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| **Summary Plan to improve WELLBEING** |
| **All areas of the DEIS plan are underpinned by wellbeing but we have set our own targets in conjunction with all that has been mentioned in the other DEIS strands. Wellbeing is integral also now to the curriculum, particularly in the areas of RSE, SPHE, PE, CSPE. In conjunction with these developments, we have put in a number of targets. There are aspects of wellbeing that are qualitative and quantitative. As such, many of the changes will not be empirically verifiable. It is complex, consists of multiple actions, connections, interactions and engaging processes. Timetabling issues are dealt with at management level. In addition to the established curricular programmes, the following are ways in which we intend to target wellbeing across the school community.** **Target(s):** 1. *To promote a positive sense of self and creating a culture of wellbeing in the school community by targeted initiatives and interventions e.g. Mind your Mind Week.*
2. *To prepare an application to be a Yellow Flag school with an inclusive student and teacher committee by end of 2019.*
3. *To incorporate wellbeing as a particular focus area in subject planning.*
4. *To give voice to the cultural diversity within the school particularly to the 26% of students who come from other countries*
5. *To impact on all the DEIS strands particularly in the areas of retention, attendance, partnerships, transitions*
6. *To create positive learning experiences for students*
 |
| **Actions:** State proposed measures (both existing and new) to improve WELLBEING. *Actions should be sequenced and coordinated over the three years of the plan to achieve maximum effect* |
| **Measure** | To addresstarget(s) no.[[1]](#footnote-1)\*  | **Who?** | **Lead responsibility** | **When?** | **Resources?** |
| **Development of a subject planning template to facilitate the integration of Wellbeing indicators into plans for each subject in the school to enhance teaching and learning** | 1,2,3,4,5, 6 | Whole school | Principal, Planning Coordinator | December 2018 | Meetings of subject departments |
| **Whole school JCT Wellbeing CPD for staff** | 1,2,3,4,5, 6 | Whole schoolJCT Wellbeing Team | Principal  | October 2018 |  |
| **To develop a Wellbeing Policy for the school** | 1,2,3,4,5, 6 | All stakeholders | PrincipalPlanning Coordinator | 2018-2019 academic year |  |
| **Revise the SPHE/RSE policies in light of new developments in the curriculum** | 1,2,3,4,5, 6 | All stakeholders | PrincipalWellbeing CoordinatorPlanning Coordinator | 2018-2019 academic year |  |
| **Continuing the supportive networks for students within and beyond the school community** | 1,2,3,4,5,6 | Whole school | Care TeamYear HeadsTutorsTeachersPrefects and mentors | Throughout the whole year | Career GuidanceCounsellorSupport services outside of the school |
| **Fostering the student voice through leadership development programme e.g. Cycle Against Suicide (Additional details below)** | 1,2,3,4,5,6 | C.G/HSCL/School completion/Principal/Deputy Principal. | Wellbeing Coordinator | Parent/teacher meetings. | . |
| **Classrooms to create a welcoming, safe, environment** | 1,2,3,4,5, 6 | Class teachers | Principal, Teachers |  |  |
| **Mind your Mind Week to focus on wellbeing across the school with talks, workshops, activities, to highlight mental, physical and emotional wellbeing (Additional details below)** | 1,2,3,4 | Whole school | Wellbeing Coordinator and Sub-group | Annually |  |
| **Yellow Flag Committee comprised of students and staff to reflect the diverse cultural backgrounds of the students (Additional details below)** | 1,2,3,4 | Whole school | Yellow Flag Committee  | Throughout the year with different events | . |
| **Face Time – an initiative between first years and fourth years promoting the value of speaking to another person positively rather than on screens. Students record three positive interactions per day as a kind of gratitude diary. Coloured inserts are given to students for their journals to record their own material.** | 1,2,3,4 | 1st years and 4th years  | Wellbeing Coordinator and Sub-groupClass tutors | Throughout the year |  |
| **Green Schools Committee - focus on care of the environment and emphasis on reducing, re-using and recycling within the school. It raises consciousness about our responsibilities in relation to the environment and care of the earth. Continue work towards an application towards the school’s second green flag. (Additional details below)** | 1,2,3,4,5 | Whole school | Green Schools Committee | Throughout the year |  |
| **Wigilia – a celebration of the traditions of the Polish community around Christmas time (Additional details below)** |  | Whole school, parents, past-pupils | Teaching Staff | December each year |  |
| **SVP Youth Conference will be established in the school which will be run by the students’ themselves. The focus is on areas of social action and awareness raising in the school and beyond.** | 1,4,6 |  | SVP Officers and Teacher Liaison | Each Wednesday afternoon | SVP National Youth Development Officer; Local SVP Conference |
| **Multicultural Day – to facilitate and celebrate the diverse cultures within the school (Additional details below)** | 1,2,3,4,5 6 | Whole schoolParents | HSCL Coordinator | January each year |  |
| **Surveys carried out on healthy eating and lifestyle at the beginning of the year; changes are then suggested and implemented and further evaluation is conducted at the end of the year** | 1,2,3,4 | Whole school | Wellbeing CoordinatorHome Ec teachers | At the beginning of the year with comparisons made later in the year |  |
| **Sports Day to promote physical activity in a range of different sports and fun challenges** | 1,2,3,4 | Whole school | PE teacher | In May, annually |  |
| **SoundWaves Music Festival promoting cross-curricular music-making with a strong emphasis on wellbeing, connectedness and student voice. (Additional Details in Subject Folder for Music)** | 1,2,3,4 | Whole school | Music Teacher | In October, annually |  |
| **Linking with established organisations in the support of wellbeing through workshops, professional support and CPD** | 1,2,3,4 | Whole schoolQualified personnel in range of diverse and relevant areas | Wellbeing Coordinator | Throughout the year |  |
| **Creative Schools Initiative where students decide what creative initiatives that they would most like to pursue for their wellbeing and enjoyment.** | 1,2,3,4 | Whole school | Creative Schools Committee | Throughout the year |  |
| **Displaying work and talents of students across all subject areas so that everyone’s contribution is cherished and appreciated.** | 1,2,3,4 | Whole school | All subject teachers | Throughout the year |  |
| **Monitoring:**This will be monitored on a monthly and yearly basis to evaluate its movement forward, those who are benefitting and how the initiatives are progressing. It will also cause us to look at what we are missing or students who may not be engaging.  |
| **Evaluation:**State how impact of actions on WELLBEING will be evaluated at the end of the three years. Tracking of students who take part in activities. Reflective sheets and evaluations completed after tasks. The movement forward of these initiatives will be monitored on a monthly basis. |

