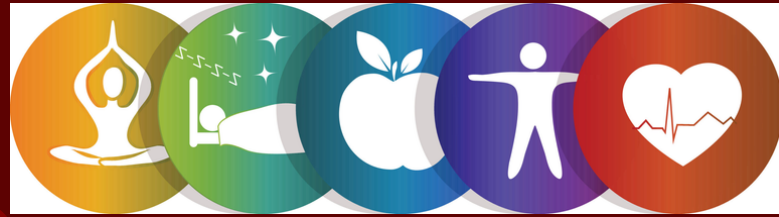




WELLBEING

NEWSLETTER



Autumn/Winter 2025

What is Wellbeing?

At De La Salle College, we believe that wellbeing is at the heart of learning. A student who feels safe, valued, and supported is better able to engage, grow, and reach their full potential – both academically and personally. Our approach to wellbeing is guided by the Department of Education's Wellbeing Promotion Framework, which focuses on four key areas:

- Culture and Environment
- Curriculum and Learning
- Policy and Planning
- Partnerships and Relationships

Throughout the year, our staff and students take part in a range of wellbeing initiatives – from Walk to School Wednesdays, mindfulness activities, and LCA breakfast mornings, to sports events, creative projects, and mental health awareness days. These moments of connection and reflection help build a culture where kindness, participation, and balance are part of everyday life at De La Salle College.

Parents Partnering for Wellbeing

Supporting student wellbeing is a team effort, we greatly value the partnership between home and school in supporting our students' wellbeing. Together, we aim to nurture a community that helps our young people grow in confidence, compassion, and resilience. If any parents or guardians are in a position to offer a Wellbeing Workshop—such as yoga, meditation, or a similar activity—please contact omiddleton@delasallewaterford.ie.

Wellbeing Moment:

Take a Pause on the Way

As you walk or travel to school, take a moment to notice your surroundings – the morning air, the sounds, the light, or simply your breathing. Even a brief pause helps calm the mind, improve focus, and set a positive tone for the day ahead. Small moments of awareness can make a big difference.

Current Wellbeing Team initiatives:

- More lunchtime sports equipment
- Walk n' Talks
- Welcome back healthy snacks in the Foyer
- Improved canteen facilities
- Walk to School Wednesdays
- Wellbeing Committee established
- Locker room redevelopments
- Pupils' Attitudes to School and Self Survey
- Full itinerary of events for World Mental Health Day

