



Coláiste Phádraig CBS

Well-being Policy.

School Name: Coláiste Phádraig CBS.

Address: Roselawn, Ballydowd, Lucan, Co Dublin.

Coláiste Phádraig is a Voluntary Roman Catholic Secondary School under the Trusteeship and the Patronage of the Edmund Rice Schools Trust. The school is grant aided by the Department of Education & Skills and is a single sex all boys school.

School Management: The Board of Management of Coláiste Phádraig is a statutory Board appointed pursuant to the provisions of the Education Act 1998.

Mission Statement: Coláiste Phádraig is operated according to the religious and educational philosophy of the Edmund Rice Schools Trust Charter (ERST). We strive to live up to Christian values and show genuine concern for our school community. Our core aims are to provide a broad and comprehensive education and to recognise the needs and develop the talents of each person. We strive to enrich all those with whom we are privileged to come in contact, we strive to succeed.

Ethos: Inspired by the vision of Blessed Edmund Rice, the Christian Brother School prioritises education in a living faith whereby students grow to appreciate the life and mission of Jesus Christ. His aim was to show special concern for the poor and underprivileged and develop a curriculum which promotes the harmonious growth of the whole person.

Context of our Well-being Policy

The philosophy of this policy is based on the Junior Cycle Well-being Guidelines 2021 - planning and developing a coherent Well-being programme that builds on the understandings, practices and curricula for well-being already existing in schools. The Framework for Junior Cycle (2015) provides for a new area of learning at junior cycle, Well-being.

This policy has been developed to ensure that Coláiste Phádraig adequately responds to the changing and diverse needs of each of its students. Well-being will cross the three years of junior cycle and build on substantial work already taking place in Coláiste Phádraig in support of students' well-being. This area of learning will make the school's culture, ethos, and commitment to well-being, accessible to all students. It will include learning opportunities to enhance the physical, mental, emotional, and social well-being of students. It will enable students to learn life skills, build resilience and develop a strong sense of connectedness to each other, to their school and to their community. The Junior Cycle Well-being Programme began with 300 hours of timetabled engagement and is building up to 400 hours.

Success in Education and Well-being are inextricably linked. ESRI research has found that “Children with higher levels of emotional, behavioural, social and school well-being have higher levels of academic achievement subsequently” (*Smith, E. 2015*).

Well-being - An Overview

In Coláiste Phádraig, we believe that everybody in our school community sees themselves as playing an integral role in supporting students' (and each other's) well-being. In the Healthy Ireland Framework for Improved Health and Well-being-

“Everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone's responsibility”. (*Department of Health (2013). Healthy Ireland: A framework for improved health and well-being. 2013-2025*).

The following definition of Well-being aims to take account of its multi-dimensional nature (*World Health Organisation, 2001*).

“Well-being is present when a person realises their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical well-being and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being and needs nurturing throughout life”. (*Wellbeing Policy Statement and Framework for Practice 2018-2023*).

Rationale

The Framework for Junior Cycle highlights the necessity for this new area of learning at junior cycle namely, Well-being. This policy has been developed to ensure Coláiste Phádraig adequately supports the well-being of each student in its care.

“Student wellbeing is present when students realise their abilities, take care of their physical well-being, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community.” (*Junior Cycle Well-being Guidelines, 2021*)

Well-being and the Framework for Junior Cycle

The Junior Cycle Well-being Guidelines state that when planning a programme, the starting point must be the shared vision and values of the school alongside consideration of the principles and statements of learning set out in the Framework for Junior Cycle.

A Junior Cycle programme that builds the foundations for Well-being:

- is broad and balanced.
- provides choice.
- has meaning and relevance.

- is enjoyable and engaging.
- provides opportunities to experience challenge and success.
- equips students with the knowledge, skills, and tools to develop as learners and build positive relationships.