**Yellow Flag Committee:**

The Yellow Flag committee is a diversity and well-being committee who meet each month.  The committee is made up of representatives from the staff and students in the school. It is estimated that 26% of the student population is made up of international students. The make-up of the committee aims to reflect the diverse cultural backgrounds of the student body, so includes both international students and students from the dominant cultural group, so that they can learn from each other.  We ensure that young people take up leadership roles on the committee. The committee is interested fostering a culture of inclusion and diversity within our school. Responsibilities of the committee include creating an awareness among their peers of justice and peace issues, contributing to and supporting students' and teachers' well-being, celebrating diversity, promoting inclusion and challenging racism.

Our hope for the future is that we will be accepted on to  ITM's official 'Yellow Flag Programme' and that the committee will guide the school through the process. Beyond this, the committee will continue to celebrate inclusion, diversity and well-being within the school community.

**Cycle Against Suicide's 'Student Leaders Congress':**

**All of Yellow Flag Committee's efforts are contributing to our school obtaining the 'Cycle Against Suicide' Ambassador School Award. As part of the process 'Cycle Against Suicide' have offered us the opportunity to attend a 'Student Leaders Congress' at the 3 Arena on Tuesday April 9th. 'Student Leaders Congress' is a contact based mental health education day supported by a mini concert. Students will be educated on what mental health is, on addressing mental health stigma, offering hope to others and on building resilience.**

**Mind Your Mind Week:**

We at St. Kilian’s Community School recognise the importance of promoting positive mental health and tackling stigma attached to mental illness. This year, as part of efforts to celebrate inclusivity and diversity, the school’s Yellow Flag Committee has successfully planned and implemented our very first Mental Health Awareness Week. St. Kilian’s has built a valuable week-long initiative, ‘Mind Your Mind Week’, into the school calendar. The focus of the week was promoting positive mental health and well-being.

Throughout the week we introduced a number of activities and experiences to address the issue of mental health and build strength and resilience amongst our students. We began the week with a cycle Against Suicide ‘School Spin’. Our students clocked up an amazing 409 km during a 7 hour period: we cycled from Bray to the Beara Peninsula, Co. Cork! The week continued with spinning, body pump and strength classes at Shoreline Leisure Centre, ‘Social Media and Mental Health’ sessions with Zeeko and ‘Positive Mental Health’ workshops with BeWell Bray. The students also focused on nutrition and mental health throughout the week with the Transition Year smoothies going down a treat. Students also participated in yoga and meditation classes, mindful colouring and weaving, random acts of kindness and a ‘Drop Everything and Read’ initiative.

We concluded a fantastic week with St. Kilian’s ‘Weighted Walk’. All students and teachers of the school were invited to write their stress and worries on a rock. 150 students, accompanied by parents and teachers, carried the 450 worry rocks 13,690 steps to Bray Harbour, where they cast all the worries away. We are extremely grateful to everyone who gave their time to make this week such a success and we hope that our efforts have made a lasting impact on our school community.

**MULTICULTURAL DAY 2018**

St. Kilian’s Community School hosted its fourth annual Multicultural Day on Friday, January 26th 2018 and, as always, it was a hugely successful and enjoyable event. It was a tremendous celebration of the school’s inclusive ethos and our diverse school community. Students from more than thirty countries are currently attending St. Kilian’s.

The centrepiece of the day was a major food fair, with students and their families preparing national dishes and delicacies from both far-flung countries and ones nearer to home. Everyone in the school, parents and friends were invited to taste foods from a wide variety of different countries.

