

Treoir Plan

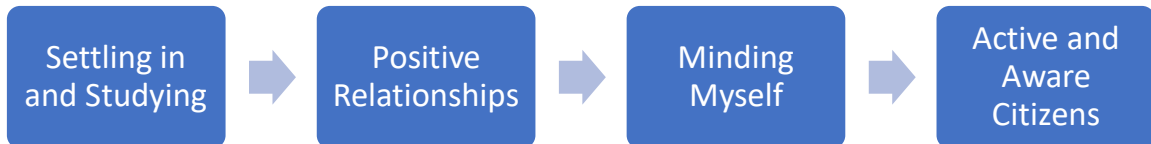
Treoir means guidance or instruction. Treoir is integral to the provision of Wellbeing in Ballymakenny College. It is scheduled in accordance with the needs of our students and the characteristic spirit of the school. The allocated time for Treoir each morning has been identified as the cornerstone of our pastoral care system in our school and underpins the essence of wellbeing for our students. This time affords students an opportunity to build positive relationships and a sense of identity within the greater school community and provides a reliable ladder of referral for identifying and supporting students' wellbeing.



Treoir Activities

- In addition to administrative tasks, tutors have the opportunity to carry out Treoir activities with their tutor class.
- *The programme has been designed to be non-prescriptive, therefore tutors are free to carry out activities and tasks of interest to them or their class to support the wellbeing of the students or in an instance where a particular issue has arisen within the class group.
- Themed weeks such as Wellbeing week, mental health week, anti-bullying week, autism acceptance week and pride week are promoted in Treoir also.
- The activities in Treoir are based on **four main themes**.

Treoir Themes



Time	Theme
Term 1: August to October Midterm	Settling in and Studying
Term 2: October Midterm to Christmas	Positive Relationships
Term 3: Christmas to Easter	Minding Myself
Term 4: Easter to June	Active and Aware Citizens

Treoir Resources

Short Daily Activities

- Form Time Ideas: <https://formtimeideas.com>
- **Daily literacy quizzes** - wordle: <https://www.nytimes.com/games/wordle/index.html>
Squaredle: <https://squaredle.app>
- **Daily numeracy quiz**: <https://nerdlegame.com>

First Year Resources

Topic	Resources
Settling in and Studying	
Transition to Secondary School	Settling into BKC ppt
Homework Checklist	Homework
Being Organised	Organisation
Attendance	Discussion on Attendance
Positive Relationships	
Having Manners	Good Manners PPT
Friendships and being a good friend	Being a Good Friend PPT
Changing Friendships	Friendships
Christmas / Summer Assessments & Study Tips	Preparing for Assessments
Minding Myself	
My free time	My Free Time
1 st Year Resilience	Building Resilience PPT
Prioritize Your Mental Health	Prioritize Your Mental Health
Anxiety	Anxiety PPT
Being Happy	Being Happy
Active and Aware Citizens	
What is happening in the world around us?	What is happening in the world around us
Good News Stories	Good News Stories from Our Class

Second Year Resources

Topic	Resources
Settling In and Studying	
Homework	Homework Checklist
Organising your time	Organising Your Time in 2nd Year
CBAs and Public Speaking	CBAs and Public Speaking
Study Tips	Study Tips
Positive Relationships	
Healthy Boundaries	Boundaries
Social media / Online Interactions	Online Interactions
Minding Myself	
How to make the bad days better	How to Make Bad Days Better
Confidence	Confidence
Self-love	Self-Love
Minding Myself – Coping with different emotions	Coping with Different Emotions
Active and Aware Citizens	
Walking in Someone Else’s Shoes	Walking in Someone Else's Shoes
Being an Active and Aware Citizen in BKC	Being an Active and Aware Citizen in BKC

3rd Year Resources

Topic	Resources
Settling In and Studying	
Meeting Deadlines in 3 rd Year	Meeting Deadlines
Managing my time	Managing My Time
Goal setting	
Studying	How do I revise? Mindmaps Flashcards
Positivity	Positivity / Being a positive Person
The Journal Plot Graphs	
Minding Myself	
Breathing Exercises to Reduce Stress	Deep Breathing to Reduce Stress
Wellbeing Challenge	Wellbeing Challenge
Coping with Different Emotions	Coping with Emotions
Self Care	Self Care
Exam Nerves	Exam Nerves
Active and Aware Citizens	
Staying Fit, Local Sports and Fitness Clubs etc	Staying Fit, Local Sports and Fitness Clubs
Fast Fashion	Fast Fashion
My Life, My Community, My World	My Life & My Community

TY Resources

Topic	Resources
Settling in and Studying	
Settling in to a new tutor class	Paired/Group games: Stop the Bus Pictionary Timer Connect 4
Comfort zones / Stretch Zone	Stretch Zones
My Strengths	My Strengths
Positive Relationships	
Random Act of Kindness	Random Acts of Kindness
See the Good in Everything	Seeing the Good in Things
Minding Myself	
New Years Resolutions	New Year Resolutions
Mindfulness	Mindfulness
Looking after your wellbeing	Looking After Your Wellbeing
Listening to Podcasts to Relax	Listening to Podcasts to Relax
Active and Aware Citizens	
Public speaking	Presentations / Public Speaking
Our local area	Our Local Area
Volunteering	Volunteering
Healthy / Sustainable Recipes	Sustainable Foods

5th Year Resources

Topic	Resources
Settling In and Studying	
Settling in to a new tutor class	Paired/Group games: Stop the Bus Pictionary Timer Connect 4
Managing my time in senior cycle	Balancing school life working
Attendance	Attendance
The Leaving Cert points system	LC points and levels
Checking in on Settling In	Checking In
Studying techniques	Study Tips
Positive Relationships	
Resolving conflict	Resolving Conflict
Random Act of Kindness	Random Acts of Kindness
Minding Myself	
New Years Resolutions	New Year Resolutions
Improving your lifestyle	Lifestyle Habits
Deep Breathing	Breathing Exercises
Resilience	Building Resilience
Improving your sleep for study	Sleep

Active and Aware Citizens	
Current Affairs - Our local area	Drogheda Leader Paper: Drogheda Leader
Volunteering	Volunteering
Living More Sustainably	Living More Sustainably

6th Year Resources

Topic	Resources
Settling in and Studying	
Meeting Deadlines in 6 th Year	Deadlines
Work / Life Balance	Balance
Settling In	Settling In
Goal Setting	
Studying	Study Skills
Positive Relationships	
Kindness / One Kind Word	One Kind Word
Focusing on Positivity and Positive Relationships	Focusing on Positivity and Positive Relationships
Minding Myself	
New Years Resolutions	New Year Resolutions
Motivation	Motivation
Stress Management Tips	Stress Management
Good Habits	Good Habits
Minding yourself during exams	Minding yourself during exams
Exam nerves	Exam Nerves
Active and Aware Citizens	
School Memories	School Memories
Looking Ahead	Looking Ahead