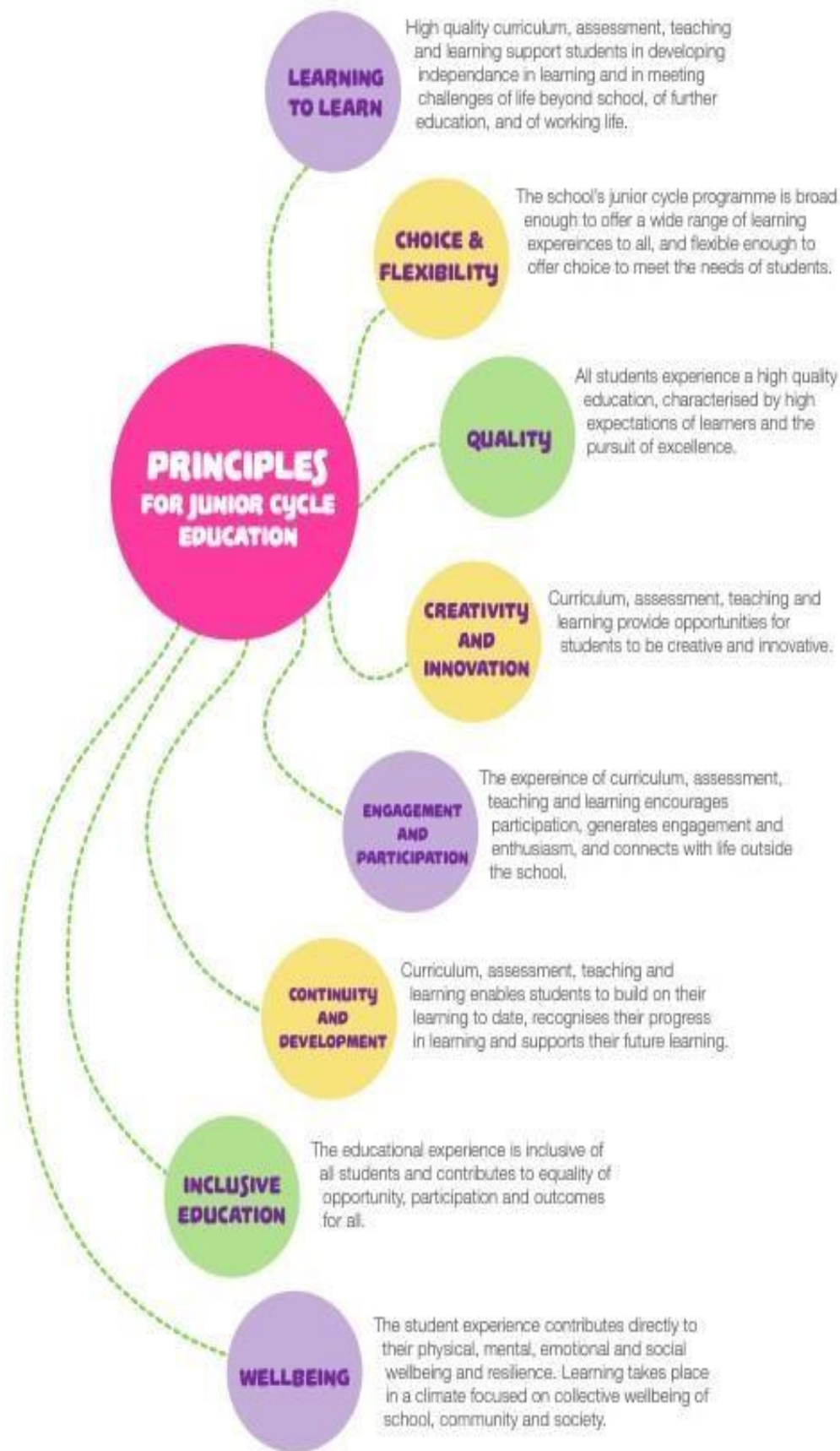
The vision for Junior Cycle places students at the centre of all endeavours.

“The junior cycle years are an important time in young peoples’ lives as they learn to take greater responsibility for their lives and to cope with new experiences, influences, and pressures. Student well-being is at the heart of the vision for junior cycle”. (*Junior Cycle Well-being Guidelines, 2021*).

Well-being is one of the eight principles underpinning the Junior Cycle Profile of Achievement (JCPA). All of these principles are important in supporting the student experience of well-being at junior cycle.



Principles for Junior Cycle Education



Statements of Learning

“The learning at the core of junior cycle is described in twenty-four statements of learning. They are central to planning for, the students’ experience of, and the evaluation of the school’s junior cycle programme” (*Framework for Junior Cycle, 2015*).

