



# PROFESSIONAL PREPARATION FOR THE CLASSROOM

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# Content

1. Defining “Wellbeing” and the reason why Wellbeing is important
2. How schools are implementing Wellbeing
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# What is Wellbeing ?



**Is it  
Important ?**

“Wellbeing is present when a person realises their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical wellbeing and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being, and needs nurturing throughout life.” (WHO, 2001; NCCA, 2017)

- Well-Being matters not simply because it leads to better educational outcomes or can influence young people's outcomes as adults. Well-being matters in the here and now. Well-being is important as all students have a right to feel cared for in our schools.
- We also know that students who have higher well-being tend to have better cognitive outcomes in school. The wellbeing guidelines highlights that ‘children with higher levels of emotional, behavioral, social and school wellbeing had higher levels of academic achievement. This outlines that wellbeing and learning are connected.
- It is without a doubt that students learn more effectively if they are happy in work, believe in themselves, and feel school is supporting them.

# How schools are implementing Wellbeing

- To enhance a young person's well-being, schools must play their vital role (Wellbeing policy statement and framework, (2019))

A school environment should be a environment of warmth, differrnation, and have a positive understanding of expectations. By grasping these areas the environment will form a healthy engaged school body

Short Courses for Wellbeing:  
SPHE  
CSPE  
PE

Figure 2: Whole School Approach - Four Key Areas Wellbeing Promotion



Junior Cycle Wellbeing Guidelines (DES, NCCA, 2017)

# Wellbeing Short courses

## **SPHE (Social, Personal and Health Education) (100 hrs)**

- This short course provides a insight into oneself and to allow students to develop the skills and competences to learn about themselves, to care about themselves and others and to make informed decisions about their overall health and well-being. This short course enables students to learn about the important moral, physical, social, and emotional issues around relationships. (Curriculum-online (2017))

## **CSPE (Civic, Social and Political Education) (100hrs)**

This short course aims to develop the students personal and social confidence, prepares them for the responsibility of citizenship and contributes to their moral development. .(Curriculum-online (2017))

## **PE (Physical Education) (135hrs)**

This short course aims to build students motivation and commitment to physical activity within and beyond the school. Students learn about a range of physical activities and build their skills and confidence to participate in them. This short course enables students to learn about the importance of health enhancing and inclusive physical activity for everyone. .(Curriculum-online (2017))

# Junior Cycle

The 8 key skills in the Junior cycle are all linked to a Mindful individual

- Staying well
- Managing Information and thinking
- Managing myself
- Being creative
- Being numerative
- Communicating
- Working with others

“ Takes action to safeguard and promote his/her wellbeing and that of others”  
(SOL,11)

Statements of learning are the core of the students learning experience . The SOL of 7, 11 and 23 ( Framework , (2015)



Wellbeing and Framework , (2021)

# Indicators of Wellbeing

- According to the NCCA ( 2017) the wellbeing program for Junior cycle aims to implement that in key curriculum areas all learners are engaging with learning in a wellbeing way

**When designing a Wellbeing program one can use the indicators for:**

- To ensure that planning is following within a wellbeing way
- To influence how a conversation can be implemented about supporting young people and between stakeholders
- To be able to keep account of the fostered learning in wellbeing .

400 Wellbeing hours available

Less time :  
Gaeilge , Irish and Math's :  
240 hours  
Other subjects:  
200



# Staff wellbeing is key to success

- (Briner, Rob and Chris Dewberry , (2007) states that naturally one's emotions does impact their performance. Rothi et al. (2008) outlines that recent studies indicate that teachers are concerned about their ever- changing role as a teacher and the responsibilities they experience while trying to maintain their own wellbeing.
- The big book of whole school wellbeing (2021) features contents of "Self care for leaders " and the "Education system and me " . It emphasizes what as an individual you can do and the importance of maintaining your own positive mental health and links : to be kind , to read the school policies and to contemplate volunteering as a peer support among staff
- The website PDST (2019) acknowledges that teachers roles are evolving and have offers a surplus wellbeing supports for teachers ranging from posters, mediation and support advisors for staff.

"healthy students learn better, healthy teachers work better"  
(Turunen et al. 2017)



# How my classroom includes wellbeing

- My classroom is a very mindful environment based on the strategies I have implemented in my methodologies and strategies of teaching . I read the academic book of “The way of mindful education” by Daniel Rechtschaffen . Rechtschaffen, (2014) introduced me to the 7 principals of how to be a mindful person : **Patience , nonjudgment, beginners mind , trust , non striving , acceptance and letting go**. As part of my learning layer for my fifth year paint group I am incorporating in each lesson how in the art room how these principals can be implemented to become a mindful painter .

The saying “I am here now” is how as a class we remind ourselves we are present in the moment

Mindful activities at the beginning middle and the end of class:

- Mindful breathing
- Mindful walking

To be list

- Body scans
- Analyzing in a non- judgment way
- Changing our routine

Engaging with senses of  
touch : feeling the paint ,  
sound : of mixing and  
application of paint , smell:  
Lighting a sage candle

# References

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