

Website Summary of School Self-Evaluation **Wellbeing**

CBS Kilkenny, 61550G

May 2018



1. Introduction

This School Self-Evaluation (SSE) plan in WELLBEING is the fourth of its kind in a series of self-evaluation projects within CBS Kilkenny. Summaries of these and future plans are published on the school website, www.cbskilkenny.ie.

Summary of targets:

- To increase the % of students that say they always have positive relationships with their teachers.
- To increase the % of students who always feel listened to and valued in school.
- To increase the number of students who feel that they always know where to go for help in school and outside of school
- To further awareness around internet safety and how best to protect oneself online

SIP Plan: Wellbeing 2018-2021, CBS Kilkenny

SIP for Wellbeing: September 2018 to May 2021 Themes: School Culture, Student Resilience	
Summary of Main Strengths Student Consultation & Survey Based on the six indicators of Wellbeing	<ul style="list-style-type: none"> • 3% answered: I always know when I am at risk online • 73% answered: I always take action to protect myself online • 67% answered: I always take action to protect my physical safety • 69% answered: I always enjoy my PE class • 72% answered: I am always physically active outside of school • 75% answered: I always have positive relationships with my friends and my peers • 71% answered: I always show care and respect for others • 62% answered: I feel safe and supported in my school • 76% answered: I always feel safe and supported amongst my friends • 71% answered: I always understand that my behaviours and interactions affect myself and others • 64% answered: I am always aware of how my thoughts and feelings affect my wellbeing • 61% answered: I am always aware of how I learn best and know how I can improve • 62% answered: I always know where I can go for help in school • 80% answered: I always believe that with effort I can achieve highly in school and in other areas of my life
Areas Prioritised for Improvement	<ul style="list-style-type: none"> • An increase in the number of students who say that they always have positive relationships with their teachers • An increase in the number of students who always feel listened to and valued in school • An increase in the number of students who feel that they always know where to go for help in school and outside of school. • An increase in awareness around internet safety and how best to protect from risk online. 73% of students indicate that they always know when they are at risk online. However, the SIP committee feels that the ever-changing nature of online material and online safety necessitates regular education and awareness initiatives in this area
ACTIONS TO SUPPORT IMPLEMENTATION OF SIP School Management	<ul style="list-style-type: none"> • Increased tutor contact time within junior groups with an emphasis on acknowledging positive behaviour • Provision of Wellbeing Workshop for staff • To support the provision of all workshops and other activities organised for Wellbeing Week • To facilitate opportunities for regular SIP meetings • To support the provision of online safety workshops, resilience-building initiatives and all activities which are designed to achieve SIP Wellbeing targets • To facilitate ongoing CPD in the Wellbeing area and in-house in-service in Wellbeing • To support the provision of a <i>Path to Support</i> class (designated class to inform students on where they can seek help in school) • To drive and support Wellbeing on a school wide level

SIP Plan: Wellbeing 2018-2021, CBS Kilkenny

Year Heads	<ul style="list-style-type: none">• To seek every opportunity to reinforce and acknowledge student achievement and positive behaviour within their year group• To support and promote all aspects of SIP Wellbeing targets and initiatives within their year group• Support the implementation of this plan, to disseminate information to Subject Departments, collaborate regularly, to monitor progress and to reiterate practices until embedded.
-------------------	---

We would appreciate your help, as a parent, in encouraging your child to engage fully with all of the wellbeing initiatives run in the school.