The purpose of learning statements

- To ensure a rich educational experience for students.
- To ensure learning that has breadth and depth and is varied.
- To enable development of the key skills.
- To give access to a varied curriculum of knowledge.

The following Statements of Learning are particularly relevant to Well-being:

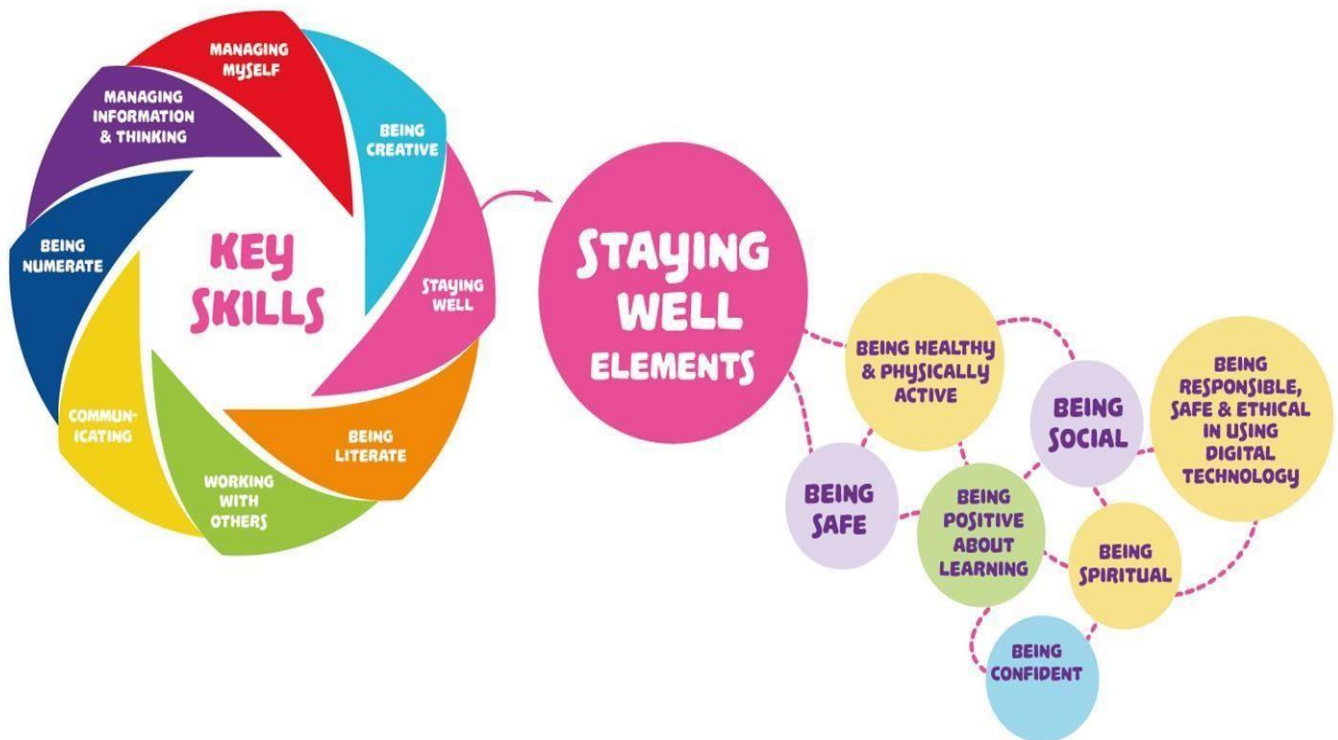
- The student has an awareness of personal values and an understanding of the process of moral decision making (SOL 5)
- The student values what it means to be an active citizen, with rights and responsibilities in local and wider contexts (SOL 7)
- The student has the awareness, knowledge, skills, values, and motivation to live sustainably (SOL 10)
- The student takes action to safeguard and promote her/his wellbeing and that of others (SOL 11)
- The student is a confident and competent participant in physical activity and is motivated to be physically active (SOL 12)
- The student understands the importance of food and diet in making healthy lifestyle choices (SOL 13).

