Old Bawn Community School

Student Support Plan

Aims

The Student Support Team has been organised to benefit all students in Old Bawn Community School. The team are part of the overall student support system. This system includes a range of supports that cater for the learning, social, emotional, psychological, behavioural and spiritual needs of our students. The team's ultimate goal is the wellbeing of our students.

The team makes a significant contribution to the general wellbeing of the young people in our school, and it provides a stable and supportive environment for all our students.

Our aim is early intervention and identification to ensure the best outcomes for our students. Although most difficulties that we encounter are short lived and resolved with good support and minimal intervention, there can be some difficulties that arise with our students that can be of a serious and enduring nature. Some of these students require more intense and / or long-term support, including referral to specialist services (see appendix 1) which we recommend in the Tallaght and surrounding areas.

The student support team has been put in place in order to:

- Coordinate the support available for students in the school.
- Facilitate links to the community and other non-school support services.
- Enable students with support needs to continue to access a full education.
- Assist and support staff to manage students who are experiencing personal difficulties.
- Inform school management on the development and review of effective student support structures.
- Ensure staff members are briefed about the wellbeing of students as required.

Student Support Team

The student support team meets once a week and consists of members of the following teams:

- Guidance
- Wellbeing
- Chaplaincy
- Integr8
- Additional Educational Needs
- School Completion
- Senior Leadership

The student support team work closely with the wellbeing coordinator, Integr8 coordinator, attendance coordinator, wellbeing teachers, AEN teachers and SPHE teachers. The team maintains close links with the coordinators of room 10 and Blossom (our designated lunch and support rooms for students with additional needs).

Referral Procedures

Where a member of staff comes across a situation where they feel a student needs support on any level, they are to follow the referral procedures and students will be will seen by a member of the student support team.

Students can be referred to any member of the student support team by teachers, the SLT, year heads, tutors and parents / guardians. Referrals can be made in person, by email or by phone call. Year heads or teachers may share a behaviour support referral sheet with the student support team. The team will endeavour to put appropriate supports in place.

Students can also self-refer by booking an appointment by email or by dropping into the relevant offices.

All staff and students are made aware of the referral procedures at the beginning of the school year. All students are introduced to a member of the student support team at the beginning of the school year.

The student support team will often refer students to one or more of our integr8 programmes (see appendix 2). The team will refer and signpost students and their families to the relevant specialist support services and agencies.

Note Taking and Continuous Professional Development

The team adhere to all of the appropriate GDPR guidelines regarding records and note taking. For every student support meeting that takes place, notes are documented and stored in a secure filing cabinet in an office. Records are also kept on the pastoral care and integr8 database.

The team make referrals to Tusla or other agencies if required.

The student support team engage in continuous professional development on a regular basis. They meet regularly, they collaborate, and they support each other.

Minutes are kept of all student support team meetings in the relevant digital folder.

Student Voice and Leadership

Our students are empowered to help and support their peers through the Student Voice Programme in the school. The Student Voice programme provides an extra layer of support and presence in the student body.

Students are encouraged to give feedback on a regular basis regarding the support structures that are available to them in the school. The student support team can implement changes and enhancements as they see fit.

Meetings with Parents / Guardians

The student support team meet with parents / guardians on a regular basis. In most cases the relevant student is invited to take part in the meeting (see appendix 3). With all parties engaged and present, an action plan and recommendations can be put in place.

Appendix 1: Specialist Services

Local Counselling and Support Services

- Jigsaw Dublin South West: 01-5380087
- Village Counselling Service: 087-9049497
- Pieta Dublin South: 01-4624792 (Self Harm)
- Crosscare Teen Counselling: 01- 5574705
- Aurora Counselling Ireland: 085-1029570
- Jobstown Family Centre: 01-4585701 (Family Counselling and Support)
- St. Catherines Counselling Service: 01-4513076
- Youth Horizons: 16-19 year olds. 01- 4627021
- Rainbows Ireland: 01-4734175 (Bereavement Counselling)
- HOPE: Mary - 089 6105476 (Support around Suicide)
- Dublin South Counselling: 01-5036844 or 085-1511310
- YODA: 01-9214978 (Drugs and Alcohol Issues)

Mental Health and Wellbeing Support Services

Your Own GP
Your family doctor will be able to point you in the right direction regarding mental health supports

Mental Health Ireland
Information and support for people who experience mental health difficulties.
Contact info@mentalhealthireland.ie or visit mentalhealthireland.ie

Bodywhys
A range of services for adults and young people with eating disorders, and their families.
Contact: 01-2107906 or visit bodywhys.ie

Turn2Me
Free online counselling and online support groups for young people (aged 12 to17) and adults.
Visit turn2me.ie

BeLonG To Youth Services
Support, information and groups for LGBTQI+ young people in Ireland, their parents and carers, and other professionals.
Visit belongto.org

SpunOut.ie
Articles and information for young people on many different topics including mental health.
Visit spunout.ie

