



MONEENROE NATIONAL SCHOOL
Roll No: 16204F



Wellbeing Policy

September 2024

OUR ETHOS

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

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

We strive to achieve this in the following ways:

- 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 myself and others are provided for students on an annual basis
- Senior classes are offered Healthy Sexuality workshops based on Stay Safe 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 and pupils promote positive relationships

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

EXTRA-CURRICULAR ACTIVITIES THIS YEAR

Well Being Week

A week dedicated to 'Well-Being' seeks to promote all faculties (spiritual, social, academic, mental etc.) of the person. It also requires a whole community approach. Hence, our school's **Well-Being Week** seeks to highlight what keeps us well, content and whole.

Activities include: Posters & competition on Positive mental health, Class noticeboards in hallways, Positive Affirmations on walls, Healthy Eating and Healthy lifestyle presentations and competitions, Meditation classes & Yoga classes, Sporting activities, Positive thoughts wall.

ADDITIONAL

- Moneenroe N.S 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 talent shows, musicals etc.
- 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, with musical instruments and the facility of the hall available to all pupils
- Mentoring Programme
- 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)

LINKS WITH OTHER SCHOOL POLICIES:

- Code of Behaviour
- Child Protection
- R.S.E.
- Anti-Bullying
- Acceptable Use Policy (I.C.T.)
- Critical Incident
- Dignity in the Workplace Staff Policy

ALSO AN AWARENESS OF:

- Monitoring of academic progress.
- Implementation of Code of Behaviour which helps provide a safe space for all students in which to develop.
- Acknowledgement of achievement – positive feedback.
- Assemblies provide a forum for students to voice their issues/opinions

MENTORING:

- **Teacher/NQTs mentoring** - NIPT Droichead Programme–
- **SEN Pupils:** We are an inclusive school, constantly aware and adapting our activities to meet the needs of our pupils with additional needs

PEER MENTORING/ BUDDY SYSTEM

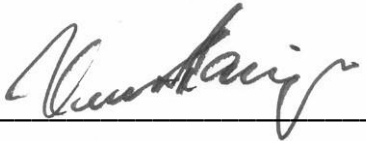
Senior Infant pupils are trained to work with junior pupils to ensure a smooth transition to primary school. The pupils are trained in the previous year so that they can share their skills with the incoming infants and help with yard games' supervision, shared reading etc. Sixth Class pupils are also trained as mentors for the infant classes.

CONCLUSION:

- We constantly review how our school provides and promotes positive wellbeing

EVALUATION:

- This policy will be reviewed on an annual basis.

Signed: 

Thomas Lanigan

Chairperson

Date: 1st October 2024.