Key Skills at Junior Cycle

Learners need a wide variety of skills to help them face the many challenges presented to them in today's world. They develop specific skills in their subjects and other courses. There is also a more general set of skills that are needed to support learners in their personal, social, and work lives. These are referred to as Key Skills of Junior Cycle. As learners develop each of the key skills in an integrated way, they also become better learners. The 8 key skills of Junior Cycle are:

- Being literate
- Managing myself
- Communicating
- Working with others
- Being creative
- Being numerate
- Managing information & thinking
- Staying Well

‘Staying Well’ is one of the 8 Key Skills for the JCPA



Elements of the Key Skill ‘Staying Well’ are:

- Being healthy and physically active
- Being social
- Being safe
- Being spiritual
- Being confident
- Being positive about learning
- Being responsible, safe, and ethical in using digital technology

There are 6 key Indicators of Well-being



Coláiste Phádraig has always placed a strong emphasis on the well-being of the school community. The introduction of a formal Well-being Programme will embed the support structures and activities already in place in the school. Through its policies and procedures, the school seeks to provide a safe, caring, supportive, nurturing, and inclusive environment for all.

Well-being contributes directly to students' physical, mental, emotional, and social wellbeing and resilience. Student well-being is present when students realise their abilities, take care of their physical well-being, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community. There is overwhelming evidence that students learn more effectively, including their academic subjects, if they are happy in their work, believe in themselves, their teachers and feel school is supporting them.

Our Well-being Programme aims to foster kind, happy, confident, responsible, and resilient students who feel connected to Coláiste Phádraig and to each other. We have embraced a whole-school approach and aligned the design and planning for our Well-being Programme with School Self-Evaluation, School Policies and Practice.

There are three main pillars to our Well-being Programme in Coláiste Phádraig:

PE (135 hours), **SPHE** (110 hours) and **CSPE** (110 hours) across first, second and third year. (SPHE incorporates Relationships and Sexuality Education).

Coláiste Phádraig's Well-being programme also includes -

- One 40-minute **Well-being Class** per week for first year students 2022/2023 (22 hours) &
- One 40-minute **Guidance** class per week in third year (22 hours).

Current Well-being Programme 2022-2023:

First Year: 7 x 40-minute classes per week (PE x 2, CSPE x 2, SPHE x 2, Well-being x 1).

Second Year: 4 x 40-minute classes per week (PE x 2, CSPE x 1, SPHE x 1).

Third year: 4 x 40-minute classes per week (PE x 2, CSPE x 1 and SPHE x 1).

Well-being in Coláiste Phádraig - School Support Structures

Our student support structure includes all the following personnel and teams, as well as the support that, of course, is provided by all members of the teaching and ancillary staff in a number of informal, but appropriate and meaningful ways:

Principal and Deputy Principal

The Principal and Deputy Principal oversee the programmes of care for students and are also available to parents when concerns and challenges arise for their sons. Similarly, they are always available to provide well-being support for students who are struggling in any area of their lives and to make/recommend referrals to individuals or organisations when appropriate.

Year Head

The Year Head, as a leader of teaching and learning, plays a very important role in student well-being. This role is very much a pastoral one and is dedicated to making the student's educational experience a positive one, while also working to ensure that it is positive for other students with whom he comes in contact. The Year Head works closely with class tutors, the Well-Being Co-Ordinator, and other members of teaching staff. She/he also supports staff in the implementation of the Positive Behaviour Code.

The Year Head also monitors student academic progress and makes interventions, as necessary. Year Heads are also available to parents and will keep in regular contact with home, if and when the need arises. They also offer well-being support and guidance to parents for the duration of their son's time at Coláiste Phádraig.

Class Tutor

The tutor system in Colaiste Phádraig is part of our pastoral care and well-being system. Each class group has a tutor who continues with her/his class group from 1st to 3rd year where possible and from 5th to 6th year too. The tutor gets to know his/her students and the students always feel that they have someone to turn to in times of need or if they are struggling in any way.

Care Team

The Care Team meet on a weekly basis to identify vulnerable students, to review the progress of students who face additional challenges both in and out of school, and ensure adequate supports are put in place to address, to the best of their ability, the areas of concern. Student well-being is at the forefront of all Care Team meetings.

Guidance Counsellor

Everyone at Coláiste Phádraig views the nurturing of positive self-esteem and well-being as essential for students. The Guidance Counsellor works with all year groups and is involved in classroom activities, one-to-one personal counselling, career counselling and the assessment of educational and vocational abilities. S/he also works with all senior students on an

individual basis to develop study plans and complete college and access programme applications.

