



# HFSS Wellbeing Plan

## As at October 2023

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 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.

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.”*

Our **Tutor-time** programme for all students ensures we work together to have a strong student-focus on the 3 A’s –**Attainment, Attendance** and to celebrate success and **Achievement**. A key aim of Tutor-Time is that we 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.

Additionally, our **Senior Prefect Team** have assigned roles of student focus and there is a Senior Prefect annually assigned to promote Student Wellbeing. They work alongside a **Student Wellbeing focus group** and the **Student Representative Council (SRC)** to ensure a strong Student Voice for Wellbeing in HFSS. We have student **Anti-Bullying Ambassadors**, volunteers from all year groups, who provide

another layer of student support and who are committed to creating and maintaining an environment where we all feel happy, supported and safe. Having the ambassadors provides our pupils with another person, a peer, that is trustworthy and can make them feel comfortable and happy at school whilst also liaising with staff on how best to guide students in a safe school environment. We also provide **student mentoring for 3<sup>rd</sup> and 6<sup>th</sup> year students**. Teachers volunteer for monthly meetings with their assigned mentee and provide knowledge, tips and experience whilst providing guidance and coaching students on a wide range of academic and pastoral topics. We also provide a **wide variety of lunchtime clubs such as drama club, photography club, book club and more**. These clubs provide opportunities for students to foster new friendships and learn new skills. They allow students to explore strengths and talents outside of academics. Energies are channelled in a positive direction and the activities help build confidence & self-esteem.

### Wellbeing Programmes

HFSS is a pilot school to work towards achieving an **Active Schools' Flag**. This initiative will be anchored in PE with a core Team from SMT and teaching staff. It encourages cross-curricular involvement across all areas of the School community, both curricular and non-curricular. Being **Active** is one of the key indicators of Wellbeing, both mental and physical.



<https://activeschoolflag.ie/>

HFSS is also a participant school on the **World Wise Global Schools Programme (WWGS)**, which promotes inclusion in all areas of School and for all members. Irish Aid's *World Wise Global Schools* is Ireland's national Global Citizenship Education (GCE) programme for post-primary schools.

WWGS was set up in 2013 as the key channel through which Irish Aid support for GCE in post-primary schools is to be coordinated. The aim of the programme is to increase the number of post-primary schools engaging in quality global citizenship education by providing a comprehensive range of supports

Our staff teams works closely with a team of students, the Senior Prefect Inclusion Officer and the SRC. This project lends add to the range of programmes that aim to ensure that all in our HFSS community feel welcome, included and valued.



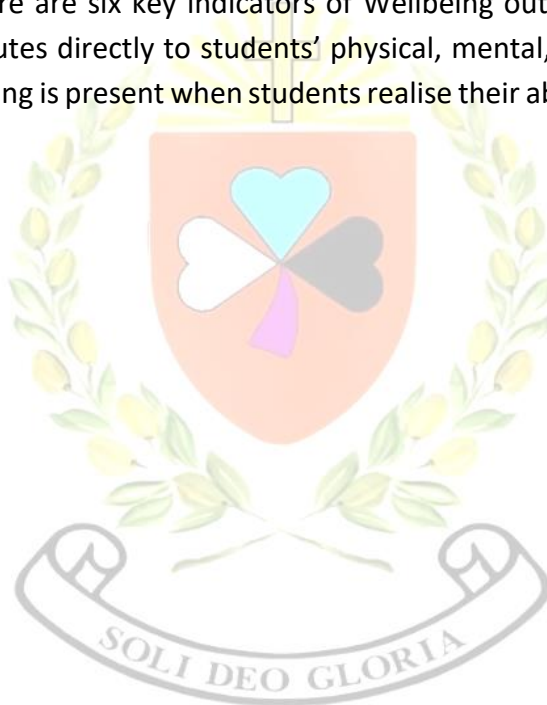
<https://www.worldwiseschools.ie/>

HFSS will participate in **Dublin City University FUSE anti-bullying programme**. We also use the “**Helping Hands**” programme in Junior classes, this programme is aimed at helping to identify and address bullying in a class group as they might arise. We aim to build a robust anti-bullying culture in our school. This programme is delivered in SPHE classes.

HFSS delivers the **Tackle Your Feelings Mental Health Programme** in conjunction with Rugby Players Ireland, which supports proactively looking after your mental wellbeing. This programme is delivered from second year to sixth years in SPHE classes.

HFSS delivers the **social enterprise Lift Programme** to Transition Year students. LIFT, which stands for ‘Leading Ireland’s Future Together’, was built on a desire to change the country for the better by changing the way people view leadership. It aims to do this through its eight-part, group learning process.

