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 **Wellbeing Policy Statement**

**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.**

 **Wellbeing Committee/Student Council Members**

**Theresa Gilligan** (Third Class) **Seán Lynch** (Third Class)

**Emer O’Loughlin** (Third Class) **Craig O’Shaughnessy** (ThirdClass)

**Juliette Carroll** (Fourth Class) **Cian Farrell** (Fourth Class)

**Leah Kelly** (Fifth Class) **Joseph Ryan** (Fifth Class)

**Aimee Kirwan** (Sixth Class) **Seán Dowling** (Sixth Class)

 **Wellbeing Plan of Activities 2021/2022**

These wellbeing activities have been drawn up by our **Student Council** who have consultedwith their peers in classes third to sixth.

The Student Council met on three occasions so far (26/11/21, 3/12/21 and 10/12/21) and this is the timetabled plan for the school year 2021/2022.

**December**: **Chess** for fifth to sixth class.

 ●  **Teaching** pupils from third and fourth class the rules of chess.

 **● Footballs** on yard.-Each class will have a designated day for football on yard.

 ● **Drama: ” Light at the end of the Tunnel”** –Our Covid 19 story.

Each class, from junior infants to sixth class will practise their singing/dancing for our upcoming performance of**” Light at the end of the tunnel”.**

 **● Santa at the Movies:** Our Santa at the Movies day complete with popcorn and soft drink/water will take place in each classroom on Wednesday 15th December.

Remember to wear your Christmas jumper!

 ● **Computer Safety:** Our online safety talk for third to sixth classes takes place on Thursday 16th December.

**January: ● Chess** for classes third fourth fifth and sixth

(Continue to instruct third and fourth class)

 ● **Footballs** on yard- Each class will have a designated day for football on the yard.

 **● Drama:** “**Light at the end of the tunnel” –** Our Covid 19 Story.

Each class from Junior Infants to sixth class will practise their singing for our upcoming performance of **“Light at the end of the tunnel**”.

 **●Computer Classes:** Computer classes from third to sixth class will take place in the month of January.

 **● Footballs** on yard.-Each class will have a designated day for football on yard

**February: ● Chess** for classes third fourth fifth and sixth

(Continue to instruct third and fourth class)

 **● Drama:** “**Light at the end of the tunnel” –** Our Covid 19 Story.

Each class from Junior Infants to sixth class will practise their singing for our upcoming performance of **“Light at the end of the tunnel**”.

 **● Computer Classes:** Computer classes from third to sixth class will take place in the month of February.

 **●Table tennis** : Tabletennis leagues for classes second to sixth class**.**

 **● Footballs** on yard.-Each class will have a designated day for football on yard

**March: ● Computer Classes:** Computer classes from third to sixth class will take place in the month of March..

 **●Table tennis** : Tabletennis leagues for classes second to sixth class**.**

 **●Gardening:** Gardening for classes First and Second class

 **● Footballs** on yard.-Each class will have a designated day for football on yard

**April: ● Computer Classes:** Computer classes from third to sixth class will take place in the month of April.

 **●Table tennis** : Tabletennis leagues for classes second to sixth class**.**

 **●Gardening:** Gardening for classes First and Second class

 **● Footballs** on yard.-Each class will have a designated day for football on yard

 ● **Show and Tell**: Pupils bring something of value to them into the classroom and speak to the class as to why it is so special to them.

 **May: ●Gardening:** Gardening for classes First and Second class

 **● Footballs** on yard.-Each class will have a designated day for football on yard

 ● **Table Quiz:**  Table Quiz for all classes to take place in the hall.

 ● **Nature Walks** around the school and GAA grounds

 ● **Soccer Leagues:** Lunchtime soccer leagues on school field.

 **June: ●Gardening:** Gardening for classes First and Second class

 **● Footballs** on yard.-Each class will have a designated day for football on yard

 ● **Table Quiz:**  Table Quiz for all classes to take place in the hall.

 ● **Nature Walks** around the school and GAA grounds

 ● **Soccer Leagues:** Lunchtime soccer leagues on school field.

 **● Picnics:** Picnics on the grass for senior classes.

 Teddy Bear Picnics for the junior classes

**Please Note:**

**Our Active School Committee may also organise fun activities during the year.**

**Activities such as Cumann na nBunscol hurling and camogie may go ahead this year**