The Career Guidance Programme within the school is designed to help the students:

- develop a self-awareness of their many abilities and talents.
- make educational and occupational choices that match their interests and aptitudes.
- make informed decisions about the many choices with which they will be faced and an informed choice about the direction they want to take in life so that they can reach their full potential as a human being.

Areas covered by the Guidance Counsellor include subject choice, individual and group guidance, career investigation, the Central Applications Office (CAO) and the UK's Universities and Colleges Admission System (UCAS) applications, College Open days, study skills and job applications. The Career Guidance Counsellor provides well-being support and guidance to all students in Coláiste Phádraig.

Curriculum

Coláiste Phádraig offers Social Personal and Health Education, (**SPHE**), Civic Social and Political Education, (**CSPE**), Relationships and Sexuality Education, (**RSE**), Physical Education, (**PE**) which are the *pillars of the Well-Being Programme* within Coláiste Phádraig. All staff who teach on the SPHE and RSE programmes have had extensive training over the past number of years to equip them to deliver these very important elements of the school curriculum.

These programmes along with a very comprehensive specific **Well-being Plan / Programme** in first year, offers students the opportunity to explore new areas in a respectful and sensitive manner and in a safe, nurturing, inclusive, and caring environment. Students learn about positive mental-health and well-being, personal and social responsibility in a structured and carefully devised manner. These subjects also offer students the opportunity to discuss topical issues and it gives them the space to air their thoughts, listen respectfully to the thoughts of others and become well informed in personal development. These subject areas along with a carefully devised, creative and relevant *well-being plan*, allow students to develop an

awareness of the importance of positive mental health and well-being and to learn ways to help support their own well-being and the well-being of others. This plan is drawn from the fields of Positive Psychology, Neuroscience, Mindfulness and Self-Compassion to help students build and develop positive well-being skills and habits for life.

Learning Support

Coláiste Phádraig provides a full and varied set of supports for students with Special Educational and Additional Needs. These supports are offered following formal and informal assessment and consultation with parents, primary schools, and other educational professionals. The provision of this support takes place in a variety of forms, as deemed appropriate for the student in question. Students for whom English is not their first language are also given support in the development of language skills. Student well-being is at the forefront of Coláiste Pádraig's Learning Support Team.

Student Council

The Coláiste Phádraig Student Council gives students a voice and the opportunity to work in partnership with management and staff to improve the school. Our Student Council is made up of 12 students, who have been elected class president by their fellow students and nominated by their Year Heads.

The Student Council is afforded freedom of expression and appropriate participation in policymaking under both the United Nations Convention on the Rights of the Child and Ireland's National Children's Strategy.

Student councils are provided for in the Education Act, 1998 as a means of students being involved in the affairs of the school.

The aims of the Coláiste Phádraig Student Council are:

- To create a positive school atmosphere.
- To create a caring school environment, which is supportive and inclusive.
- To act as a vehicle for student participation.

- To have a beneficial impact on issues such as discipline, bullying, well-being, and staff-student relations.
- To develop communication and leadership skills, responsibility, and accountability.
- To be a valued resource to management, teachers, and other students.

“A student council is a representative structure for students only, through which they can become involved in the affairs of the school, working in partnership with school management, staff and parents for the benefit of the school and its students”. (*Working Group on Student Councils in Second-Level Schools Definition*)

Coláiste Phádraig has a Student Council Constitution which is required under the Education Act, 1998. It consists of democratically elected students; one class President per class group, with two of those students nominated by their year heads on to the Student Council. Student Council representatives have a responsibility to be the voice of their class group in relation to student issues within our school. Regular meetings are held, and the council is involved in the introduction of new school policies, contributing to newsletters, etc. Within the Council there are different roles, president, secretary, treasurer, and a PR team.

Coláiste Phádraig’s Parents’ Association.

Coláiste Phádraig’s Parents’ Association works as an active and vibrant partner in the school community. The Parents’ Association works in co-operation with the other partners in the school community to ensure a positive learning environment for all. The Parents’ Association actively promotes the interests and supports the ethos of the school community. The Parents’ Association raises funds for the school and has been able to fund many fantastic initiatives to date.

The Parents’ Association meets on the first Tuesday of each month at 8.00 pm. These meetings allow for updates on activities within the school or discussions on topics of interest to parents pertaining to the school. Parents are encouraged to attend the monthly meetings to promote the interests and well-being of the students of Coláiste Phádraig.

