



Wellbeing S.I.P Report June 2021

Timeline

<ul style="list-style-type: none"> • Student survey Oct 2017 • Teacher Survey Oct 2017 • Parent Focus Group Dec 2017 • Report & Plan produced June 2018 	<ul style="list-style-type: none"> • Student Survey May 2019 • Staff update August 2019 • Staff update August 2020 • Student Survey May 2021
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1. Resilience.

Target: to support and increase awareness around online safety and to increase student awareness as to where they can seek help (a) in school and (b) outside of school.

I know when I am at risk online.			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	68	29	3
May 2019	82	16	2
May 2021	79	21	-
I take actions to protect myself online.			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	73	24	3
May 2019	81	15	4
May 2021	75	23	2
I know where to go for help in school.			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	62	28	10
May 2019	64	24	12
May 2021	67	24	9
I know where to go for help outside of school.			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	55	32	13
May 2019	74	17	9
May 2021	73	24	3

All indicators in the area of Resilience are positive. Primary actions taken relating to the areas of inquiry listed above:

- All students participate in an online safety workshop. The workshop is also made available to all parents. *(Planned workshops for 1st year group 2020/2021 did not



take place due to Covid restrictions & will be rescheduled in 2021/2022 alongside the new 1st year cohort)

- Online safety content is integral to Digital Literacy classes and Turas (Wellbeing) Programme.
- A Where to go for Help in School page is included in the student journal.
- A Where to go for Help Outside of School page is included in the student journal.
- Content on where to seek help is integral to the Turas (Wellbeing) programme.
- A Wellbeing page has been added to the school website.

2. School Culture

Target: 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.

I have positive relationships with my teachers			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	48	46	6
May 2019	54	36	10
May 2021	52	44	4
I feel listened to and valued in school			
Student Survey	% Always true for me	% Often true for me	% Almost never true for me
Oct 2017	42	46	12
May 2021	49	44	7
May 2021	49	43	8

Indicators under the area of School Culture are positive. Primary actions taken relating to above areas of inquiry:

- Wellbeing is included in all subject department plans.
- A comprehensive Wellbeing programme has been developed for all Junior Cycle students.
- Turas classes are taught by class tutors.
- Student Voice is strongly encouraged through Student Council, Global Citizenship Education, Green Schools, Sports Leadership, and other initiatives.



Ongoing actions to support above areas of Wellbeing in CBS Kilkenny

- The Turas (Wellbeing) plan for Junior Cycle students is reviewed at regular intervals throughout the school year and is updated at end of year and if necessary, amended during the school year.
- A designated Wellbeing week is held annually.
- Workshops related to mental health and wellbeing are also organised at other times during the school year and speakers are invited in.
- All year groups are taught content relating to mental health.
- Extra-curricular activity is strongly encouraged for all students.
- A support/guidance section on online learning has been added to our website.
- Student voice is sought and cultivated through student council and other initiatives such as Global Citizenship Education and research focus groups.
- Staff are asked each year to remember the importance of One Good Adult in a child's life, (as per research undertaken by jigsaw.ie)