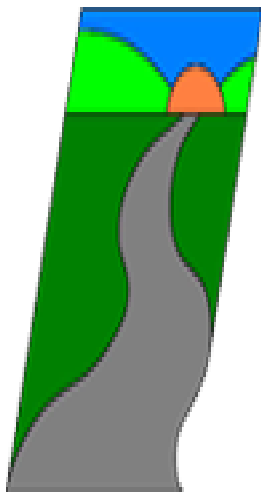


**Wellbeing Policy Ballincollig
Community School**



**Ballincollig
Community
School**

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Wellbeing Policy – Scope

This Wellbeing Policy document was prepared by the Wellbeing Policy and Promotions Team in Ballincollig Community School. Staff, Students, Parents and The Board of Management were consulted during the creation of this policy. This policy will impact our whole school community.

Curricular Provision

- As per Department of Education and Skills Guidelines all schools are required to timetable 400 hours in the subject area called Wellbeing at Junior Cycle by 2021.
- Wellbeing will be embedded into the school curriculum at Junior Cycle through the three key subject areas which are; PE, SPHE, CSPE and guidance related learning.
- All subject planning will include Wellbeing. Teachers are asked to engage meaningfully with the Wellbeing Indicators in their teaching and planning practices.
- Wellbeing is inclusive of all in our school community.

Whole School Vision and Ambition for Wellbeing

- The promotion of Wellbeing will be at the core of our school's ethos.
- The entire school community acknowledges the importance of Wellbeing to support the holistic development of all students. Furthermore, we understand

that the promotion of Wellbeing in our young people is a shared community responsibility.

- Planning for Wellbeing will give due consideration to the four key areas of Wellbeing Promotion; Culture and Environment, Curriculum, Policy and Planning and Relationships and Partnerships.¹
- Management and staff are committed to our young people's academic, physical, mental, emotional, social, and spiritual development. Our school structure is designed to support and equip our young people with the knowledge, skills, and competencies to deal with challenges that may impact on their wellbeing.
- Our stand-alone Wellbeing classes at Junior Cycle will be reflective of the needs of students and consultations with all stakeholders will be sought.
- At Senior Cycle students continue their Wellbeing studies in the following subject areas: Guidance related learning, PE, SPHE and RE.
- Emphasis will be put on the six Wellbeing Indicators and students will be asked to reflect on their personal engagement with these indicators in mind. In this way we hope to enhance our student's self-assessment techniques.
- Ballincollig Community School aims to amplify the learner voice in the Wellbeing classroom setting using Instructional Leadership strategies.
- Ballincollig Community School acknowledges the importance and benefits of social innovation education on community wellbeing. Therefore, all students will be given the opportunity to engage with the Young Social Innovator junior programme.

¹ *Wellbeing Policy Statement and Framework for Practice 2018-2023*²
pg.15.



ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk?



CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?



AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

Wellbeing Programme 2021-2022

Junior Cycle

Course	1st year	2 nd year	3 rd year
CSPE	1x 40 min weekly class	1x 40 min weekly class	1x 40 min weekly class
PE	1x 80 min weekly class	1x 80 min weekly class	1x 80 min weekly class

SPHE	1x 40 min weekly class	1x 40 min weekly class	1x 40 min weekly class
Wellbeing	1x 40 min weekly class	1x 40 min weekly class	1x 40 min weekly class

Wellbeing at Senior Cycle 2020-2021

Course	TY	5th year	6th year
Guidance	1x 40 min weekly class		1x 40 min weekly class
PE	1x 80 min weekly class	1x 80 min weekly class	1x 80 min weekly class
Religion	1x 40 min weekly class	1x 80 min weekly class	1x 80 min weekly class
SPHE	1x 40 min weekly class	1x 40 min weekly class	1x 40 min weekly class

Wellbeing at Junior Cycle - course material and requirements

CSPE	Make a Difference 1,2,3 and complimentary workbooks. Soft copy. <i>Folens</i>.
PE	School tracksuit.
SPHE	Health and Wellbeing SPHE 1,2,3. Soft copy. <i>EDCO</i>.
Wellbeing	1 x A4 display folder. 1 x 4 lined refill pad.

Extra-Curricular Provision for Wellbeing in BCS.

