



Holy Family Secondary School

HFSS Wellbeing Plan

Our Wellbeing plan aims to foster happy, confident, responsible and resilient students who feel connected to Holy Family Secondary School. We have embraced a whole-school approach and aligned the design and planning for our Wellbeing plan with School Self-Evaluation, School Policies and Practice. We want to build on our existing student wellbeing programmes. Our Wellbeing plan is anchored in the following subject areas for our junior school year groups: SPHE, PE, CSPE, Guidance and other Areas of Learning. We have also strengthened our wellbeing curriculum planning and provision for our senior year groups in the areas of; Guidance, PE, Wellbeing classes.

We have also introduced a Tutor-time programme for all students. Through this new initiative we hope that we continue to work together to have a strong student-focus on the 3 A's – to raise Attainment, promote excellent Attendance and celebrate success and Achievement. A key aim is that we will provide an added layer of wellbeing support for all HFSS students. It is important that young people feel they can share their views and concerns with an appropriate individual who has the skills, rapport, responsibility and the time to listen and to help and also recognises that members of staff are often best placed to identify even minor changes of mood in a young person which could reflect an important emotional, social or mental health issue with which that child or young person needs help or support.

The Holy Family Secondary School Wellbeing Plan for our junior years has been prepared and developed in conjunction with The Framework for Junior Cycle (2015) which provides for;

"a new area of learning at junior cycle called Wellbeing. Wellbeing will cross the three years of junior cycle and build on substantial work already taking place in schools in support of students' wellbeing. This area of learning will make the school's culture and ethos and commitment to wellbeing visible to students. It will include learning opportunities to enhance the physical, mental, emotional and social wellbeing of students. It will enable students to build life skills and develop a strong sense of connectedness to their school and to their community. The Junior Cycle Wellbeing programme began with 300 hours of timetabled engagement in 2017 and will build up to 400 hours by 2020 as the new junior cycle is implemented fully in schools."

There are 6 key indicators of Wellbeing outlined for schools to embed into school life. Wellbeing contributes directly to students' physical, mental, emotional and social wellbeing and resilience. Student wellbeing is present when students realise their abilities, take care of their physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community.



Curriculum planning changes

The HFSS 2018-2021 Wellbeing Curriculum Plan First Years are timetabled for 5 Wellbeing classes per week - PE x 2, CSPE x 1, SPHE x 1, Wellbeing Learning Units x 1 (Option Band of rotating learning units such as Digital Literacy and Guidance).

We have an Assistant Principal I on staff, who is the whole-school Wellbeing Co-ordinator and who will work with the staff and the senior management team to harmonise our wellbeing planning for our school community. We have a dedicated Pastoral Care and Student Wellbeing Team that meet regularly to provide support structures and strategies for aspects of pastoral care for student wellbeing. This team is made up of Senior Management, Wellbeing Co-ordinator, Learning Support Co-ordinator, Programmes Co-ordinator, Year Heads, Guidance and Chaplaincy.

Our wellbeing events annual planning

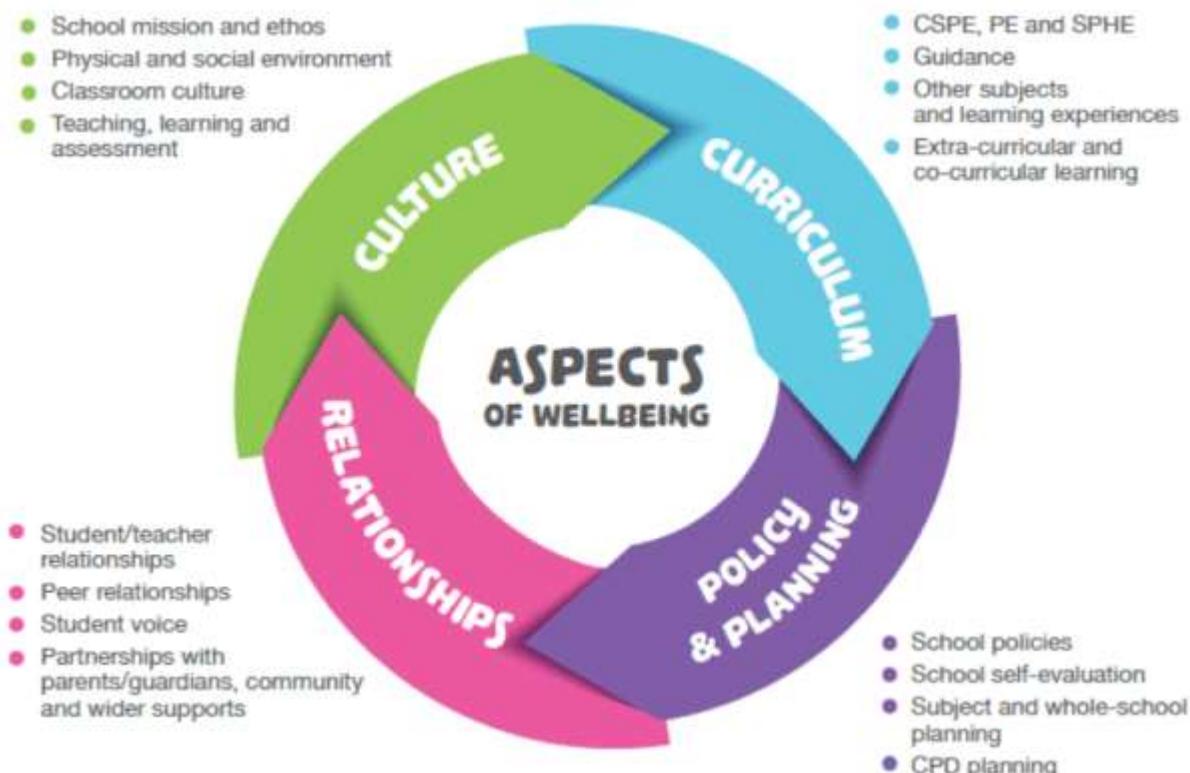
We will grow in a continuum of educational care for our students. To give a better understanding of the many varied events for our students we will prepare an annual calendar guide. The calendar below is an indication of the range of activities and events that we will plan for our students.

