

## Wellbeing

Wellbeing involves one's ability to feel good and function effectively, to be equipped with resources to navigate the highs and lows we all experience in our lives while enabling one to intellectually, emotionally, socially and physically 'flourish' (PDST)

At Colaiste Na Toirbhirte we believe that it is the responsibility of the whole school to support students and staff's wellbeing. Valuable contributions can be made by all subjects in this area, particularly in the areas of CSPE, SPHE and PE.

The Wellbeing group has grown in the last year to include the following members:

- Linda Hall (Home Economics)
- Eilish O'Brien (Home Economics and Religion)
- Liz Evans (Career Guidance and Business)
- Jenny Warren (Physical Education and English)

In 2012 an audit of our school was conducted with regard to wellbeing. It concluded that while we had many strengths in the school there were areas within the school that could be further improved. It was decided that the initial focus would be on improving the physical wellbeing and activity levels within the school. To that end, we decided to pursue the Active School's Flag.

The **Active Schools Flag** focuses on striving to achieve a physically educated and physically active school community. We aimed to establish physical activity for all in the school community, to broaden the experiences and activities available and to create active links between our school and the wider community. To that end, we established a committee involving students, parents association, board of management and staff. The committee helped establish an annual Active Week on the school calendar, participation in the AVIVA health challenge, activities for all at lunchtimes, sporting events for both the school and wider community and forged strong links with the surrounding primary schools through coaching and tournaments. The school also adjusted the timetable to allow each student in the school to experience Physical Education classes and indeed allotted Transition Year groups a triple period in the week. This process took in all approximately a year and a half to complete and in 2014 Colaiste Na Toirbhirte became the third only post primary school in Cork to be presented with the Active School Flag. This was presented to the school by past pupil and RTE sports commentator, **Jacqui Hurley** and is valid for three years.

Mental health was decided by the group as being the next priority and in 2015, in conjunction with the student body, we set about attaining the **Amber Flag**. Friendship week was introduced, a mental health notice board established, strong induction programmes for first years and continued work by the meitheal team all contributing to the mental wellbeing of our school. Workshops for students, mental health surveys and participation in local community activities such as the Darkness Into Light run all contributed to the positive atmosphere in the school and the attainment of the Amber Flag. This was presented to the school by **Joanne O'Riordan** in 2016.

This was awarded to the school in 2014 and its far reaching benefits are very much in evidence within the school.

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