



St. Patrick's Junior School

TENNIS COURT LANE, SKERRIES, CO. DUBLIN.

K34 D799

Principal: Máire Ní Chróinín
Deputy Principal: Lynsey Dungan

Roll Number: 16333Q
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Wellbeing Policy Summary

In St. Patrick's JNS, we want our school to be a place where our pupils feel safe and cared for. It is much easier to learn and to remember when we feel safe and happy, when we have friends and a social network, when we feel valued and cherished by the people who take care of us. In our school we strive to create this atmosphere of love, respect, security and trust. The wellbeing of all is central to the creation of that atmosphere.

In this policy we set out how we put the wellbeing of our school community at the centre of everything we do. We set out how wellbeing affects the key areas of school life and we list the some of the resources/programmes/activities/strategies we use to achieve pupil and staff wellbeing, as well as indicators of success, in each of these key areas.

All pupils benefit personally and academically from a focus on wellbeing, so we take a whole school approach. All our pupils avail of many of the programmes/ activities/ supports provided to help them to feel and be well. Some children may need more support at certain times in their lives. A few pupils will have more complex and enduring needs. The resources/strategies used at each level of need are detailed in the policy.

Below is a list of some of the wellbeing programmes/activities which take place in the school:

School Support for All:

PE programme	School rules focus on Kindness: Kind Hands, Kind Words, Kind actions.	Wellness Wall in each classroom
Active Schools	Positive reinforcement of kindness	Birthday celebrations on last Friday of month
Wake up Shake up	Cosmic Yoga	End of term and various festival celebrations with the children.
Healthy Lunch Policy	Fun Fridays	Paws B (2 nd Class, when available)
SPHE Programme/RSE Programme	Amber Flag Programme	Roots of Empathy (2 nd class, when available)



School Support for Some:

Where individuals or groups need additional support for their wellbeing this may be by way of provision of

- An appropriate programme (such as Roots of Empathy) either to the whole class or to a group of children,
- social groups to teach specific social skills
- “hot chocolate and chat” groups to give children the opportunity to talk about what’s worrying them, if they wish, with an adult with whom they have built a rapport.
- Five to ten minute long individual play sessions to destress / transition to school in the mornings

Staff have been using some of the resources/programmes/activities listed in the policy for a number of years, while others are newer initiatives. The various elements have now been drawn together in this wellbeing policy for ease of reference and to provide a starting point for further development in this area.