*guide only- subject to change

HFSS Wellbeing - Annual Calendar

AUGUST TY Bonding Trip. Evening meetings with parents . Year Groups meet with tutors and Year Heads. September-May: Running club every Wednesday September-May: School Choir lunchtimes and afterschool September-May: Sports clubs, Volleyball, Basketball, Camoige, Football	SEPTEMBER Respect Week . 1st Year Reflection Day. 1st Year Sports Day . Social, Personal and Health Education (SPHE) Days for Junior School 6th Year crafts "time in school" craft collaborative project	OCTOBER Home Economics Healthy Living week Mental Health Awareness week PE Dept Orienteering TY activity week An Garda Siochana programme; Cyber Safety workshops (5 th)
NOVEMBER School Show. 2nd Year RE Reflection Day	DECEMBER Carol Service TY activity week	JANUARY Civic, Social and Political Education (CSPE) Days Junior School Wellbeing Week. Catholic Schools Week. TY Reflection Day
FEBRUARY Safer Internet Day TY activity week "Minding your emotional health" workshop 5th Years.	MARCH St Patrick's Day celebration. Seachtaine na Gaeilge TY Sports Activity Trip	APRIL Easter Celebration. TY activity week. TY Cappanalea Trip. TY International Trip.
MAY Awards Evening Transition Year Graduation celebration 6 th Graduation celebration Active Schools Week Sports Day	JUNE HOUSE EXAMS AND STATE EXAMS	JULY HFSS CLOSED

In planning it has been recognised that Wellbeing at HFSS is more than a subject or curricular areas and involves a whole school approach and is the responsibility of all members and school partners of the HFSS school community. It is also recognised that many successful areas of school life have directly made a positive impact on student and staff wellbeing. Links with the Pastoral Care and Student Wellbeing team, Guidance and Counselling, Learning Support, Extra-Curricular Activities, Sports, Arts and Culture and other support mechanisms have been recognised as enhancing the school ethos and atmosphere and adding to a sense of wellbeing for all. There is overwhelming evidence that students learn more effectively, including their academic subjects, if they are happy in their work, believe in themselves, their teachers and feel school is supporting them



Further reference

- <https://www.jct.ie/wellbeing/wellbeing>
- <https://www.ncca.ie/en/junior-cycle/wellbeing>

Holy Family Secondary Student Supports



A Diocesan School; under
the patronage of the Bishop
of Kildare and Leighlin

www.kandle.ie

The HFSS Parents
Association represents the
general parent body in key
decision making support



Tutor Time in HFSS

What is Tutor Time?

It is a 20 minute period, at the beginning of the school week, every Monday afternoon from 2.40pm until 3.pm which will provide an opportunity as a school to enable our young people to have regular and meaningful reflections and conversations about their learning, supporting them to identify their successes and set targets with an adult who will get to know them well (tutor).

What are the benefits for our students?

Through this new initiative we hope that we continue to work together to have a strong student-focus on the 3 A's – to raise **Attainment**, promote excellent **Attendance** and celebrate success and **Achievement**. A key aim is that we will provide an added layer of **wellbeing support** for HFSS students. It is important that young people feel they can share their views and concerns with an appropriate individual who has the skills, rapport, responsibility and the time to listen and to help and also recognises that members of staff are often best placed to identify even minor changes of mood in a young person which could reflect an important emotional, social or mental health issue with which that child or young person needs help or support.

What is the role of the HFSS Class Tutor?

- Creates a safe, nurturing environment
- Enables equal access to student support
- Contributes to a caring, learning community
- Enhances the role of the teacher
- Promotes a deeper understanding of whole school student support
- Enhances working relations between staff
- Creates more effective communication links
- Offers opportunities for peer support/leadership amongst students

In addition to the above, Tutor Time within HFSS is also a benefit in the following ways:

- Improved and more streamlined communication links between the Parents/Guardians and school
- Close liaison between Student Support Leaders and Tutor regarding individual student information
- Opportunity for teaching staff to further build and deepen relationships with students
- Regular focus on celebrating student success
- Improved and more streamlined communication links between Student Support and teaching staff
- Regular slot for year group assemblies. All of our students at HFSS are allocated a Tutor group.

Each group is in the care of a Tutor Teacher and meets them every Monday from 2.40pm until 3.00pm. The last class of the day will run after this from 3.00pm until 4.00pm.

The HFSS Tutor Time programme is part of our Wellbeing School Plan.