

## DEIS Wellbeing 2019-2023

<b>Review</b>	A review of our school's awareness of wellbeing indicates that this is an area for further development. In previous years we have availed of relaxation workshops and meditation exercises in the religious curriculum.		
<b>Targets</b>	<p>Staff training and awareness in dealing with Emotional Wellbeing problems.</p> <p>Development of initiatives to promote positive wellbeing and mindfulness among all the pupils in the school.</p> <p>To continue to provide a safe and supportive environment for staff members. It is crucial that staff members are supported in maintaining their personal health and wellbeing.</p> <p>That staff are trained in the awareness of and recognition of emotional wellbeing problems.</p> <p>That staff are trained in the awareness of dealing with emotional wellbeing problems.</p>		
<b>Action Plan</b>	<b>Who does what</b>	<b>When it will be done</b>	
<p>Raising awareness on the issue at staff, parental and Board of Management level.</p> <p>Principal and B.O.M. to ensure that staff members are supported in maintaining their personal health and wellbeing.</p> <p>Staff members' awareness of their own and their colleagues' personal health and wellbeing.</p> <p>We will link with the CAMHS Team where necessary.</p> <p>NEPS psychologist training and in-school work.</p> <p>Weaving-Wellbeing programme (8-12) to be piloted in 3<sup>rd</sup> and 4<sup>th</sup> in 2019-20</p> <p>Random Acts of Kindness initiative.</p> <p>Our ethos will drive our mission that the children will learn about values, respect, consent, self-esteem and about a whole range of other important issues in relation to relationships and sexual health in age appropriate ways and in cooperation with parents.</p> <p>The Religious and SPHE programme will teach the children to respect every person in their particularity and difference so that no one should suffer bullying, violence, insults or unjust discrimination based on their specific characteristics (such as special needs, race, religion, sexual tendencies).</p> <p>The children will be taught to develop interpersonal and intrapersonal skills, engendering a positive awareness of self, a sensitivity to others, self-discipline and responsible attitudes to self, others and the environment in SPHE, Geography, Science and the Religious Curriculum; they will be prepared for national and global citizenship and care for the earth.</p> <p>We will support children in developing and reflecting upon their values and their capacity for moral judgement, making an important contribution to the Common Good and help them to engage with challenging spiritual, moral and social questions that arise in their lives and society.</p>	<p>Principal Principal &amp; BOM</p> <p>All staff Principal, SEN Principal, SEN Class teacher Class teacher Class teacher</p> <p>Teaching staff</p> <p>Teaching staff</p> <p>Teaching staff</p>	<p>Year-round Year-round</p> <p>Year-round Year-round Year-round Year-round Year-round</p> <p>Year-round</p> <p>Year-round</p> <p>Year-round</p>	

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<p>We will promote the value of respect for religious diversity and cultural difference, combating prejudice and discrimination, and contributing to the promotion of tolerance and interfaith harmony in our school community.</p> <p>Some form of spiritual meditation exercises to be integrated as regular part of the religious education programme.</p> <p>Cyberbullying/Internet Safety workshops to be offered to pupils and parents</p> <p>Teachers are made aware of the Inspire Wellbeing facility</p> <p>Positive-message posters will be placed throughout the school.</p> <p>We will continue weekly choir practice as choral singing engages every part of the brain.</p> <p>Sports and dance coaches will be invited in to promote healthy physical and mental lifestyles as finances allow.</p>		Teaching staff	Year-round
		Teaching staff	Year-round
		Principal	Every 2 years
		Principal	Annually
		Principal	Year-round
		Sara Laughlin	Year-round
		Principal	Year-round
<b>Links to Schools</b>	<p>Link with Comprehensive School for preparatory talk given by the principal/pastor/career guidance to 6<sup>th</sup> class</p> <p>Day-long visit to the Comprehensive School by 6<sup>th</sup> class in spring of final year.</p>	Principal	Term 3
		Principal	Term 2
<b>Monitoring</b>	Actions will be monitored by the staff	Teaching staff	Year-round
<b>Evaluation</b>	Review of actions that worked, what has been achieved and what needs to be carried forward to next year of actions	Teaching staff	Term 1