SIP Group	<ul style="list-style-type: none">• To organise initiatives and activities to support the attainment of SIP Wellbeing targets (eg. Wellbeing Week, Activity for All (1st Year, Week 1-9), <i>Path to Support</i> class (Where can I seek help in school?), Resilience Workshop, Online Safety Workshop, My Community Awareness Initiative (What clubs, societies can I join in my community? Where can I seek help in my community? Where can I volunteer in my community? Where can I learn new skills in my community?), R.A.K (Random Acts of Kindness) initiatives, Maintenance of Wellbeing notice board, Activities to help enhance staff Wellbeing)
Teachers	<ul style="list-style-type: none">• As many teachers as possible to avail of CPD/In-service in the Wellbeing area• To support the provision of a <i>Path to Support</i> class (designated class to inform students on where they can seek help in school)• To support all SIP Wellbeing initiatives and actions and to help embed a positive Wellbeing culture in all areas of school life• Tutors to seek frequent opportunity to reinforce and acknowledge achievement and positive behaviour within their tutor groups• Each teacher to be aware that they may be the <i>One Good Adult</i> in a student's life and to follow best professional practice and Child Protection Guidelines if approached by a student with an issue of concern.
Subject Departments	<ul style="list-style-type: none">• All subject departments to complete a reflection sheet on Wellbeing and to include a Wellbeing section in their department plan (referencing the six Wellbeing Indicators)• To support all activities and initiatives organised by the SIP Wellbeing committee and to seek opportunities to link the Wellbeing Indicators with the subject matter of their classes.• Teachers of Wellbeing to maintain and update the Wellbeing notice board
Students	<ul style="list-style-type: none">• Incoming <i>Cairdeas</i> group to engage with Resilience training so as to enhance their ability to help 1st year students in their transition to second-level.• To engage to the best of their ability with the subject matter and content of their Wellbeing classes• To engage to the best of their ability with all Wellbeing activities and initiatives organised during the school year
Parents	<ul style="list-style-type: none">• To support the provision of all aspects of the school Wellbeing programme• To familiarise themselves with the Wellbeing material covered in junior cycle classes• To monitor their sons' general wellbeing and to provide them with the opportunities outside of school to nurture all areas of wellbeing.

Key Wellbeing Initiatives

- Wellbeing Week: Activities/talks/workshops were organised for all year groups.
1st years engaged with a Resilience workshop with Ossory Youth.
2nd years had an Alcohol Awareness Workshop with St Luke's Outreach and a presentation on Resilience from a former CBS student.
3rd years had a talk on Nutrition with Optimal Health Kilkenny and a Substance Misuse workshop led by Ossory Youth.
Transition Years had Wellbeing in Physical Health talk with Cois Nore
5th and 6th years had a presentation on Resilience and Coping Skills with psychotherapist, Richie Sadlier.
- Cairdeas members for 2018/2019 participated in a resilience training programme with Tusla Prevention Partnership and Family Support with a view to nurturing skills which will help them to support the transitioning of incoming 1st years.
- All staff were reminded of the importance of the *One Good Adult* initiative as outlined in the staff handbook and as referenced in the NCCA Junior Cycle Wellbeing guidelines
- The 6 Wellbeing Indicators as outlined by the NCCA Junior Cycle Wellbeing guidelines to be included in the student diary and staff handbook from August 2018
- From August 2018 the student diary will contain a *Path to Support* page indicating where students can seek help in school.
- Digital Literacy classes to include lessons on internet safety.
- Students to have a class within the Digital Literacy programme to investigate how to seek help with problems outside of school e.g. *Teenline*.
- During Motivation Week students are encouraged to strive to be their best selves and to maximise their potential.
- Healthy Eating: A healthy eating approach is promoted in the Bialann and within the wider school. The Health Promotion Committee strives to raise awareness around healthy eating and fitness.
- A culmination of initiatives and campaigns has led to the school receiving a Green Flag. Environmental awareness greatly supports the Indicators of Wellbeing, *Connected, Respected, Aware and Responsible*
- Curriculum Development: A Wellbeing Committee within the school is developing new modules and content for Wellbeing and Guidance classes at Junior Cycle.
- Extra-curricular: the ongoing extra-curricular programme in the school greatly supports student Wellbeing through sporting, musical and other activities.

Incoming 1st years in August 2018 will all partake in fitness-related activities for the 1st term.

Wellbeing-related training

Battelle training for Wellbeing, Kilkenny Education Centre

Junior Cycle Webinar on Wellbeing www.jct.ie

Whole-Staff Child Protection Training

Wellbeing in Junior Cycle, Institute of Guidance Counsellors Ireland

2. Review of the CBS Kilkenny Wellbeing School Improvement Plan

This plan will be reviewed annually at the end of May.