The Parents’ Association acts as a representative body that:

- Represents the views of parents.
- Informs parents of developments in education and in the school.
- Fosters co-operation among parents, teachers, and school management.
- Provides opportunities for parents and the Principal and/or a representative of staff to meet and exchange ideas on the education of their children, to discuss issues such as discipline, homework, supporting well-being etc. and to address topics of mutual interest.
- Helps with the provision of facilities/equipment and in fundraising.

Child Protection

Coláiste Phádraig has prepared a comprehensive Child Safeguarding Statement and Risk Assessment. In accordance with the requirements of the Children First Act 2015, Children First: National Guidance for the Protection and Welfare of Children 2017, the Addendum to Children First (2019), the Child Protection Procedures for Primary and Post Primary Schools 2017 and Tusla Guidance on the preparation of Child Safeguarding Statements, the Board of Management of Coláiste Phádraig has agreed the Child Safeguarding Statement and this document is prominently displayed in the reception area. The Principal is the Designated Liaison person and the Deputy Designated Liaison person is the Deputy Principal. The Child Protection Safeguarding Statement and Risk Assessment is reviewed annually and is signed off by the Board of Management.

Supporting and Nurturing Student Well-being.

To further support and nurture Well-being in Coláiste Phádraig, a Well-being Club, *Kind Mind Club*, runs once a week at lunchtime. This club provides a safe, welcoming, and supportive space for all students from first to sixth year. Students are invited to learn and practice mindfulness, guided meditations, and journaling; to chat, share and connect; and learn new skills and tools on how best to manage the normal stresses of everyday life. A *Well-being Notice Board* ensures that Well-being is clearly visible to all staff and students within Coláiste Phádraig and confirms for students that their well-being is paramount.

Staff Well-being

Coláiste Phádraig promotes staff well-being by sharing upcoming and relevant webinars, courses, events, and activities that promote positive mental health and support staff wellbeing. Positive affirmations and quotes on the *Staff Well-being Notice Board* further support this initiative. A staff social committee organises events throughout the school year which further support staff well-being and encourage positive relationships among staff members. Coffee mornings and treats are periodically provided by senior management as a gesture of gratitude and good-will.

Partnerships with Community – Links with Home

In Coláiste Phádraig parents can meet with the Guidance Counsellor, Year Heads, Class Tutors, Subject Teachers as well as the Principal and Deputy Principal by appointment, if they so wish or if they have any concerns regarding well-being or otherwise. At Coláiste Phádraig, we work in partnership with our parents and encourage interaction between home and school which further supports student well-being. There are several opportunities throughout the school year where Coláiste Phádraig links with home – Parent/Teacher meetings, reports, email, text messages, the school app, the school website, Google classroom and twitter account. An in-depth and thorough weekly newsletter keeps all parents informed of events, activities, awards, outings, and achievements on-going within the school.

Further Supports and Promotion of Well-being at Coláiste Phádraig

There is substantial evidence that Well-being programmes in schools, when implemented effectively, can produce long-term benefits for young people. Coláiste Phádraig recognises the importance of developing the whole person – emotionally, mentally, spiritually, and physically. A supportive school environment contributes significantly to lifelong health and well-being. At Coláiste Phádraig, we provide a wide range of events, clubs, trips, talks, seminars, extracurricular and co-curricular activities, which promote and encourage student well-being, and foster connections among students and among students and staff. A comprehensive list is detailed here:

Junior Cycle:

- Well-being - 'Kind Mind' Club.
- Chess Club.
- Irish Conversation Club – 'Ciorcal Comhra'.
- Seactain na Gaeilge.
- Music Club including annual trip to the National Concert Hall & music workshops.
- Pieta House 'Road to Resilience' programme.
- Friendship Week.
- Well-being Week.
- Science Week.
- Maths Week.
- Inclusion Week.
- Mindful March.
- The Lions Club Christmas Food Appeal.
- Geography Trip – Ordnance Survey of Ireland Satellite Imagery Workshop.
- Model UN Club.
- "Hello, How Are You" Mental Health Ireland campaign.
- Breakfast Morning – first years.
- French Breakfast Morning.
- French Conversation Group.
- Term assemblies.
- Catholic Schools Week.
- DEAR (Drop Everything & Read) week.
- Non-uniform days.
- Poster/Art Competitions.
- Debating.
- Cinema / Theatre trips / Field trips.
- Charity Events – Fundraising in aid of Mental Health, Ireland; Lollipop Day & Pieta House.
- Green Schools Committee.
- Talent Show.
- 'Mark O'Neill Student of the Month' award.
- 'Sports Star of the Month' award.
- 'Gaeilgeoir na Miosa' award.
- GAA skills and fun day.
- Hurling.
- Basketball.
- Football.
- Soccer.

