



Coláiste Cois Life

Gleann an Ghrífin, Leamhcán

Wellbeing Policy

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School Mission Statement

Is Gaelcholáiste ilchreidmheach é Coláiste Cois Life ina spreagtar barr feabhais san oideachas i dtimpeallacht foghlama dearfach. Tá an Ghaeilge agus cultúr na hÉireann mar chroílár an Choláiste. Cothaítear forbairt iomlánaíoch na scoláirí don saol amach rompu trí bhéim a chur ar chúram, pobal, meas agus comhionannas.

Rationale

Our aim is to support the **holistic development of all students**, preparing them for life beyond school by promoting care, community, respect, equality, and cultural engagement.

Coláiste Cois Life and its wider community is committed to:

- Provide a broad and balanced curriculum that meets the needs of all students.
- Encourage students to achieve their academic and personal potential through high-quality teaching through the medium of Irish.
- Promote a culture of respect, understanding, and inclusivity.
- Offer curricular and extra-curricular opportunities that support physical, emotional, social, and intellectual growth.
- Maintain a safe, supportive, and well-resourced learning environment.
- Support the professional and personal development of staff.
- Work collaboratively with parents, guardians, students, and the wider community to enrich school life and create a respectful rapport between all individuals.
- Foster lifelong learning, active citizenship, and cultural engagement among students.

Definition of wellbeing

Wellbeing at Coláiste Cois Life is a **holistic concept** underpinning all aspects of school life. It supports the **physical, emotional, social, and intellectual development** of students and staff and provides the foundation for effective learning and positive life outcomes.

According to the Department of Education (2018), wellbeing is present when an individual:

- Recognises their potential.
- Demonstrates resilience in responding to challenges.
- Takes responsibility for their physical and mental health.
- Experiences a sense of connection, belonging, and inclusion within their community.

The framework for Junior Cycle (2015) provides for a relatively new area of learning at Junior Cycle called Wellbeing. Wellbeing will cross the three years of Junior Cycle and build on substantial work already taking place in schools in support of students' wellbeing. This area of learning will make the school's culture and ethos and commitment to wellbeing visible to students. It will include learning opportunities to enhance the physical, mental, emotional and social wellbeing of students.

Policy Aims

At Coláiste Cois Life, the wellbeing of our students, staff, management and school community is paramount. This policy aims to:

1. Embed wellbeing as a **core element of school life** at Coláiste Cois Life.
2. Plan and develop a coherent Wellbeing programme that builds on the understandings, practices and curricula for wellbeing already existing in schools.
3. Ensure that all students feel valued, supported, and respected.
4. Provide structures and programmes that enhance the wellbeing of both students and staff.
5. Foster a positive school culture where **Irish language, learning, inclusivity, and ETB core values** are central.
6. Equip students with the skills and confidence to become resilient, responsible, and active members of society.
7. Promote staff wellbeing to ensure a motivated, supported, and flourishing school community.
8. To ensure that respectful and caring relationships are fostered between staff and students, students and students, and staff and parents.
9. To recognise the relationship between positive experiences of school life, student achievement and long-term wellbeing.
10. To outline the ways in which the expertise of the staff and outside agencies are engaged to support.
11. To encourage all staff to contribute to promoting a caring and inclusive environment within the school that is supportive of school wellbeing.
12. To protect and enhance student self-worth whilst offering students a chance to understand themselves better.

Wellbeing Promotion at Coláiste Cois Life

Coláiste Cois Life promotes wellbeing through a **whole-school approach**, informed by national frameworks, ETB values, and our Gaelcholáiste ethos.

This approach focuses on four key areas:

1. Culture and Environment

- Nurturing a positive, inclusive, and respectful school climate.
- Ensuring students feel safe, valued, and connected to the school community.
- There are allocated spaces for students to congregate socially with peers.
- Encouraging student voice and leadership through the **Student Council**, **Wellbeing Ambassadors**, and **mentoring** programmes.
- Celebrating diversity and inclusivity, including **Stand Up Week** to recognise and celebrate the LGBTQI+ community and its members.
- The school grounds is accessible for all students.
- Students and staff take pride and care in maintaining a clean, healthy and attractive physical environment of the school.
- Encouragement of social engagement through the promotion of extra-curricular and lunch-time activities such as soccer, hurling, football, board games.

2. Curriculum (Teaching and Learning)

- Providing a curriculum that promotes physical, social, and emotional wellbeing, including SPHE, PE, CSPE, Wellbeing classes, and work experience for 4th-year students.
- Embedding wellbeing themes across all subjects, developing resilience, life skills, and cultural awareness.
- Delivering high-quality teaching primarily through **Irish**, strengthening cultural identity and engagement with the Gaelcholáiste ethos.
- A safe and respectful rapport shared between students and staff.
- All subject departments follow a mutual scheme of work so that all students are taught the same content throughout.
- Students are encouraged to actively engage in their learning so that they can take ownership of their learning and enjoy being at school.
- Students receive regular formative and summative feedback about their learning and progress. This happens in the classroom, online assignments, verbal feedback, written reports on Vsware and at parent teacher meetings.
- Teachers use active methodologies to develop key skills in their subjects.
- Learning support is provided to students that require it.
- Teaching and learning is differentiated so as to appropriately challenge all students so that they may reach their full potential.
- A culture of collaboration and cooperation is promoted through day to day teaching (team teaching), learning and assessment practices.
- Emphasis is placed on the integration of ICT into teaching and learning in the school, each student has access to an Ipad.
- Team teaching for SEN support is also in place where appropriate.
- SNAs are integrated into classes with students that require additional help.
- Collaboration and sharing of teaching methodologies through staff meetings and training days.

