

Self – Evaluation Report and School Improvement Plan

Area of Focus: Wellbeing

Student wellbeing is present when students realise their abilities, take care of their physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community. Junior Cycle Wellbeing Guidelines

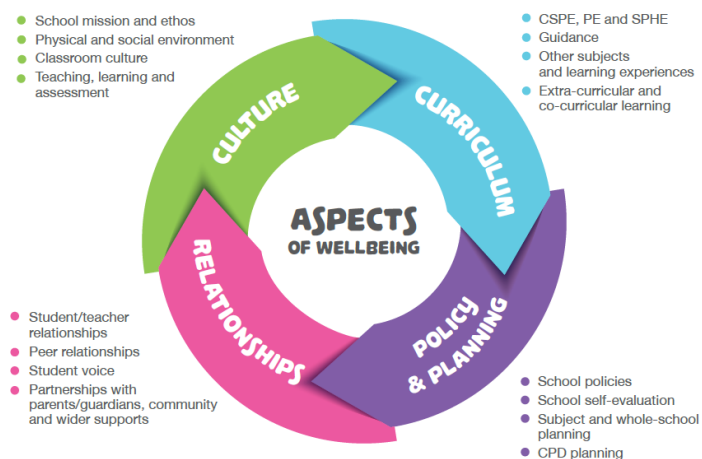
Introduction:

In Scoil Mhuire we identify and appreciate that schools have a central role to play in supporting and promoting students' learning about wellbeing and for wellbeing. This is reflected in our school mission statement "To foster the holistic development of each student in a supportive learning environment enabling all to live fulfilling lives". It is also indicated through our five core values as a Ceist School of Promoting Spiritual and Human Development, Achieving Quality in Teaching and Learning, Showing Respect for Every Person, Creating Community and Being Just and Responsible. Further to this, Scoil Mhuire believes in the importance of engaging in a reflective process of an internal school review in order to adapt and drive change to improve outcomes for learners. Following the introduction of Wellbeing into the Framework for Junior Cycle 2015, we as a school began to reflect on role and thus the SSE focus 2017/2018 emerged.

Review of current provision in the school as the basis for the

Gathering of Information

- We Investigated the four aspects of Wellbeing in schools



Our Investigation on the four aspects of wellbeing in Scoil Mhuire			
Culture	Curriculum	Relationships	Policy & Planning
Reflection on School Mission statement and CEIST core values Discussion on Teaching & Learning within Looking at our school 2016 document	Audit of what wellbeing initiatives have been established in the school prior to SSE Focus	Survey on Student Wellbeing was issued to students and parents	Whole School CPD Wellbeing Day Survey on CPD wellbeing response Data (facilitated through JCT) Reflecting on both the Framework for Junior Cycle 2015 and the Wellbeing Guidelines for Junior Cycle

Findings:

We found that that our school has strengths in the following areas, this was collated at staff working groups and student and parent survey.

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|---|---|
| <ul style="list-style-type: none"> ○ CSPE ○ SPHE ○ PE ○ Developing a health promoting school ○ Happy Week ○ Sports Day ○ Camogie ○ Football ○ Basketball ○ Athletics ○ Walking Club ○ Musicals ○ Choral society ○ Recognised Health Promoting School by the HSE | <ul style="list-style-type: none"> ○ Liturgical Celebrations ○ Irish Trad Group ○ Personal Development Days ○ Access to Guidance Councillor ○ Access to personal Counselling by trained Counsellor – Ms. Suzanne Lightbourne ○ Class Outings & School Tours ○ Games Room ○ TY Buddy Initiative ○ Year Head/ Tutor System ○ Class Prefect and Student Councillor |
|---|---|

This is what we are going to focus on to improve our practice further:

- Wellbeing introduced into the Post Structure
- Formation of Wellbeing Committee
- Students are benefiting from wellbeing initiatives

- To incorporate 400 hours of Wellbeing for Junior Cycle Students by 2020
- To integrate Health Promoting Schools into the DES Wellbeing Promotion Process
- To implement Restorative Practice

Our Improvement Plan 2016 – 2020

SSE Co-ordinator: Ms Síle Minogue

Implementation Year – 2018/2019

Targets:

- Co Ordinator for Wellbeing appointed
- Wellbeing Committee set up
- Students are benefiting from wellbeing initiatives
- Restorative practice training
- Restorative Practice – Core Group

Actions

- Ms. Olivia O’ Dowd appointed as Wellbeing Co Ordinator - AP2 position
- Wellbeing Committee Members
 - *Ms. Olivia O’ Dowd*
 - *Ms. Elizabeth Collins*
 - *Ms. Marjorie Ahern*
 - *Ms. Patricia Dooley*
 - *Ms. Síle Minogue*
- Restorative Practice training facilitated by PDST Sr Liz Smith
- Restorative Practice Core group to be established
 - Ms Seosaimhín Uí Dhomhnaill
 - *Ms. Olivia O’ Dowd*
 - *Ms. Elizabeth Collins*
 - *Ms. Marjorie Ahern*
 - *Ms Anne Butler*
 - *Ms Mary McGlennon*
- Wellbeing initiatives revisited and ideas for improvement identified
 - Happy week to be continued
 - Mind your mind slogan to be introduced
 - Pocket Pebbles (worry pebbles)
 - Wheel of warmth
 - Dance
 - Sports Day

Consolidation Year – 2019/2020

Target:

- Engage in Restorative Practice on a whole school basis
- Implement DES Wellbeing Promotion Process by 2023
- Prepare Appendix I's in conjunction with Junior Cycle Wellbeing Planning

Action:

- Teachers use the PDST restorative questioning to address harm technique
 - What happened?
 - What were you thinking at the time?
 - What have you thought about it since?
 - Who has been affected and in what way?
 - How could things have been done differently?
 - What do you think needs to happen next?
- Ms. Olivia O'Dowd to chair wellbeing meetings throughout year to start implementing Wellbeing Promotion Process
- Empower and enable teachers to prepare Appendix I's in subject area's relevant namely, CSPE, SPHE, PE, Choir, Wellbeing, and Guidance.

Monitoring:

1. Principal
2. Working Groups / Whole Staff
3. SSE Coordinator
4. Wellbeing Coordinator & Committee

Evaluation

Evaluation Tool	Evaluation
<ul style="list-style-type: none"> • New wellbeing initiatives added 	<i>Students actively engaged in events organised – virtual events organised during Covid 19 Pandemic</i>
<ul style="list-style-type: none"> • Appendix I's 	<i>Teachers are engaging in preparing Appendix I's</i>

Necessary Adjustments

Targets for 2020/2021	Achieved:			Date:
• Appendix I's completed	Yes		No	
• Restorative Practice techniques used	Yes		No	
• Wellbeing throughout Covid 19	Yes		No	