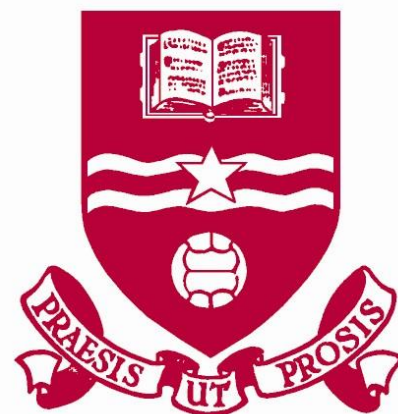


# WELLBEING POLICY DE LA SALLE COLLEGE WATERFORD 2018/2019



## **Mission Statement**

De La Salle College Waterford aims to protect the well-being of its students and staff by providing a safe and nurturing environment at all times. De La Salle College, Waterford is an all-boys Catholic school. The school's mission statement is informed by the educational and spiritual principles of St John Baptist De La Salle and commits the school to being *"a learning community where all students are valued and educated in preparation for a meaningful life."*

## **Rationale for the Policy**

This policy has been introduced in order to allow the school to adequately respond to the changing and diverse needs of our pupils.

In De La Salle College we strive to provide an education that prepares students not only for further education and career but also for life.

A great emphasis is placed on providing a broad holistic quality education for all of our students. Students are encouraged to use their talents by getting involved in a broad range of extra-curricular activities as part of our inclusive school community.

## **Goals of the Policy**

The goal of this policy document is to outline clearly the school's approach to the provision of wellbeing for all members of the De La Salle College community, outlining the structures and supports that are in place both within the curriculum and the wider school community.

This policy will outline our belief that the wellbeing of everybody in the school community is valued.

We are in a very unique situation with six De La Salle Brothers living in the College. They help to ensure that respect-filled relationships create a calm, affectionate and respectful environment for students and staff throughout the school community.

All staff show a high level of care for the students in the College and the interactions between students and all staff is both positive and respectful. Respectful and caring relationships are also fostered between students and students, and staff and parents\guardians. All staff contribute to promoting a caring and inclusive environment within the school and there are structures in place designed to support the wellbeing of both staff and students.

## **What is Wellbeing?**

Student Wellbeing is present when the 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. Indicators of Wellbeing are as follows – Active, Responsible, Connected, Resilient, Respected, and Aware.(Junior Cycle Well Being Guidelines)

These indicators are representative of the following key skills that De La Salle College strives to develop in our students:

- Being a confident and skilled participant in physical activity
- Being physically active
- Being able to take action to protect and promote their wellbeing and that of others
- Making healthy eating choices
- Knowing when and where their safety is at risk and enabling them to make the right choices
- Feeling connected to their school, friends, community and the wider world
- Understanding how their actions and interactions impact on their own wellbeing and that of others, in local and global contexts
- Feeling confident in themselves and having the coping skills to deal with life's challenges
- Knowing where they can go for help both within and outside the school
- Believing that, with effort, they can achieve
- Showing care and respect for others
- Having positive relationships with family, friends, peers and staff members
- Feeling listened to and valued
- Being aware of their thoughts, feelings, and behaviours, and being able to make sense of them
- Being aware of their personal values, and being able to think through their decisions
- Being aware of themselves as learners, and knowing how they can improve

### **Supporting & Promoting a Culture of Wellbeing in School**

De La Salle College promotes a warm, welcoming, encouraging and positive school culture in the following ways:

- The physical environment conveys a message of warmth, welcome and inclusion
- The school is a safe place for all students and staff
- The school building is accessible for all students and staff
- The school environment is conducive to promoting physical activity
- Teachers have high expectations for all students
- There are open, positive, supportive relationships between teachers and students in class and outside
- A culture of collaboration and cooperation is promoted through day to day teaching, learning and assessment practices
- Students feel safe, secure and respected both within and outside their classrooms
- Students are encouraged to actively engage in their learning so that they may enjoy being at school
- Students receive regular formative feedback about their learning and how they can improve
- Teachers use active methodologies to develop the key skills in their subjects
- Teaching and learning is differentiated and provides an appropriate challenge to enable all students to engage and experience success

### **Recognising the Importance of Relationships for Wellbeing in School**

De La Salle College recognises that true wellbeing can only be assured through the promotion and development of positive, nurturing and respectful relationships within our school community. We strive to achieve this in the following ways:

- Ensuring that student-teacher relationships are friendly, caring and respectful
- Making sure that staff are fully aware that they may be the one adult that a student turns to for support and help during a difficult time
- Fully informing students as to where to get support and how to access the care structures in the school
- Resolving behaviour issues with care, respect and consistency
- Ensuring that there is a shared vision and understanding of what student wellbeing means which emphasises strengths and capacities
- Encouraging students to show respect, care and concern for each other so that they feel safe and supported amongst their peers
- Recognising that staff are entitled to feel supported and cared for amongst their colleagues

- Providing forums for students so that their voices may be heard and that they are involved in making decisions about their life in school
- Making sure that students know that their feedback is valued and, where appropriate, acted upon
- Ensuring that parents feel welcome, respected, and listened to as partners in the education of their children
- Sharing information with parents\guardians as to how they can support their child's wellbeing
- Maintaining strong links with the local community

### **Wellbeing & the Curriculum**

In De La Salle College we strongly prioritise and highlight wellbeing within our school community. This is reflected strongly in our curricular provision:

- There is a coherent and coordinated approach to the provision of CSPE, PE, SPHE and Guidance as part of the wellbeing programme in junior cycle
- Staff are afforded opportunities to work collaboratively in planning for these subjects and CPD is actively supported
- Curricular provision is informed by student and parental feedback
- Guidance-related learning is an important aspect of the wellbeing curriculum in Junior Cycle
- The Guidance Counsellors work collaboratively with staff in relation to the wellbeing programme and its implementation
- The Guidance Counsellors actively support students in Junior Cycle, both through the teaching of Guidance and Careers counselling support on an individual basis

### **Wellbeing in Junior Cycle in De La Salle College**

The Wellbeing Programme in De La Salle College has allocated over 400 hours for Wellbeing Junior Cycle by 2020.

