



Wellbeing Action Plan 2023/2024

| Key Theme & Code of Behaviour Focus | Every class Individual teachers | Whole School Wellbeing Committee | Partnerships with Parents HSCL & SCP | Staff Wellbeing Wellbeing Committee | Links with Ethos; Behaviour Policy & Anti-Bullying Policy, DEIS plan; SPHE Individual teachers |
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| <p>September</p> <p>KEY THEME: KINDNESS</p> <p>SCHOOL RULE FOCUS: BE KIND</p> | <p>Mindful Monday- Whole school positive affirmation shared by teacher class each Monday Morning & positive affirmation shared with class teachers by Wellbeing Committee</p> <p>Wellbeing Wednesday- A 5-10-minute activity done with the class at any stage of the day a</p> <p>Sept. focus – Kindness:</p> | <p>Assembly: Plan shared with staff Random Acts of Kindness read out at assembly - classes share short poem/song based on key theme of kindness</p> <p>Wellbeing Notice Board: Kindness Wall will encompass key kindness messages, quotes and keywords.</p> | <p>Coffee morning to express kindness</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> | <p>Links with Ethos:</p> <p>We provide opportunities for pupils to use their gifts for the common good and are committed to work for a more just and caring society</p> <p>Link with Behaviour Policy & Anti-Bullying Policy:</p> <p>Involve the Pupil Voice Committee in contributing to developing a school environment where wellbeing is central to school life and bullying is not tolerated.</p> |

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| | <p>5-10-minute reflection and discussion around kindness. Encourage random acts of kindness and discuss importance of kindness</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>All classes invited to contribute random acts of kindness.</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities</p> | | | <p>Links with DEIS Plan: Involve pupils in the implementation and monitoring of the wellbeing actions including a Wellbeing presentation to classes by pupils Pupil Voice Committee</p> <p>Link with SPHE Plan: Year 1 – Myself / Self-Identify</p> |
| <p>October</p> <p>KEY THEME: HAPPINESS</p> <p>SCHOOL RULE FOCUS: BE KIND</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10 minute activity done with the class at any stage of the day.</p> <p>Oct. focus – Happiness: A 5-10-minute reflection and discussion around happiness. What makes us happy? What it feels like to be happy.... How can we create a happy classroom and school?</p> <p>Fun Friday- 11 just before 11! **</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: Happy Wall- All classes are invited to contribute with art work/ poems/ pieces of writing about what makes them happy.</p> <p>Monthly Activity What'sUp @Attractas' 6th class termly magazine- reflecting on key wellbeing activities</p> | <p>Ag Súgradh le Chéile - Expressing happiness based play based approaches</p> | <p>Tea in Durkins Date - 27th October</p> <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> | <p>Link with Behaviour Policy & Anti-Bullying Policy:</p> <ul style="list-style-type: none"> • Model respectful behaviour to all members of the school community at all times. • Explicitly teach pupils what respectful language and respectful behaviour looks like, acts like, sounds like and feels like in class and around the school. • Display key respect messages in classrooms, in assembly areas and around the school. Involve pupils in the development of these messages. • Catch them being good - notice and acknowledge |

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| | Movement Breaks: In classrooms | | | | <p>desired respectful behaviour by providing positive attention.</p> <ul style="list-style-type: none"> Consistently tackle the use of discriminatory and derogatory language in the school – this includes homophobic and racist language and language that is belittling of pupils with a disability or SEN. Give constructive feedback to pupils when respectful behaviour and respectful language are absent. <p>Link with SPHE Plan: Myself / Self-Identify</p> |
| <p>November</p> <p>KEY THEME: RESPECT</p> <p>SCHOOL RULE FOCUS: BE KIND</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10-minute activity done with the class at any stage of the day.</p> <p>November Focus: Respect</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: Respect Wall- to display key messages and images to reflect respectful behaviours and actions</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting</p> | Parent Teacher Meetings | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Cakes in staffroom on last Friday of month- Staff bake off!!</p> | <p>Link with Ethos: Respectful of all religions, cultures and beliefs. ‘to nurture the faith of Catholic pupils in a manner that is welcoming to and inclusive of the presence in that Catholic school, of pupils committed to other religious traditions, or none.’</p> <p>Link with DEIS plan: The theme of respect underpins all DEIS themes in developing positive relationships with the students, school staff, parents and the wider</p> |