**WELLBEING INDICATORS** There are six 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.

### **Wellbeing Curriculum Planning**

**JUNIOR SCHOOL**- First, Second and Third Years are timetabled for Wellbeing classes each week in PE, SPHE, CSPE and Digital Literacy (according to year group planning) HFSS will report on SPHE, CSPE and PE for the end of third year Junior Cycle Profile of Achievement (JCPA). This will complement the reporting on “Other Areas of Learning” currently inputted for all Students in their JCPA. Religious Education (RE) classes also provides opportunities for spiritual wellbeing activities and reflection.

[https://www.education.ie/en/Circulars-and-Forms/Active-Circulars/cl0055\\_2019.pdf](https://www.education.ie/en/Circulars-and-Forms/Active-Circulars/cl0055_2019.pdf)

**SENIOR SCHOOL** – TY (Fourth) Fifth and Sixth Years all study SPHE. PE and RSE is taught at senior school. RE classes also provides opportunities for spiritual wellbeing activities and reflection. Our school has an Assistant Principal II Whole-school Wellbeing Co-ordinator. This middle management leader works alongside 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 teams.

### **HFSS Wellbeing Events**

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.

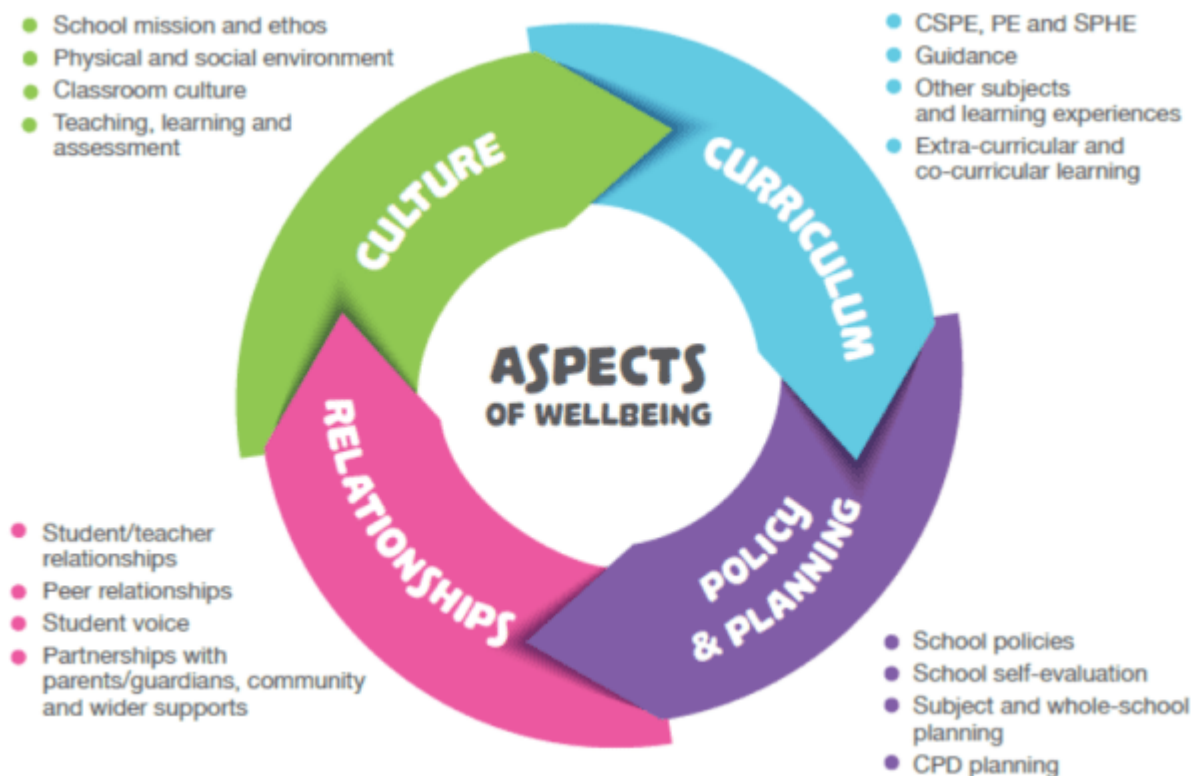
*\*guide only- subject to change*

### **HFSS Wellbeing - Annual Calendar**

<b>AUGUST</b> September-May: Running club every Wednesday Lunchtime Clubs – Debating, Drama, Book, Photography, Ukele, Craft Club, School Choir lunchtimes and afterschool Sports clubs, Volleyball, Basketball, Camoige, Football, Rugby	<b>SEPTEMBER</b> Mental Health/ Respect Week . Anti-bullying Week (1) 1st Year Reflection Day. 1st Year Sports Day . Social, Personal and Health Education (SPHE) Days for Junior School Learning to learn, whole school workshop	<b>OCTOBER</b> Home Economics Healthy Living week Climate Action Week Maths Week PE Dept Orienteering 2 <sup>nd</sup> year Think Pink Day TY work experience week TY Activity Week Halloween celebration day 2nd Year RE Reflection Day
<b>NOVEMBER</b> Inclusion week LGBTQi+ Anti-Bullying Week (2) Study Skills Week Students festival of World flavours 6 <sup>th</sup> year Reflection Day Rainbow Day	<b>DECEMBER</b> Christmas concert TY Work experience week TY activity week Wellbeing Whole School Event (TBC) Christmas Jumper Day	<b>JANUARY</b> Good friend week School Captain's Day Civic, Social and Political Education (CSPE) Days Junior School Wellbeing Week (1) Catholic Schools Week. TY Activity Week Yellow Flag Day TY Reflection Day
