



SUMMARY OF OUR SELF-EVALUATION REPORT AND IMPROVEMENT PLAN June 2023

We undertook a teaching and learning evaluation of wellbeing in our school during the period April 2021 to June 2023.

We evaluated our progress using teacher professional dialogue, teaching observation and pupil assessment as our source of evidence under the following four areas from the wellbeing Policy Statement and Framework for Practice for wellbeing promotion:

- culture and environment
- curriculum (teaching and learning)
- policy and planning
- relationships and partnerships

This is what we did to find out what we were doing well, and what we could do better:

- In general, the pupils' knowledge and skills about wellbeing and for wellbeing are at a good standard in accordance with the objective, skills and concepts of the GMGY and SPHE Curriculums as observed by teachers in classes. However, on return from school closures as a result of the Covid 19 pandemic, teachers identified increased levels of anxiety and reduced levels of resilience and in some cases, social competence.
- Pupils demonstrate high levels of interest and participate in learning during GMGY and SPHE lessons.

Wellbeing was selected as our focus area.

Our aims are:

- Explicit teaching of coping skills at all class levels
- Increase pupil's confidence and positivity about self
- Explicit teaching of core values through weekly SPHE and GMGY lessons
- Incorporate wellbeing across all curriculum areas, starting with PE and the Arts.
- Create a draft of our school wellbeing policy by end of 2023-2024 school year.

2023-2024 Targets

1. Apply for PDST support for PE
2. Create a school Active Walkway.
3. Add wellbeing to the agenda of all our Croke park meetings
4. Set-up Student Council
5. Set-up ICT committee
6. Draft wellbeing policy with contributions of staff, pupils and parents

This year our main achievements on the above targets are:

Integration of core values within monthly whole school assemblies
Use of non-uniform days to explore themes relating to school core values

- World Habitat day
- World Braille day
- World Earth day
- World Refugee day

10-week session completed on the wellbeing programme for 2022-2023 focusing on building positive relationships, developing emotional intelligence, teaching, and reinforcing coping strategies.

New strategies below have been implemented and are frequently revised in class as needed:

- Talking about problems
- Pupils can identify feelings
- Senior pupils identify the importance of positive relationships (respect, empathy, win win, forgiveness)
- Mindfulness and chair yoga
- Expressing gratitude
- Recognising and appreciating character strengths.

This is what you can do to help:

At home, parents can discuss the wellbeing activities in the wellbeing workbook with their children when the pupils are completing their wellbeing programme.

Parents can help by reminding pupils of the coping strategies the pupils have learned at school to help their children should challenging situations occur at home.

2022 – 2023 Strategies and Lessons to Develop Emotional and Coping Skills

Wellbeing Programme	Stage 1	Stage 2	Stage 3	Stage 4
Year A Learning Experiences / Activities	Welcome to Wellbeing – Good to be me with Mo & Ko! 1. I can be my Best Self 2. I can name my feelings 3. I can name more feelings 4. I can tame my feelings 5. Sprinkle Kindness 6. I'm ready to relax 7. It's OK to feel worried 8. Today I'm Thankful 9. My Friends have Feelings 10. It's Good to be Us	Weaving Wellbeing – Character Strengths Workbook <ul style="list-style-type: none"> ● Language of Wellbeing ● Understanding Strengths ● Using Strengths ● Identifying Own Strengths ● Strength Spotting 	Weaving Wellbeing – Positive Emotions Workbook <ul style="list-style-type: none"> ● Expressing Gratitude ● Flow Experiences ● Random Acts of Kindness ● Rainbow Moments ● Healthy Body, Healthy Mind 	Weaving Wellbeing – Positive Relationships Workbook <ul style="list-style-type: none"> ● Forgiveness ● Active Listening ● Looking for Win-Wins ● Empathy ● Respect