

Meánscoil Iognáid Rís,
Nás na Rí,
Co. Chill Dara.



Tel: (045) 866402
Fax: (045) 881580
Email: admin@naascbs.ie
Web: www.naascbs.ie

Principal: Mr. B. Travers
Deputy Principals: Mr. L. Murphy
Ms. S. Power
Mr. R. Purcell

Wellbeing Policy

School Name: Meánscoil Iognáid Rís

School Address: Corban's Lane, Naas

School Details: Meánscoil Iognáid Rís is an all-boys Catholic voluntary secondary school under the Trusteeship of the Edmund Rice Schools Trust, formerly the Irish Christian Brothers. The school is named after the founder of the Order, Edmund Rice.

School Management: The Board of Management of Meánscoil Iognáid Rís is a statutory Board appointed pursuant to the provisions of the Education Act 1998.

MISSION STATEMENT

Inspired by its founder, Meánscoil Iognáid Rís aims to provide Catholic education in the Edmund Rice tradition. The school endeavours to be a caring Christian Community which promotes to the best of its ability the personal, spiritual, physical and intellectual development of its students.

ETHOS

As an Edmund Rice School, Meánscoil Iognáid Rís seeks to promote the five key elements of an Edmund Rice School as espoused by the ERST Charter:

- Nurturing faith, Christian spirituality and Gospel-based values
- Promoting partnership in the school community
- Excelling in teaching and learning
- Creating a caring school community
- Inspiring transformational leadership.

Board of Management	Ratified 14th December 2023	To be reviewed 14th December 2024
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Review Dates: This policy will be reviewed annually

1. Introduction

Looking at Our Schools (2022) acknowledges the importance of positive relationships between members of the school community for the wellbeing of staff and students. A holistic view of learning is encouraged to ensure education is broad, balanced, challenging, responsive to learners' needs. Student's wellbeing is intrinsic to this holistic view of learning, both as an outcome of learning and as an enabler of learning. It recognises the crucial role of schools in promoting and nurturing students' wellbeing through their practices in the key areas of school environment, curriculum, policies and partnerships. The Wellbeing Policy Statement and Framework for Practice (2019) states schools are recognised as places which develop students so they have a balanced set of cognitive, social and emotional skills to face the challenges of the 21st century. This policy will outline how Meánscoil Iognáid Rís aims to fulfil these requirements.

This whole-school policy provides an overview of the school's whole-school approach to wellbeing, the place of wellbeing within the curriculum and staff wellbeing initiatives

2. Relationship to Ethos

The primary links between assessment and our school ethos is through the elements of:

- nurturing faith, Christian spirituality and Gospel-based values
- creating a caring school community.

Based on these elements Meánscoil Iognáid Rís strives to develop the whole person of each student and celebrate diversity among students. The school also works to identify and serve the needs of students while empowering students to take responsibility within their own lives.

3. Purpose of the Policy

The elements of the school ethos carry the philosophy of the school. These elements allude to the development of the full potential of the individual as central to the work of the school. This commitment to wellbeing is implicit in the school's admission policy in the commitment to promoting the spiritual and human development of each individual as outlined in the ERST charter. In light of these core values, the school is clear that wellbeing must include a mental, physical, social and spiritual dimension.

The emphasis of this policy is on the role of the whole school community in the wellbeing programme. This is a whole school policy and other school policies will be informed by it.

4. Rationale for Wellbeing

Meánscoil Iognáid Rís endeavours to develop and support wellbeing in our school. It hopes to:

- provide for the wellbeing for all in the school in light of the school Mission Statement and the charter of our school trust - ERST
- outline the policies, procedures, culture, ethos and the activities which serve to assist the wellbeing of everyone at Meánscoil Iognáid Rís
- recognise the interplay between the positive experience of school life, student achievement and long term wellbeing
- offer a coordinated structure in supporting our young people through the creation of a multiplicity of opportunities both within and without the classroom focused on the promotion of wellbeing

Meánscoil Iognáid Rís hopes that both staff and students:

- Realise their abilities
- Take care of their physical wellbeing
- Cope with normal stresses

- Have a sense of purpose
- Have a sense of belonging

5. Wellbeing Committee

A wellbeing committee has been active in the school since September 2018. Its purpose is to:

- develop wellbeing in our school
- improve communications with all stakeholders about wellbeing

The wellbeing committee undertakes numerous activities during the school year including the organisation of wellbeing week and guest speakers based on various topics related to wellbeing.

6. Wellbeing within the Curriculum

The wellbeing programme within the curriculum will make the school's commitment to wellbeing visible to students. It will also endeavour for the school's culture and ethos of care is evident within the school curriculum.

The wellbeing programme will also enable students to build life skills and develop a strong sense of connectedness to their school and to their community. Schools have a central role to play in supporting and promoting students' learning about wellbeing and for wellbeing, in the classroom and all school activities.

The indicators of wellbeing at Junior Cycle will be considered by subject teachers while teaching their respective subject courses. These indicators include:

- Connected
- Aware
- Resilient
- Respected
- Active
- Responsible

Timetabled wellbeing provision at Junior Cycle includes the following areas:

	First Year	Second Year	Third Year	Hours
PE	Double class per week	Double class per week	Double and single class per week	154
SPHE	Two single classes per week	Two single classes per week	One single classes per week	110
CSPE	Two single classes per week	Two single classes per week	One single classes per week	110
Guidance - Personal development	One class period	N/A	N/A	22
Life Skills	N/A	One class period	N/A	22
Total Timetabled Hours				418

Additional wellbeing initiatives, classroom learning experiences and events include:

	First Year	Second Year	Third Year	Hours
Transfer Programme	21 class periods			14
Meitheal	12 class periods			8
Coding	Online Safety - three class periods during year	Online Safety - three class periods during year	Online Safety - three class periods during year	8
Religion	Meditation and Wellbeing	Meditation and Wellbeing	Meditation and Wellbeing	Varies
Study Skills and Classroom Rules	Three classes	Three classes	Three classes	8
Pastoral Care - Year Head	Assembly - 20 minutes per week	Assembly - 20 minutes per week	Assembly - 20 minutes per week	33
Activities	Guest speakers, school tours	Guest speakers, school tours	Guest speakers, school tours	Varies

7. SSE and Wellbeing

The five ongoing strands of our school self-evaluation programme are:

- Numeracy
- Literacy
- Communication
- Independent learning
- Student participation

Student wellbeing is considered when deciding on actions to progress these areas. It is hoped that the actions that are undertaken as part of SSE assist students in realising their potential and coping with the normal stresses of school life.

8. TL21 and Wellbeing

Teaching and Learning for the 21st Century is a collaborative programme amongst local schools that our school has been a part of since 2015. All actions undertaken by the TL21 committees within the school had links to student wellbeing. The 2021 - 2023 team undertook an initiative to promote and reward positive behaviour within the school by giving positive notes in students' journals and sending positive postcards home to acknowledge excellent efforts from students.

9. Staff Wellbeing

Meánscoil Iognáid Rís is strongly aware of the importance of wellbeing not only for students but also for school staff. Staff wellbeing is highlighted during staff meetings and staff wellbeing initiatives are organised when possible.

In light of feedback from staff surveys a wellbeing board was established specifically for teaching and auxiliary staff. This board is used to organise and highlight many events and activities which have been organised by members of staff. These events include social, physical, spiritual and health related activities.