**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**

**Louise Downey** (Third Class) **Sam Heffernan** (Third Class)

**Senan Comlon** ( Fourth Class) **Kiara Duff Pender** (Fourth Class)

**Alicia Coyne** (Fourth Class) **Luke Fitzgerald** (Fourth Class)

**Dillon Gunn**  (Fifth Class) **Tilly Ging**  (Fifth Class)

**Emily Brady** (Sixth Class) **Calum O’ Connor**  (Sixth Class)

**Wellbeing Plan of Activities 2022/2023**

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 (14/10/22, 21/10/22 and 28//10/22) and this is the timetabled plan for the school year 2022/2023.

**November**: ● **Chess** for fourth (**Tuesdays**), fifth (**Wednesdays)** and sixth class (**Thursdays**)

●  **Teaching** pupils from third class the rules of chess.( **Mondays)**

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

Junior Infants/Senior Infants and Sixth Class: **Thursdays**

First Class/Second Class and Fifth Class: **Wednesdays**

Third Class:  **Mondays**

Fourth Class:  **Tuesdays**

**December: ●Chess**: Third to sixth Class

●**Footballs:** Junior Infants to Sixth Class

**●Cake /Bun Sale:** Fundraiser for P.A.T.H. on **Friday 2nd December**

**● Santa at the Movies:** Our Santa at the Movies day complete with popcorn and soft drink/water will take place in each classroom on **Tuesday 20th December**.

Remember to wear your Christmas jumper!

●**Christmas Singing Performance**: Each class will perform two songs, (one Christmas song and one class favourite song) to be performed as part of a Christmas Show **on Thursday 15th December**

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

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

**● Obstacle Course**: Set up in the hall during lunch break each week on Tuesdays Wednesdays Thursdays and Fridays.

Junior Infants/**Tuesdays**, Senior Infants/**Wednesdays**, First Class/**Thursdays**, Second Class/**Fridays.**

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

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

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

●**Swimming Classes**: First Class and Fifth Class- Starting Thursday 23/2/23 and finishing 30/3/23

●**Table tennis for Fun:** Third, Fourth , Fifth and Sixth Class

3rd Class (**Tuesdays),** 4th Class (**Wednesdays),** 5th Class (**Thursdays**), 6th Class (**Fridays)**

**●Art Gallery Day:** Children’s art work on display in hall (From **Tuesday 21st** **February** until **Friday 24th February**)

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

● **Swimming Classes**: First and Fifth Class- Starting Thursday 23/2/23 and finishing 30/3/23.

● **Red Colours Day**: Fundraiser for Heart Children Ireland on **Friday 24th March**

**●Easter Egg Hunt:** Fun Day for all on **Friday 31st March**

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

**● Swimming Classes**: Second and Fourth Class- Starting Monday 17/4/23 and finishing 29/5/23

● **Swimming Classes:** Third and Sixth Class- Starting Wednesday 19/4/23 and finishing 24/5/23

**●Outdoor Basketball :** Basketball stands to be brought out to the yard for the month of April. Pupils to play outdoor basketball during their supervised P.E. lessons

**●Show and Tell:** Children bring in to school an item/toy/ photo etc that means a lot to them and tells their class why it is so special to them.

**May: ●Computer Classes**: Computer classes finish on **May 8th.**

**●Swimming**  **Classes**: Second and Fourth Class- Starting Monday 17/4/23 and finishing 29/5/23.

**●Swimming Classes:** Third and Sixth Class- Starting Wednesday 19/4/23 and finishing 24/5/23.

●**Disco Dancing Day:** Children get to learn some dance moves and perform on stage in front of an audience. ( **Friday May 26th**)

**June: ●Soccer Matches** on the school pitch.

**● Gaelic Football** on the G.A.A. pitch.

●**Fun Clothes Day:** Children dress up in fun clothes for the day (**23/6/23**)

●**Yard Chalk Day**: Children draw their chalk designs on the school yard **(23/6/23)**