Students are encouraged to get involved in the many Extra Curricular activities available at the school. ^[L]_[SEP] These include the following;

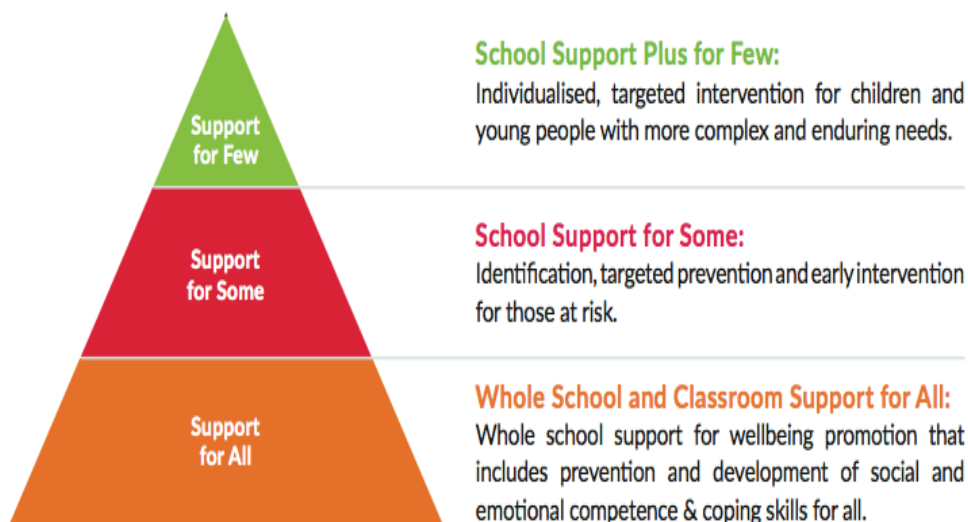
Sport – Football, Hurling, Soccer, Rugby, Camogie, Hockey, Basketball, Ultimate Frisbee, Athletics, Spikeball

Music – School show and Guitar Club, Drama, Chess Club, Fundraising, Tidy Towns, Debating, Public speaking, Quiz Competitions, School Tours, Coding, Meitheal, Pilates etc.

Student Wellbeing and Supports in BCS

In line with best practice as set out in the *Wellbeing Policy Statement and Framework for Practice 2018-2023*² our school makes relevant provision for the Continuum of Support as illustrated below.

Table 1: Continuum of Support



Support for Few	<ul style="list-style-type: none"> • NEPS support and follow-up. • GP referrals • Pieta House referrals
Support for Some	<ul style="list-style-type: none"> • Year head support and follow-up.

² *Wellbeing Policy Statement and Framework for Practice 2018-2023*

	<ul style="list-style-type: none"> • Career guidance support and follow-up. • Chaplin support and follow-up. • Principal/Vice Principal support and follow-up. • Meitheal team guidance • SNA support • Subject specific learning support • Exam accommodations.
<p>Support for All</p>	<ul style="list-style-type: none"> • Whole school approach to Wellbeing and focus on Wellbeing Indicators. • 400 hours of Wellbeing related learning and skills at Junior Cycle for 2021/22. • Principal, Vice Principal x 2. • Career Guidance x 2. • Chaplin. • Wellbeing coordinator. • SEN department. • Whole School Attendance and Punctuality coordinator. • Student Council coordinator • Year head and class tutor structure. • Red/Green Emergency Response Cards (classrooms). • Meditation room. • Meitheal Programme. • Digital Awareness Week. • Office 365 training.

	<ul style="list-style-type: none"> • Picnic benches. • Pieta House Resilience Programme. • FUSE Anti-Bullying Programme – DCU. • Young Social Innovators Junior Programme. • School fleece jumper. • Induction day for incoming students. • School Journal. • Friendship Week. • Stand Up week. • School policies. • HSE School Vaccine programme.
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Staff Wellbeing and Supports

The school recognizes and values the importance of staff wellbeing.

- Employee Assistance and Wellbeing Programme.
- Staff room, staff computers and kitchen.
- Staff raffle.
- Teacher based classrooms where possible.
- Promotion of CPD courses.
- Subject department and whole school meetings.
- Microsoft suite training.

- Instructional Leadership programme
- Social Committee.
- Staff mediator training – Laura Branagan, Cyril Desmond, Tadhg O’ Herlihy and Daniel O Sullivan.
- Recognition of staff contribution and their work.
- BCS PE Covid Challenge.
- New Teacher Liaison person.
- Droichead programme.
- Designated Health and Safety monitor – Susan Healy.
- Meditation room.
- BCS Steps challenge.
- Covid-19 hygiene procedures.

Wellbeing Related School Policies

- Admissions Policy
- Anti-Bullying Policy
- Attendance Policy
- CCTV Policy
- Child Protection Policy and Child Safeguarding Risk Assessment
- Code of Behavior
- Confidentiality Policy
- Critical Incident Policy
- Data Protection Policy
- Internet Safety: Acceptable Use Policy
- Relationship and Sexuality Education
- Self-harm policy

- Substance mis-use policy
- Wellbeing Policy
- Whole school Guidance Plan.

This policy will be reviewed: November 2022.