

# ST. DAVID'S NATIONAL SCHOOL



## **WELLBEING AND MINDFULNESS POLICY**

The wellbeing of the whole school community is at heart of school policies and plans.

Our guide is the Wellbeing Policy Statement and framework for Practice 2018 – 2023: <https://assets.gov.ie/24725/07cc07626f6a426eb6eab4c523fb2ee2.pdf>

Teachers promote wellbeing and mindfulness on a whole class basis and through SPHE, using various programmes:

Friends for Life, Promoting Self Esteem, Weaving Wellbeing

The Weaving Wellbeing Programme is presently run with 3<sup>rd</sup> and 4<sup>th</sup> classes.

### **WEAVING WELLBEING PROGRAMME**

#### **Aims of the programme**

The aim of Weaving Well-Being is to allow children to learn about and practise the specific behaviours and activities which have been linked to well-being, in a child-centred, interesting and age-appropriate way. The children are encouraged to practise the skills, strategies and activities, to see how they feel and how useful they find them. Children will have individual preferences for specific activities. It is helpful to expose them to a wide variety so that they can find a range of strategies which best suit their particular personality. Weaving Well-Being provides a concrete and practical method to incorporate positive mental health strategies into the classroom. In this way, children learn how to become creators of their own well-being - over the course of the programme they learn how to weave all of the elements of wellbeing into their everyday life. They continually reflect on how the interventions make them feel.

#### **SPHE STRANDS AND STRAND UNITS ARE COVERED.**

Strand: Myself Strand: Myself and others.

The lessons are designed to be implemented within the framework of the SPHE curriculum.

They tie-in with stated aims of the third and Fourth Class curriculum under the strands units of:

- Self-identity
- Taking care of my body
- Growing and changing
- Safety and protection
- Making decisions
- Relating to others
- Myself and my family

**Overview of SPHE Strands and Strand Units Covered:**

Strand	Strand Unit	Lesson Plans
Myself	Self-identity <i>- Self-awareness</i>	6
Myself	Taking care of my body <i>(Health and well-being)</i>	1 to 10 (All lessons)
Myself	Growing and changing <i>- As I grow I change</i> <i>- Feelings and emotions</i>	3, 7 and 8 1, 2, 5, 8, 9 and 10
Myself	Making decisions	2, 3, 4 and 10
Myself	Safety and protection <i>- Personal safety</i>	4
Myself and others	Myself and my family	10
Myself and others	Relating to others	2 and 10

Title of the specific group of lessons for 3<sup>rd</sup> class: Positive Emotions

Title of specific group of lessons for 4<sup>th</sup> class: Tools of Resilience

**REVIEW**

This policy will be reviewed as and when is required.

**RATIFICATION**

This policy was ratified by the Board of Management on date below.

The policy will be available in the school for parents to view.

**Ratified by Board of Management on: 1st December 2021**

**Signed:** \_\_\_\_\_  
**Chairperson**

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**Principal**