

Scoil Mhuire Strokestown

WHOLE-SCHOOL WELLBEING FRAMEWORK

Ethos & Core Focus: Wellbeing is a central priority integral to our school's ethos. We strive to foster an environment where every student experiences companionship, hope, and steady support throughout their educational journey.

Key Wellbeing Indicators

Active

Physical health & participation

Resilient

Adaptability & confidence

Responsible

Ownership & decision making

Connected

Belonging & relationships

Respected

Inclusion & valued voice

Aware

Self-reflection & empathy

Curricular Provision

- **Junior Cycle (400 Hours):** All 1st to 3rd Year students complete 400 timetabled hours dedicated to Wellbeing. Core components include Physical Education (PE), Social, Personal and Health Education (SPHE) incorporating Relationships and Sexuality Education (RSE), and Civic, Social and Political Education (CSPE).
- **Senior Cycle:** Senior students continue their development through dedicated timetabled hours in Physical Education, Career Guidance, LCW (Life Community and Work) and RSE.
- **Specialist Workshops:** Tailored external speaker sessions and practical workshops are organized annually across all year groups.

Annual Awareness & Health Initiatives

- Active Schools Week

- Anti-Bullying Week

- World Mental Health Day

- Internet Safety Week

Pastoral Care Network

Students at Scoil Mhuire Strokestown have direct access to internal support structures, anchored by our guidance and support team.

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STAFF WELLBEING & PROFESSIONAL FRAMEWORK

The staff at Scoil Mhuire Strokestown place a strong emphasis on fostering the overall wellbeing of their students, recognizing that a supportive environment is built on shared commitment and professional collaboration.

Dedication to Student Growth & Care

- **Co-Curricular Engagement:** Teachers generously give their time to lead extra-curricular initiatives, allowing pupils to develop and demonstrate their abilities beyond academic lessons.
- **Integrated Pastoral Team:** Student development is actively guided by Class Tutors, Guidance Counselors, and the Additional Educational Needs (AEN) department.
- **Team-Based Approach:** Staff collaborate closely to ensure every learner receives individual attention, encouragement, and the framework necessary to flourish.

Fostering Teacher Wellbeing

Strong, constructive relationships between teachers and students, alongside a supportive working atmosphere among colleagues, serve as the essential foundation for staff wellbeing across the school community.

Professional Support & Development Network

Staff are provided with pathways for continuous professional learning alongside dedicated personal support resources:

Professional Bodies & Learning

- Teaching Council of Ireland
- Oide Post-Primary Development
- Regional Education Support Centres
- CEIST

State & Support Services

- Employee Assistance Scheme (EAS)
- Department of Education
- State Examinations Commission (SEC)