

Meánscoil na mBráithre Críostaí, Cill Chainnigh **Christian Brothers Secondary School, Kilkenny.**

Phone: 056 7721402

Fax: 056 7763652

email: office@cbskilkenny.ie



S.I.P Wellbeing Update June 2019

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 also 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 undertaken to help achieve these targets included

- The importance of *One Good Adult* in a child's life was reiterated to all staff at the outset of the academic year and a relevant reminder page is included in the staff handbook.
- A number of staff undertook CPD in Wellbeing related areas.
- All subject departments have discussed student wellbeing and have addressed how they might best nurture it within their planning documents.
- The 6 Indicators of Wellbeing were included in the staff handbook and student diary.
- Class tutors were assigned to teach Wellbeing classes to their group so as to better get to know the group and to allow for more interaction outside of the academic setting.
- All staff attended a Mindfulness workshop.
- Management and year heads attended a 12 hour training in Restorative Practice.
- All staff participated in a Restorative Practice workshop.
- A *Path to Help* page was included in the student diary and referenced in Wellbeing classes.
- *Cairdeas* members undertook Resilience training before engaging with incoming 1st years
- TY students (trained in Sports Leadership) organised activity classes for 1st years.
- Digital safety was incorporated into all Digital Literacy Classes
- 1st and 2nd years all attended digital safety workshops delivered by a specialised outside agency (Zeeko)
- The Zeeko workshop was also made available to parents.
- The Student Council helped to organise Wellbeing week and activities and workshops were arranged for all year groups. Speakers and facilitators addressed material relating to: Resilience, Alcohol Awareness, Wellbeing in my social life, Body image, Exercise, Minding my Mental Health and Managing Stress.
- Material taught in 1st and 2nd year Wellbeing included lessons on transitioning to new stages, anti-bullying, mental health, online safety, thoughts, feelings, actions and resilience. Guest speakers included members of Ossory Youth Service, The Road Safety Authority, Concern and the F.A.I (Racism in Sport)

- All 1st, 2nd and 3rd year groups will have 2 Wellbeing classes in the coming academic year. Modules have been researched and designed by staff members to address all 6 Indicators of Wellbeing. As this is a new area of learning we will continue to develop and update lesson content based on student and teacher feedback. Staff will continue to seek out material, contributors or programmes which may prove helpful in supporting student wellbeing.
- Students were resurveyed in May 2019. (144 participants in 1st & 2nd year)

Whilst students answered 23 questions in all, the following responses were noted in our S.I.P target areas:

The number of students who say they *always* know where to go for help in school remains the same at 64%. (*often* know 24%)

The number of students who *always* know where to go for help outside of school has increased from 54% to 74% (*often* know 17%)

The number of students who say they *always* have positive relationships with their teachers has increased from 48% to 54% (*often* 36%)

The number of students who *always* feel listened to and valued in school has increased from 44% to 49% (*often* 44%)

I *always* know when I'm at risk online has gone from 73% to 82% (*often* 16%)

I *always* take action to protect myself online has increased from 73% to 81%. (*often* 15%)