3. Policy and Planning

- Integrating wellbeing into all school policies, including:
 - Anti-Bullying Policy
 - Code of Behaviour
 - Child Protection Policy
 - Critical Incident Plan
 - Whole-School Guidance Plan
 - RSE policy
- Ensuring policies reflect DDLETB values of **respect, excellence, community, care, and equality**.

4. Relationships and Partnerships

- Promoting positive relationships among students, staff, and the wider community.
- Collaborating with parents, guardians, support services, and external agencies to provide additional supports.
- Facilitating mentorship programmes, including **6th-year to 1st-year student mentoring** and a **staff mentorship programme**, to build connection, guidance, and care.
- Supporting extra-curricular engagement, such as **sports teams, musicals, cultural events, and wellbeing initiatives**, to foster community and personal growth.

Provision Mapping

Coláiste Cois Life uses Provision Mapping to identify and support students with varying needs:

- **Support for All:** Whole-school initiatives promoting general wellbeing.
- **Support for Some:** Targeted interventions for students experiencing difficulties.
- **Support for a Few:** Intensive support, including individualised plans and referrals to external services.

This ensures every student receives the support they need to thrive academically, socially, and emotionally.

Protective Factors Supporting Wellbeing

- Strong teacher-student relationships.
- A welcoming, safe, and inclusive environment.
- Active student participation in school life and leadership roles.

- Clear classroom management and teaching strategies that promote engagement.
- Regular wellbeing initiatives, including **Wellbeing Week, Stand Up Week, sports activities, musicals, and cultural events.**
- Access to support services, including guidance counselling, school counselling and peer mentoring.

Junior Cycle Wellbeing Framework

The **Junior Cycle Wellbeing Framework** guides our approach, using six indicators: **Active, Responsible, Connected, Resilient, Respected, and Aware.** Students are encouraged to engage with these indicators through school programmes, assemblies, classroom activities, and **Wellbeing for Learning posters**, which visually reinforce the framework.

Examples of Activities Supporting Wellbeing in Coláiste Cois Life

Wellbeing Indicator	Description	Initiatives at Coláiste Cois Life
Active	Being physically active throughout the process of staying well. Engaging in physical activity so as to promote physical health and wellbeing.	Sports Day PE classes Bonding Walks Musicals Extra-curricular activities Sensory room
Responsible	Individuals must accept responsibility for their own choices and make wise and ethical decisions so as to promote their own wellbeing and that of others.	Tutor Time SPHE classes Work Experience Study Skills workshops Goal setting sessions Classroom responsibilities After school study Homework club Parent teacher meetings
Connected	Development of one's ability to connect with others and comprehend that the actions and interactions of one person will impact their wellbeing and the wellbeing of others.	1st-year mentorship programme Student Council Wellbeing ambassadors Fundraising events Paired reading Student awards Graduation (4th yr and 6th yr) Work experience
Resilient	The ability to understand the challenges of everyday life and build on their capacity to face these challenges.	Wellbeing Week Drama Stand Up Week Guidance support Student Support Team

Wellbeing Indicator	Description	Initiatives at Coláiste Cois Life
Respected	<p>Feeling respected, listened to and valued are key aspects of wellbeing. Positive, respectful relationships are central to maintaining wellbeing. Learning how to create and maintain respectful relationships with fellow students, staff and the school community.</p>	<p>Information talks Anti-bullying initiatives Internet safety Celebrating student achievements School social media</p>
Aware	<p>Self-awareness is important for wellbeing, being able to make sense of thoughts, feelings and behaviours and the impact they have on themselves and those around them. Self awareness also helps students become conscious of their personal values and personal limitations.</p>	<p>SPHE/RSE classes CSPE Careers guidance Environmental projects School outings College awareness week Careers fair Higher Options</p>

Staff wellbeing at Coláiste Cois Life

- The school has a staff social committee which organises events periodically throughout the year to celebrate events such as weddings, milestone birthdays and staff members developing their families. This helps enhance personal relationships between members of staff.
- The principal operates an open door policy.
- Events such as International Women’s day, International teacher’s day and SNA appreciation day are celebrated amongst staff.
- The staff room is well equipped and provides a safe area for staff breaks. Access for students to the staffroom is limited during break times so as to allow staff members to fully relax .
- Staff members are encouraged and supported to take on new roles, gain further qualifications or attend relevant CPD courses.
- At Board of Management meetings, the principal’s report keeps the Board informed of the work of staff. This is formally affirmed at staff gatherings.
- The Principal and management respects the professional commitment of each staff member and both are understanding of the complex pressures which may come to bear on all members of staff from time to time and respond with compassion.

- At Coláiste Cois Life, we promote a culture of collaborative collegiality. This is achieved through regular subject department meetings, whole staff meetings, staff planning committees and an online network of resources on Microsoft teams as well as informal conversations and peer observations.
- Coláiste Cois Life is a Droichead school which enables NQTs to develop their learning.
- The whole school email system ensures all staff are aware of important events and opportunities. Staff are not obligated to respond to any emails outside the hours of 8am – 6pm on weekdays so as to aid one’s work-life balance.
- Staff evaluation is received annually and individual feedback meetings with the Principal are held annually. In these meetings, staff discuss subject preferences for the following academic year.