

Student Health and Well-Being + Anti-Bullying Initiatives

Targets:

As we are a DEIS school we have a high level of complexity of need among our student population and supporting the health and well-being of our students is a priority.

All aspects of the Health and Well-being curriculum including well-being promotion must be embedded in the schools practice and must be evidenced in planning.

The school reviews Health and Well-Being initiatives on a regular basis.

Actions:

- The school has a robust and effective Child Safeguarding Policy (Jan. 2023) Anti-bullying Policy (Jan. 2023) and Code of Behaviour Policy.
- Anti-bullying education and prevention strategies that are used by the school are as follows;
 - ✓ The SPHE curriculum, including the Walk Tall and Stay Safe programmes, is used throughout the school to support the anti-bullying policy.
 - ✓ Positive self-esteem is fostered among the pupils by celebrating individual differences, by acknowledging good behaviour and by providing opportunities for success.

- ✓ Pupils are helped to develop empathy by discussing feelings and by trying to put themselves in the place of others.
- ✓ Teachers respond sensitively to pupils who disclose incidents of bullying.
- ✓ The school's anti-bullying policy is discussed regularly with the pupils.
- ✓ The school's anti-bullying policy is discussed regularly with the teachers at Staff Meetings.
- ✓ The school's anti-bullying policy is discussed regularly with the Board of Management at Board Meetings.
- ✓ Staff are particularly vigilant in monitoring pupils who are considered at risk of bullying/ being bullied, with particular regard to pupils with SEN.
- ✓ All disclosed incidents of bullying are investigated.
- ✓ Members of the BOM are very familiar with the school's policy on bullying and promote it on a repeated basis among staff, parents and pupils through the roles of the Board Members in the school,
 - by reviewing the policy with input from all stakeholders in the School Community,
 - by example and
 - by promoting and improving communication and supporting the Principal in ensuring the Policy is adhered to.

- ✓ Parents contribute to and support the school's policy on bullying:
 - by encouraging positive behaviour both at home and at school,
 - by being vigilant for signs and symptoms that their child is being bullied or is bullying others,
 - by communicating concerns to the school.

- ✓ Cyber-Bullying requires access to technology. Pupils are supervised at all times when working with technology in the school. Pupils, who of necessity must bring their phones to school are required to hand them up to the teacher for safe keeping during the school day.

- ✓ The Catholic Ethos of the school encourages positive attitudes to inclusivity and equality. This permeates all aspects of the school day and throughout the teaching of the curriculum.

- St. Manchan's NS implements the Stay Safe Programme and the Walk Tall Programme.

- Weaving Well-being books and copies are in use in classrooms 2nd-6th.

- Anti-Bullying facilitators are invited frequently to the school to speak to the pupils. (Bully4U, Oct.2021)

- The school uses the opportunity to take part in the Incredible Years Teacher Programme.

- We aim to support transitions at the key educational stages. The school engages with the local pre-school, Ivers Lane and with Mohill Community College to support transitions from pre-school at Junior Infant level and from

6th class to Post-primary level.

- The Student Council is actively involved in school matters – which gives the students a voice in decision making.
- The Student Council carried out a survey on student well-being in the school.

Healthy Eating:

- The school encourages and highlights the importance of Healthy Eating.
- We are a Health promoting school.
- The breakfast and lunch school meals programme, which is provided by Carambola, gives health and nutrition benefits for the pupils.
- The school takes part in Food Dudes and Incredible Edible initiatives when the opportunity arises.
- We have invited speakers from Carambola to visit the school to give talks on Healthy eating.
- We aim to participate in food growing projects i.e. potatoes in the Spring.

Physical Activity:

The school encourages physical activity- we are participating in Active Schools towards the Active School Flag.

The school has participated in the Lough Rynn Fun Run.

The school participates in Cumann na mBunscoile football matches.

We aim to get the basketball ball court resurfaced as soon as possible and as funds allow.

Mental Health:

The school has had a Well-Being Tree to acknowledge and build pupil confidence.

The school uses “Weaving well-being” books in Senior Classes

Our SPHE programme addresses a wide range of aspects of mental health and well-being.

Teacher Well-Being

We aim to introduce initiatives towards teacher well-being in school.

We have organised whole Staff CPD for well-being for teachers.

Communication

These Health, Wellbeing and Anti-bullying Initiatives are communicated to all members of the school community through discussion, letters home, Seesaw program, Email and text messages. Hard copy is available on request.

Monitoring

Progress will be monitored by class teacher and at whole school level, by the SET team and the Principal. Outcomes will feed into subsequent actions and teacher planning.

Evaluation:

Using the above targets, progress will be measured and evaluated annually. This evaluation will be used to influence and guide future planning.

