

### S.I.P Wellbeing Update 2019/2020

Arising out of surveys conducted with our students in the 2017/2018 academic year we set targets for improvement under two headings:

1. **Resilience.** In this area we sought to support and increase awareness around **online safety** and to increase student awareness as to where they can **seek help (a) inside school and (b) outside school.**
2. **School Culture.** In this area we sought to support and further **nurture positive relationships between students and teachers** and to **increase the percentage of students who always feel valued and listened to in school.**

Actions taken during the academic year 2019/2020 to help to achieve the targets listed above included:

- The curriculum for Wellbeing within the school was further developed and updated, and the programme material was shared with the core Wellbeing team in August 2019. Examples of content covered across years 1, 2 and 3 includes: Transitioning, Online Safety, Resilience, Mindsets, Anti-Bullying, Study Skills, Mindfulness & Meditation, Happiness Skills and Physical Health.
- The programme framework and content were also shared with all teaching staff in August 2019.
- All Junior Cycle Students now have two Wellbeing classes each week.
- In all but one situation (where timetabling did not allow) Wellbeing classes across years 1, 2 and 3 were taught by class tutors.
- Wellbeing teachers had regular meetings to allow for feedback on programme content and a review of the material being taught.
- The programme content was adapted as the year progressed and new material was added in. The 2nd Year programme was amended in Oct 2019 and newly devised Wellbeing lessons and workbooks produced by the GAA (*Is Everybody Going Well*) were included in the CBS Kilkenny Wellbeing curriculum. Teachers of 1st Year Wellbeing attended a workshop with Ms Michala Avlund in February 2020 and the *Happiness Skills* lessons which she has developed have subsequently been included in our Wellbeing content.
- All 1st Year classes went on a Wellbeing walk with their class tutors (to Castle Park) during Oct/Nov.
- The *Path to Help* page is included in all student diaries.
- All 1st Year students receive a comprehensive induction booklet.
- Many staff are involved in extra-curricular activities which play an important part in fostering student-teacher rapport and strengthening identity with the school and its community.
- All Junior Cycle students attend 2 Digital Literacy classes each week.
- All 1st Year students attended a workshop on online safety (run by Zeeko) and the workshop was also made available to parents in the evening.
- Cairdeas students attended Resilience Training and played a central role in our 1st Year transitioning programme.
- The Students Council helped to devise activities and to run Wellbeing Week in January. All year groups attended workshops or talks on wellness and self-care. Students received input

from agencies such as Ossory Youth, Teach Tom, the HSE, the FAI and the Road Safety Authority.

- TY Sports Leadership students organised fitness activities for 1st Year students.
- Staff have completed online Child Protection training and attended a Child Protection Workshop with Ms Lucy Ryan in August 2019
- Staff completed a CPR workshop with Ms Mary Sinnott in August 2019
- Staff attended Critical Incident training with Ms V Jones in Aug 2019
- Staff attended a Wellness workshop with Ms Teresa Hand in January 2020.
- Staff attended an online talk on Wellbeing with Mr Shane Martin in May 2020.
- Owing to Covid 19 lockdown in March 2020 students were not resurveyed specifically for our School Improvement Plan. However, 254 students from CBS Kilkenny (1st, 2nd and 6th Year students) took part in *My World Survey 2 (2019)*, Jigsaw Youth Mental Health and UCD) <http://www.myworldsurvey.ie>. This was a comprehensive survey on youth mental health in Ireland. The area of the survey which most pertains to our Wellbeing improvement targets is *Sources of Support* (Aim 1: Resilience - Seeking help)

When asked where they seek help with their mental health, CBS Kilkenny students reported the following:

**Informal support:** Parents (79%) Friends (60%) Relative (44%) Online (27%)

**Formal Support:** Doctor (23%) Teacher/Guidance Counsellor (23%) Jigsaw (15%) Helpline (10%) Other (12%)

In the national sample 19% of respondents reported that they would seek help from a Teacher/Guidance Counsellor.