- Athletics / Cross Country.
- Sports Day.
- End of Year Awards Ceremony.

Transition Year:

- Mental Health Awareness - “Hello, How Are You” campaign, Mental Health, Ireland & Charity Events – Fundraising in aid of Mental Health Ireland, Lollipop Day & Pieta House.
- Hiking, Biking, Golf & Snooker Tournament.
- Carlingford Adventure trip.
- Kilmainham Gaol trip.
- National History Museum trip.
- Walking Tour of the River Liffey.
- Talent Show.
- Non-uniform days.
- CPR training.
- Outings to Jump Zone, Dublin Zoo, Awesome Walls, GoQuest, Go-karting & Ice-skating.
- Breakfast morning.
- Hospitality Workshop.
- ‘Bite Size’ Law.
- Mindful March.
- Well-being “Kind Mind” Club.
- Inclusion Week.
- Gaisce.
- Gardening – Memorial Garden upkeep & maintenance.
- Work Experience.
- Student Council / Prefect.
- Presentation to 3rd year students – sharing personal experience of the Transition Year Programme.
- Talks / Guest speakers – ‘Rayse the Game’ Motivational & Study Skills Seminar / The Wolf Academy, Tony O’Reilly of Gamblers Anonymous, Driver Safety, Fifth Year subject choices/options.
- Sport’s Day.
- TY Graduation & Awards Ceremony.

Senior Cycle:

- Well-being 'Kind Mind' Club.
- Chess Club.
- Music Club.
- French Conversation Group.
- BT Young Scientist.
- Young Economist of the Year.
- 'Sports Star of the Month' award.
- Charity Events – Fundraising in aid of Mental Health, Ireland; Lollipop Day & Pieta House.
- Term assemblies.
- Drama.
- Talent Show.
- Inclusion Week.
- Friendship Week.
- Well-being Week.
- Non-uniform days.
- Guest speakers including 'Rayse the Game' Motivational & Study Skills Seminar, The Wolf Academy, Tony O'Reilly (Gamblers Anonymous), Subject Choice Information talk.
- Croke Park trip.
- Model UN Club.
- Writing Workshop – Dermot Bolger.
- Green Schools Committee.
- Ski / school trip abroad.
- LCVP Work Experience.
- BT Young Scientist.
- Student Council / Prefect.
- Hurling.
- Soccer.
- Football.
- Sport's Day.
- End of Year Awards Ceremony & 6th Year Graduation.

Conclusion:

In Coláiste Phádraig we take a holistic approach to Well-being. Our Well-being Programme encompasses – SPHE (including RSE), CSPE, PE, Guidance, and a Well-being Class in first year. Our Well-being Class Programme, implemented primarily in first year, has meaning and relevance. It is creative, enjoyable, and engaging. It aims to empower students with evidence-based skills, drawn from the fields of Positive Psychology, Neuroscience, Mindfulness and Self-Compassion to help students build and develop positive well-being coping skills, strategies, and habits for life.

The Well-being Co-Ordinator, Guidance Counsellor, SEN Department, Year Heads, SPHE/CSPE/PE Teachers, Subject Teachers, SNAs, Senior Management and all partners in education and the school community, work together to implement this Policy. We aim to support and nurture the holistic development of all students, and support parents/guardians in a meaningful way too.

The Well-being Policy does not operate in isolation and is cognizant of other policies within the school.

Policy Review:

Coláiste Phádraig's Well-being Policy is reviewed on an ongoing basis. The policy can be viewed on the school's website, www.colaiistephadraig.ie.

Approval: This policy has been approved by Coláiste Phádraig's Board of Management.

Signed: _____

Chairperson, Board of Management

Date: _____

