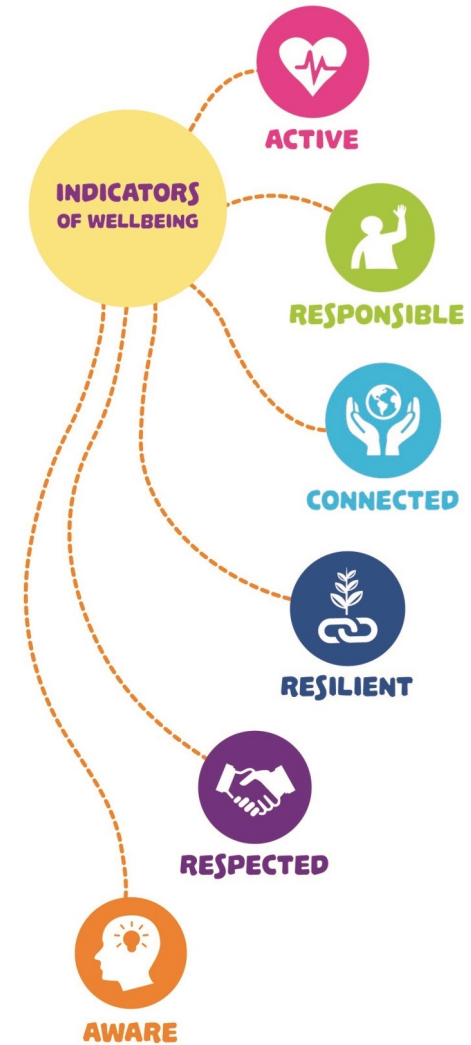


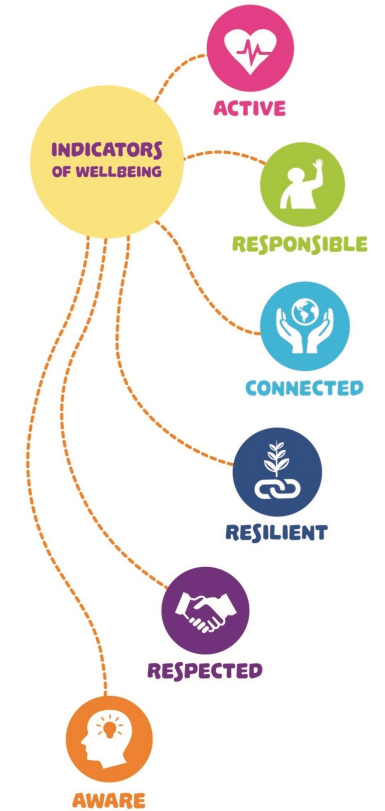
Wellbeing in Ballymakenny College



Introduction

In Ballymakenny College we have chosen to strongly prioritise and highlight Wellbeing within our school community. Key areas in our wellbeing provision are:

- Treoir
- PE
- SPHE
- CSPE
- Digital Wellbeing
- Other areas of learning, extra-curricular activities and co-curricular activities.



Wellbeing Committee

The wellbeing committee is a committee made up by staff members who meet at five scheduled meetings throughout the year.

The purpose of the meetings is to plan, introduce and facilitate new wellbeing initiatives in the school for students and staff, review and evaluate current wellbeing practices in the school.

The committee is lead by Trish O'Reilly



Wellbeing Prefects

- Two wellbeing prefects were selected for the first time this year 2022 – 2023.
- These two students are Aimee Mynes and Josh O'Reilly.
- The prefects have brought forward the idea of providing free period products for all students in the school.



Treoir

- Ballymakenny College has tailored the additional Wellbeing hours scheduled in accordance with the needs of our students and the characteristic spirit of the school.
- Treoir each morning (8.30 – 8.42) is an important element of the 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.

The overall structure from our Treoir plan is as follows:

- On Monday in Treoir, tutors **check and sign** the students' journals. Students fill in their subjects for the week ahead.
- From Tuesday to Thursday, **themed weeks** or **Treoir activities** are carried out.
- On Fridays, students complete the **Wellbeing Check-In** page in their journal.



Our Treoir Themes

Settling in and
Studying



Positive
Relationships



Minding
Myself



Active and
Aware Citizens



The Timeframe for Our Treoir Themes

Term	Theme
Term 1: August to October Midterm	Setting 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



Themed Weeks

- Themed weeks in the school include wellbeing/mental health week, anti-bullying week, study skills week, international cultures week, autism awareness week, college awareness week and pride week.
- Subject specific weeks are held for Maths, Science, English, Geography, Irish, Arts (Art and Music), Enterprise/Business and History.
- These weeks consist of activities, competitions, games, facts, guest speakers etc.



PRIDE!



Wellbeing Check In

- On Friday's, students complete the wellbeing check in page in the journal.
- They choose the wellbeing indicator that best describes their wellbeing that week. They provide a comment underneath also.

