPE and Computer Studies will be responsible for highlighting the need to behave responsibly online. The SPHE department will be responsible for creating and sharing the junior cycle scheme of work. The wellbeing co-ordinator will organise talks/workshops to be delivered to students and for a parent/guardian information night on the topics of health lifestyle choices and staying safe online. The wellbeing co-ordinator will incorporate the topics of resilience, making healthy lifestyle choices and staying safe online in accordance with the expressed needs of our school community when creating presentations for use during tutor time.

Policy and Planning:

- We will engage all stakeholders in a review of the food and beverage options currently available in the ref and canteen.
- Our acceptable use policy was reviewed in the spring of 2023. We will ensure that the whole staff are familiar with its content.

Accountability: The wellbeing team will be responsible for organising a whole school consultation on the food and beverage options for the ref and the canteen. The wellbeing co-ordinator will highlight the reviewed acceptable use policy to all staff and encourage them all to familiarise themselves with it's contents.

Relationships:

- Relationships between all stakeholders will be enhanced through a whole school consultation reviewing the food and beverage options available to purchase in the ref and canteen.
- Partnerships will be developed with parents/guardians by organising a parents information nights focusing on healthy life style choices and online safety.

Accountability: The wellbeing team will conduct a whole school consultation on the food and beverage options available in the ref and canteen. The wellbeing co-ordinator will organise a parents information evening on the topics of healthy lifestyle choices and cyber safety.

Indicators based on objectives (What evidence will indicate you are making progress?)

- Students of SPHE will be assessed on their knowledge of healthy lifestyle choices (diet, exercise, substance use, etc). The results of these assessments will be shared with their parents/guardians.
- Students of CSPE and Computer Studies class will be assessed on their knowledge of cyber safety. The results will be shared with their parents/guardians.
- Students will be able to demonstrate that they have acquired the knowledge required to stay safe online and be able to compile a list of strategies for protecting themselves and their data online.
- Successful completion of cyber safety programmes will be reported on their Junior Cycle Profile of Achievement.