Each year we host workshops and hold presentations focusing on cultural aspects of various countries. This year there was a fantastic display of African culture, provided by a member of our teaching staff, Ms. Aderonke Arogundade, who is a native of Nigeria. The African workshop theme this year was Friendship, and included traditional clothing, jewellery-making,  African board games and drumming.  Other workshops included one on the Japanese Kimono, led by parent Ms. Yumiko Wilde and her Japanese cultural group.  We also had a Brazilian group from the Dublin School of Capoeire, who put on an energetic display of acrobatic Capoeire dance.

Distinguished guests who joined us on the day included Sylvia Katete Gavigan, Honorary Consul for Uganda, Jude Hughes who is a tailor in Abbey Street and who does an immense amount of humanitarian work for Zambia, Uganda and Rwanda, and Assumpta Foynes.

The day was brought to an exciting close with an international-themed concert in the Canteen at lunchtime facilitated by our music teacher Ms. Louise O’Sullivan and TY students.

The school was colourfully decorated with international flags, bunting, and display boards representing all the different countries. A number of international parents volunteered on the day, preparing food stalls with foods from different countries, and also some displays of traditional items or clothing from their countries. There was face painting throughout the day facilitated by our Art teacher Ms. Rowena Ring and a team of TY students. Many students and parents arrived on the day wearing colourful traditional dress which added to the multicultural atmosphere in the school. Thanks to the many teachers and the Parents who were involved in and participated in the organisation and running of the day. The day was a fantastic celebration of the diversity that exists both within the school community and, in broader terms, in Irish society in 2018. Well done everyone – particularly Ms. Garvey and her team who do an amazing job every year organising this wonderful event!

**Green School Committee Annual Report 2017-2018**

This was another productive year for the Green Schools Committee in St. Kilian's CS.

\* The Committee got back up and running in September continuing to raise awareness of environmental issues, in particular, energy consumption.

\* A Green Schools Noticeboard was created and information was, and is continually added to by the committee to highlight green issues and foster awareness amongst the student body and staff. Students are asked to try and have a read or look at this regularly.

\* In October, the 'Bin It' roadshow came to the school to present to the 1st and 2nd Years. This highly entertaining show tries to make students thinks about the effects of littering and the damage that it causes to an area. The 4th Year student went to the Rediscovery Centre in Ballymun for a workshop. The Rediscovery Centre is the national centre for the circular economy. It is a creative space for connecting people, ideas and resources.

\* The Committee, with the help of the 4th year Environmental Studies class, carried out a number of surveys in the classrooms of the schools to make sure bins were been used correctly and to see if teachers were turning off lights and computers at the end of the school day. All results were displayed on the Green Schools noticeboard. During the same period all computers in the school were labelled with 'Switch Off' reminders to help teachers to do this as they can be a little forgetful!

\* After the Christmas break, a large group of students went to the Green Schools Expo in the RDS. This exhibition focused on Climate Action and what we can do in our schools, home and communities to combat climate change.

\* The committee throughout the year continued to do the composting from the staff room and from the breakfast club and evening studies tea room and they all like their tea! The Environmental Studies student carried out an enormous amount of gardening during the year in the school court yard and the community garden at the entrance of the school.

\* In April, the Transition Year students and 6LCA took part in the National Spring Clean. This is an annual event that the school participates in around the Ballywaltrim area and they removed a huge amount of litter. They can be very proud of their efforts.

\* A workshop from Global Action Plan in relation to tackling water use, waste and conservation was given to all Transition Year students. The idea of this workshop was to equip students with the knowledge and skills to respond to the growing global need to reduce water consumption.

\* As part of their CSPE Action project, a number of classes in the school raised awareness about many environmental issues, in particular, 'Endangered Animals' (causes, affects and plans to combat the problem) and 'Climate Change'( The effects in Developing Countries). Students have really benefited from doing these projects.

These are some of the events that the St Kilian's students took part in throughout this school year, well done to all involved and keep up the great work.

**Wigilia (Polish Christmas Eve) at St. Kilian’s Community School**

St Kilian’s Community School hosted its second annual Wigilia celebration on Wednesday, December 12th, 2018. Wigilia is the traditional Polish Christmas Eve celebration, and about sixty students, past-pupils and their families gathered at the school for a memorable evening of friendship, music and traditional Polish food. Some of the fare on offer on the night included barszcz (a spiced beetroot soup), pierogi (cabbage dumplings), kapusta (spiced cabbage with mushrooms) and ryba po grecku (Greek-style fish). Desserts and cakes were also both delicious and plentiful. Afterwards, everyone joined in singing traditional Polish Christmas carols.

The event was organised by Ms Monika Uí Annaidh (Maths teacher), herself a native of Poland, who was ably assisted by a team of hard-working parents. The Principal, Mr John Murphy, welcomed guests and praised the contribution of Polish students, past and present, to the school. He reserved special praise and thanks for Ms Uí Annaidh, whose hard work and enthusiasm had ensured that the evening had been such a special and memorable one.

Everyone present on the night is already looking forward to Wigilia 2019!

1. \* It is possible that a measure may address a number of targets [↑](#footnote-ref-1)