Wellbeing Supports in Old Bawn Community School for Students

Curricular Wellbeing Supports

Junior Cycle	CSPE, SPHE, Module Based Wellbeing Classes and PE
TY	Religious Education, Young Social Innovators, Community Engagement and Public Speaking.
Senior Cycle (LC and LCA)	Topics relating to wellbeing are accessible to senior cycle students through Social, Cultural and Religious Education (including RSE), SPHE, Guidance Education and in Physical Education.

Extra Curricular Programmes

Old Bawn Community School runs many extra curricular and co curricular activities that enhance general wellbeing and develop student leadership. All students are encouraged to take part in these. A list of these activities is available on the school website.

Integr8 Programme

Integr8 is an Old Bawn Community School initiative where students can access additional wellbeing programs on a referral basis. The following Integr8 modules are available:

Music Therapy	Artistic Expression	Creative Writing	Lego Therapy	DIY	KICK – Kick Boxing	Sensory Circuits
Social Skills	Friends Programme	Confidence Building	Understanding me	Positive Mental Health	Individual Support	Stress and Anxiety Management
Organisational Skills	Touch Typing	Coding	Connect Programme			

Individual Support

Individual Student Support is available for all students. Students can self-refer or a member of staff or parent may refer a student to the Student Support Team. The Student Support Team consists of the: Guidance Counsellors, Chaplaincy Team, Integr8

Coordinator, School Completion Team and the AEN Coordinator. The team may refer students to outside agencies if they feel it is necessary and of benefit.

Students with Additional Educational Needs

The AEN coordinator organises additional wellbeing supports for students with special educational needs.

Wellbeing Supports in Old Bawn Community School for Staff

In School Wellbeing Supports

- A four-person senior management team available for staff.
- Year head and SDO structures.
- A chaplaincy team and guidance team available for staff.
- Presentations at staff meetings that focus on wellbeing and support.
- The school has a staff social committee that organise events periodically throughout the year to enhance relationships between staff members.
- Various staff wellbeing programmes, such as self-care programmes are facilitated in the school by staff or by outside agencies.
- Mindfulness groups, walking groups and staff trips are organised by staff on an informal basis during the school year.
- An induction and support programme is provided for newly qualified teachers.

External Wellbeing Supports

- Staff members are encouraged to engage in CPD and further study; which can enhance their classroom teaching and in turn their wellbeing.
- Spectrum Life, employee assistance service is available to all teachers.
- A list of further wellbeing supports and outside agencies is available from the Support Team.

Wellbeing Supports in Old Bawn Community School for Members of the Wider Community

Members of the wider community include parents, guardians, families and our adult learners.

Wellbeing Supports for the Wider Community

- A list of wellbeing supports and outside agencies is available for all members of the school community from the Support Team.

- School Completion team who liaise with families, the school and outside agencies.

- Parenting courses, wellbeing meetings, individual support meetings and career guidance meetings are held in the school for parents each year.

- The school runs an Annual Hamper Appeal each year providing over 100 hampers to families and organisations in the local community at Christmas time.

- The school runs a number of events each year in which the wider community is encouraged to attend, these include the carol service, school musical and the arts evening.

- Each year the Tree of Memories ceremony is held in the school. This ceremony is open to members of our wider community. In this ceremony we remember as a community those whom we have lost.