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| | <p>A 5-10-minute reflection and discussion respect. What does respect look like/feel like? The importance of having respect for ourselves, friends and the wider school community. Respect for our belongings and the belongings of others.</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>on key wellbeing activities in line with key theme</p> | | <p>Weekly wellbeing quote</p> | <p>school community. This is facilitated through providing opportunities for the student voice to be heard and valued, opportunities for pupil involvement, leadership and empowerment. Communication with parents in building partnerships is fostered and encouraged.</p> <p>Link with SPHE Plan Year 1 – Myself & Others – My Friends & Other People</p> |
| <p>December</p> <p>KEY THEME: FRIENDSHIP</p> <p>SCHOOL RULE FOCUS: BE TIDY</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10 minute activity done with the class at any stage of the day. December Focus: Friendship</p> <ul style="list-style-type: none"> A 5-10 minute reflection and discussion around friendship. Discuss the importance of friendship, what it | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: Friendship-Friendship wall incorporating key words, affirmations and artwork. All classes invited to contribute.</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities</p> | <p>Literacy for Fun</p> <p>Class Christmas Drama / Music</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> <p>Christmas night out!</p> | <p>Link with SPHE Plan Year 1 – Myself & Others – My Friends & Other People</p> |

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| | <p>means to be a good friend. Celebrate friendship week</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | | | | |
| <p>January</p> <p>KEY THEME: FAMILIES ARE IMPORTANT</p> <p>SCHOOL RULE FOCUS: DO MY BEST</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10 minute activity done with the class at any stage of the day. January Focus: Families are Important A 5-10 minute reflection and discussion around family. Discuss the importance of families, various family units, connection, remember those with us and all those who have passed</p> <p>Fun Friday- 11 just before 11! **</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: Develop a family wall. All classes invited to contribute.</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | <p>Bilingual Shared Reading</p> <p>Grandparents' Day</p> <p>Irish Class for Parents</p> | <p>Staff walk @3pm 25th January 2024</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> | <p>Links with DEIS Plan & School Ethos: Grandparents' Day / Catholic Schools Week</p> <p>Link with SPHE Plan Year 1 – Myself & Others – My Friends & Other People</p> |

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| | Movement Breaks: In classrooms | | | | |
| <p>February</p> <p>KEY THEME: GRATITUDE</p> <p>SCHOOL RULE FOCUS: DO MY BEST</p> <p>Wellbeing Week 12th February- 16th February 2024</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10 minute activity done with the class at any stage of the day. February Focus: Gratitude A 5-10 minute reflection and discussion around gratitude and instilling an understanding an appreciation for the ‘small’ things in our lives</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>Assembly: Plan share with staff</p> <p>Wellbeing Notice Board: Gratitude Wall. All classes welcome to contribute.</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | <p>Art and crafts day to promote love and gratitude</p> <p>Internet Safety Talk for Parents/ Guardians</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> <p>Gratitude Board in staff room</p> | <p>Links with DEIS Plan:</p> <p>Involve pupils in the implementation and monitoring of the wellbeing actions. Wellbeing presentation to classes by the Pupil Voice Committee</p> <p>Links with School Ethos:</p> <p>We provide a welcoming and inclusive community that is respectful and tolerant of all religious traditions and beliefs. Gratitude for our diverse, multi-cultural context.</p> |
| <p>March</p> <p>KEY THEME: POSITIVITY _ LANGUAGE & ACTIONS</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: Positivity Wall- key positivity messages, quotes and</p> | <p>Maths for Fun</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> | <p>Link with Behaviour Policy & Anti-Bullying Policy:</p> <ul style="list-style-type: none"> • Model respectful behaviour to all members of the school community at all times. |

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| <p>SCHOOL RULE FOCUS: DO MY BEST</p> | <p>Wellbeing Wednesday- A 5-10-minute activity done with the class at any stage of the day.</p> <p>March Focus: Positivity-Language and Actions! A 5-10-minute reflection and discussion around positivity. What positive words can we use? What are positive actions? Model and encouragement of positivity through language and actions.</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>keywords. All classes invited to contribute.</p> <p>Monthly Activity What's Up @ Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | | <p>Weekly wellbeing quote</p> <p>Easter Holidays night out!</p> | <ul style="list-style-type: none"> • Explicitly teach pupils what respectful language and behaviour looks like, acts like, sounds like and feels like. • Display key respect messages in classrooms, in assembly areas and around the school. Involve pupils in the development of these messages. • Catch them being good - notice and acknowledge desired respectful behaviour by providing positive attention. • Consistently tackle the use of discriminatory and derogatory language in the school • Give constructive feedback to pupils when respectful behaviour and language are absent. |
| <p>April</p> <p>KEY THEME: GROWTH MINDSET</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board will encompass key messages and images to reflect growth mindset.</p> | | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> | <p>Link with Ethos: Fostering the gospel values. The educational vision which flows from these values is one which promotes the dignity, self-esteem and full development of each pupil as a human person. This theme focuses</p> |