<b>FEBRUARY</b> Safer Internet Week TY work experience Valenmines Day of Self Care 3 <sup>rd</sup> Year Reflection Day	<b>MARCH</b> Drop everything and read week St Patrick's Day celebration. Seachtain na Gaeilge TY Sports Activity Trip Anti-bullying Awareness Week (3) World Book Day/World Poetry Day Spring Concert	<b>APRIL</b> Easter Celebration. TY activity week. 3 <sup>rd</sup> Year Reflection Day Yellow Flag Day
<b>MAY</b> Sports Day, Awards Transition Year Graduation celebration Wellbeing Week (2) Wellbeing Whole School Event (TBC) 6 <sup>th</sup> Graduation celebration Active Schools Week	<b>JUNE</b> <b>HOUSE EXAMS AND STATE EXAMS</b>	<b>JULY</b> <b>HFSS CLOSED</b>



In planning, we affirm that Wellbeing is more than a subject or curricular areas and involves a whole school approach. It is a key area of shared 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, 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



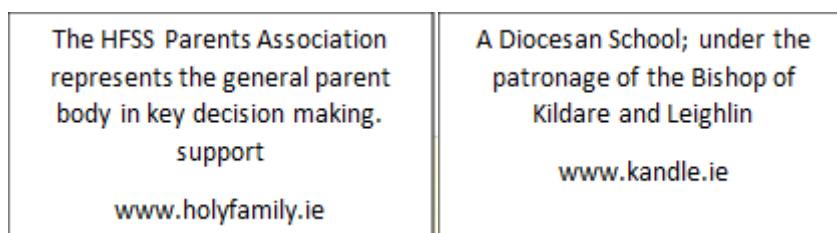
## HFSS Tutor Time

Tutor Time takes place every Monday from 2.40 to 3.00pm for all Students. Class Tutors take their tutor class at this time and deliver the weekly lessons on a whole-school weekly theme or common goal setting exercise for all in our school community.

**Tutor time lessons are finalised annually in September following consultation with staff and student wellbeing teams. Below are examples of tutor time topics covered from previous years**

Respect week. Anti-bullying
HFSS School History
The importance of Laughter
The SRC in HFSS- Our Student Representative Council
Healthy Lifestyle week
Mental Health awareness week mind-set
Is your mind-set fixed or growing?
Self Care ( 'ValenMines' Day focus )
Setting Goals /Study Skills write your own rule book, set your own vision for success
Study Skills Week –Remember, Remember
Life Skills
Earth Day
New generation – what is shaping your generation?
Christmas Spirit
Beat the Sunday Night blues -changing mind-set /dealing with anxiety
Good friend week
Happiness is/the importance of
Catholic schools week “A culture of compliments”
Safer internet day
Social Media – the fairs and the scares
Care for our common home /environment
Drop everything and read week. What would Harry do? In your shoes “how literary characters can help you think through issues.
International Women’s Day/Black History Month
Health and Wellbeing
Irish Guide Dogs For The Blind – school visit and fundraising
International Day For The Combat of Racism
Wellbeing weeks - daydream believer , positive ways to zone out”
Tutor time checklist sheet
The Power of Positive Thinking

## Holy Family Secondary Student Supports



### Further reference

- <https://www.jct.ie/wellbeing/wellbeing>
- <https://www.ncca.ie/en/junior-cycle/wellbeing>
- [https://www.education.ie/en/Circulars-and-Forms/Active-Circulars/cl0055\\_2019.pdf](https://www.education.ie/en/Circulars-and-Forms/Active-Circulars/cl0055_2019.pdf)