

WELLBEING

‘The goal of wellbeing is human flourishing, and flourishing rests on the following: positive emotion, engagement, relationships, meaning, and accomplishment’ (DES, 2015)



What is wellbeing ?

A person's psychological, emotional, and social well-being. It affects how we think, feel, and act.



Scoil Uí Mhuirí
Post Primary School

Whole-school approach to Wellbeing

- Guidance Support, Home School Community Liaison, School Completion Programme, Check and Connect and Care Teams.
- Extra curricular activities, educational trips, musical, Gaisce, wellbeing week, Anti-bullying week etc.
- Wellbeing classes include
 - The FUSE anti bullying programme (Dublin City University)
 - Digital Media literacy
 - First learning programme (University of Limerick)
 - Know the score (drugsandalcohol.ie)
 - Resilience
 - Mental Health
 - Study Skills
 - 'The Science of Health and Happiness for Young People (The Royal College of Surgeons)

Indicators of wellbeing

ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?

RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and do I make right choices?

CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?

RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?

RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?

AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?



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