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| <p>SCHOOL RULE FOCUS: BE SAFE & HEALTHY</p> | <p>Wellbeing Wednesday- A 5-10 minute activity done with the class at any stage of the day.</p> <p>April Focus: Growth Mindset A 5-10 minute discussion about the growth mindset and how we might adapt our mindset in the interest of self-care, achieving goals and setting direction.</p> <p>Fun Friday-11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | | <p>Weekly wellbeing quote</p> <p>Croagh Patrick Staff Climb</p> | <p>on the holistic development of each child.</p> <p>Link with DEIS plan: The theme of 'Growth Mindset' encompasses the DEIS theme and the commitment to staff and student wellbeing through developing an understanding of the growth mindset and teaching children the main strategies to promote a 'growth mindset' within their own lives.</p> <p>Link with SPHE Plan Year 1 Myself / Safety & Protection</p> |
| <p>May</p> <p>KEY THEME: JOY</p> <p>SCHOOL RULE FOCUS: BE SAFE & HEALTHY</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10-minute activity done</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: The 'Joyful' wall will encompass key pictures and words which represent joy in our school.</p> | <p>Multicultural Day</p> <p>Link to World Day for Cultural Diversity for Dialogue and Development.</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> | <p>Link with Ethos: Link with May, the month of Mary. The May Altar representing joy, growth and prosperity.</p> <p>Link with DEIS plan: The theme of joy underpins all DEIS themes in developing a positive and joyful school culture and climate where all children and welcomed and</p> |

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| | <p>with the class at any stage of the day. May Focus: Joy A 5-10 minute discussion about Joy. What brings us joy? What does joy look like? What can we do to make our classroom, school and lives joyful?</p> <p>Fun Friday- 11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | | | <p>their skills and qualities valued and fostered.</p> <p>Link with Behaviour Policy & Anti Bullying Policy: Joy reflects one of the key messages underpinning the Behaviour & Anti Bullying Policies in that everyone has the right to a joyful, safe and secure learning environment where their voices are valued and heard.</p> <p>Link with SPHE Plan Year 1 Myself / Safety & Protection</p> |
| <p>June</p> <p>KEY THEME: REFLECTION</p> <p>SCHOOL RULE FOCUS: BE SAFE & HEALTHY</p> | <p>Mindful Monday- Whole school positive affirmation shared with class each Monday Morning (positive affirmation shared with class teachers every Monday morning)</p> <p>Wellbeing Wednesday- A 5-10-minute activity done with the class at any stage of the day.</p> <p>June Focus: Reflection A 5-10-minute discussion about the academic year. Reflecting all that was successful, learned, friendships that were made and positive experiences shared.</p> | <p>Assembly: Plan shared with staff</p> <p>Wellbeing Notice Board: 'Let's Reflect' Wall to encompass key pictures and words which represent the holistic development of each class group throughout the academic year.</p> <p>Monthly Activity What's Up @Attractas' 6th class termly magazine- reflecting on key wellbeing activities in line with key theme</p> | <p>6th Class Graduation</p> | <p>Staff walk @3pm Date TBC</p> <p>Monday morning tea @9am to start week on positive note!</p> <p>Weekly wellbeing quote</p> <p>Summer night out!</p> | <p>Link with Ethos: Reflection is a key theme within the Grow in Love programme and will be weaved throughout all curricular areas this month</p> <p>Link with DEIS plan: Review & Reflection on key achievements across all DEIS themes</p> <p>Link with Behaviour Policy & Anti Bullying Policy: Reflecting on positive relationships, behaviours and our school climate and culture which acts in a preventative and proactive approach in the prevention of negative behaviours including bullying.</p> |

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| | <p>Fun Friday-11 just before 11! **</p> <p>Movement Breaks: In classrooms</p> | | | | |
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Note:

All wellbeing themes linked with the SPHE two-year plan is in place. The SPHE programmes to be followed are:

- **The Stay Safe Programme:** The Stay Safe Programme aims to teach children about the importance of telling
- **The Walk Tall Programme:** The Walk Tall Programme aims to give primary school children the confidence, skills and knowledge to, make healthy choices.
- **The Relationships and Sexuality Education Programme:** The Relationships and Sexuality Education Programme aims to enable the child to feel confident and comfortable with his/her sexuality and that of others.