The Junior Cycle wellbeing guidelines place a strong emphasis on the role that CSPE, SPHE, PE and Guidance can play in supporting learning about Wellbeing and learning for Wellbeing

	<b>Category</b>	<b>1st Year</b>	<b>2nd Year</b>	<b>3rd Year</b>	<b>Total Hours</b>
<b>Wellbeing TT (Classes per week)</b>	CSPE	1	1	1	66
	SPHE	1	1	1	66
	PE	2	2	2	132
<b>Wellbeing other (Total for Year)</b>	Assembly (40 Mins)	4 hrs	4 hrs	4 hrs	12
	Retreat	6 hrs		6 hrs	12
	First Year Mass	2 hrs			2
	TY Buddy system	4 hrs			4
	Talk (Internet Resilience)	2 hrs	2 hrs	2 hrs	6
	Study Skills	1 hr	1 hr	1 hr	3
	Induction days	3 hrs	1 hr	1 hr	5
	Guidance	2 hrs		4 hrs	6
	De La Salle day	4 hrs	4 hrs	4 hrs	12
	Overnight soccer	12 hrs	12 hrs		24
	Annual School Musical	3 hrs			3
	Sports day	4 hrs			4
	Drug awareness			2 hrs	2
	Carol service	40 Mins	40 Mins	40 Mins	2
	Reconciliation services	40 Mins	40 Mins	40 Mins	2
	La Sallian Awareness	40 Mins	40 Mins	40 Mins	2
	Green Schools	2 hrs			2
	Seachtain na Gaeilge / Tráthnóna Chultúir	80 mins	80 Mins		2hrs 40mins
	Home School Liaison	1 hr			1
	Positive Mental Health	2 hrs	2 hrs	2 hrs	6
	Guest Speakers	1 hr	1 hr	2 hrs	5
<b>Total Wellbeing</b>					<b>381hrs 40 mins</b>

	Category	Transition Year	5th Year	6th Year	LCA	Total Hours
<b>Wellbeing TT (Classes per week)</b>	SPHE / RSE	3	3	3		6
	PE	3	2	2	3	5.2
<b>Wellbeing other (Total for Year)</b>	Assembly (40 Mins)	4 hrs	4 hrs	4 hrs		12
	Guidance	2 hrs	2 hrs	6 hrs		10
	Retreat	6 hrs				6
	School Mass	2 hrs		2 hrs		4
	TY Buddy system	4 hrs				4
	Talk (Internet Resilience)	2 hrs	2 hrs	2 hrs		6
	Induction days	1.5 hr	2 hrs	2.5		6
	De La Salle day	4 hrs	4 hrs	4 hrs		12
	Study Skills	1 hr	1 hr	1 hr		3
	Annual School Musical	3 hrs				3
	Positive Mental Health	2 hrs	2 hrs	2 hrs		6
	Supervised Study		5 hrs	5 hrs		330
	Guest Speakers	30 hrs	4 hr	4 hrs		38
	Trips	20 hrs				20
Carol service	40 Mins	40 Mins	40 Mins		2	
Reconciliation services	40 Mins	40 Mins	40 Mins		2	
<b>Total Wellbeing</b>						475.2

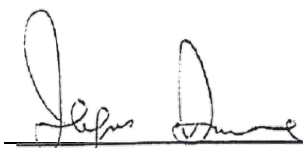
### Policy & Planning for Wellbeing

- School policies are developed and reviewed in partnership with students, parents and staff
- Appropriate planning time is allocated to wellbeing,

The following Wellbeing-related policies are in place and are regularly reviewed:

Name of Policy	Date Ratified:
Child Safeguarding Risk Assessment and Safeguarding Statement	12/03/2018
CCTV Policy	27/02/2018
Critical Incident Policy	27/02/2018
Dignity at Work Policy	27/02/2018
Vetting Policy	27/02/2018
Statement of Strategy for School Attendance	11/12/2017
Admissions Policy 2018-2019	07/09/2017
Child Protection Policy	07/09/2017
Safety Statement	01/06/2017
TY Policy	20/03/2017
LCA Policy	20/03/2017
De la Salle College Guidance Plan & Policy	02/03/2016
Social Media Guidelines and Acceptable Use Policy (AUP)	11/04/2016
RSE Policy	23/11/2015
De la Salle College, Waterford Code of Behaviour	23/11/2015
Special Educational Needs (SEN) Policy	23/11/2015
De la Salle College, Waterford Anti-Bullying Policy	23/11/2015
Pastoral Care Policy	23/11/2015

This Policy was ratified by the Board of Management on 21/05/2018

Signed:   
**Fergus Dunne**  
**Chairperson BOM**

Signed:   
**Margaret Betts**  
**Principal**

Date of next Review 21/05/2020