Mental Health and Wellbeing Support Services

Childline

Childline can be contacted by any child or young person at ant time.
Contact 1800-666666 or visit www.childline.ie or text 50101

Barnardos

Children's bereavement helpline for all members of the public.
Contact 01-4732110 (10am-12pm Mon - Thurs)

Samaritans

Samaritans is available any time day or night for support.
Contact: 116-123 or jo@samaritans.ie

MyMind

MyMind provides a range of counselling services online and face to face across the country.
Contact 076-6801060

Text About It

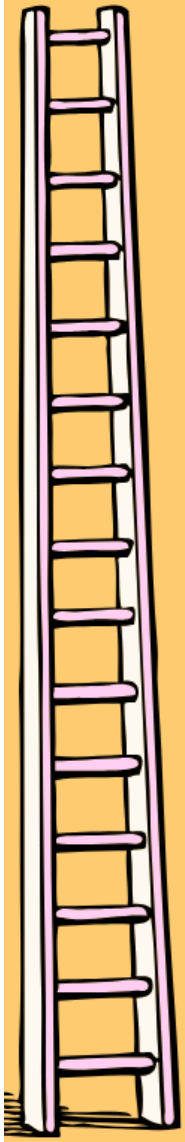
This is a free 24/7 text service providing support for people going through difficult times.
Text HELLO to 50808 at anytime.

There are many additional mental health and wellbeing supports listed on **www.yourmentalhealth.ie**

Appendix 2: Integr8 Programmes

OBCS
Integr8 Plus 2024/25

Essential steps to build a life of good health, happiness and emotional balance



Creative Writing / Journaling: Students will learn how to use writing to deal with stressful thoughts and emotions.

Artistic Expression: Students will be given the space to express themselves in a creative manner, promote self-esteem and motivation to succeed.

Lego Therapy: Students will use Lego to develop social and life skills.

Confidence building: Giving students the skills and tools needed to empower them to take ownership of their journey in life.

Organisation Skills: This will allow the students to arrange their thoughts, time and tasks in a structured way to effectively accomplish goals.

Social Skills: Students will explore a number of ways to improve their social skills, thereby reducing social anxiety and increasing personal resilience.

Music Therapy: It will give students the space to use music to promote wellbeing and personal development in their everyday lives.

Mindfulness: Students will acquire the skills and tools to help them slow down and pay attention to what's happening around them. It's about watching and acknowledging their thoughts and feelings without casting judgement.

Individual Support Programme: Support programmes tailored for individual needs.

Alert: students achieve their educational and social potential by helping them improve their behaviour and engagement in school.

Positive Mental Health Programme: 'You are not Alone.'

Stress / Anxiety Management: Managing stress/anxiety in a positive way.

Understanding Me: This will provide our students with the knowledge and skills needed for healthy relationships with themselves, their peers and those around them. Students will explore their relationships and sexuality, thereby increasing their ability to relate to others in a healthy way.

DIY & Home Maintenance: Students will learn basic skills in home maintenance and problem solving. This will improve their self esteem and foster a sense of pride in their own abilities.

Connect programme: Students will learn how to use the internext in a healthy way.

KICK: Kick boxing for well-being.

Sensory Motor Circuits: Circut exercises for physical and emotional regulation.

FRIENDS Programme: FRIENDSall about learning skills to help us reach our goals and successfully cope with difficult situations for the rest of our lives

Touch Typing: Students will learn touch typing skills that will benefit them in their school life.

Coding: Students will learn coding skills that will allow them to code in the future

Old Bawn Community School
Integr8 Programme 2024/25

Essential steps to build a life of good health, happiness and emotional balance

Creative Support
Using the creative therapies to help students build resilience, learn coping skills and to provide a space to express themselves.

- Music Therapy
- Artistic Expression
- Creative Writing
- Lego Therapy
- DIY

Physical Wellbeing
Programmes designed to promote a holistic healthy lifestyle through physical and emotional regulation.

- KICK: Kick Boxing - Emotional Regulation
- Sensory Motor Circuits

Social Support
Courses which support students in the area of friendship and confidence.

- Social Skills
- Friends Programme
- Confidence Building

Emotional Wellbeing
Programmes to provide a range of tailored supports to help students build emotional resilience and responsibility.

- Alert Programme: Behaviour Support
- Understanding Me
- Positive Mental Health
- Individual Support
- Stress & Anxiety Management

Digital & Education Support
Practical and digital programmes to support students navigating day to day school life.

- Organisational Skills
- Touch Typing
- Coding
- Connect Programme: Healthy Internet Usage

Name & Class:

Course Requested:

Parent / Guardian Signature:

Appendix 3: Parent / Guardian Meeting Template

	Template for Behaviour/ Pastoral/ Intervention meetings between staff, parents/students and others. **Student Name: _____** **Date of Birth: _____**
List of those present	
Concerns outlined/Reason for meeting	
Agreed Outcomes	
Action Plan	
Date of Review	
Date:	**Signature/s:**

Please use the back of this sheet if further information is required..... PTO ☐