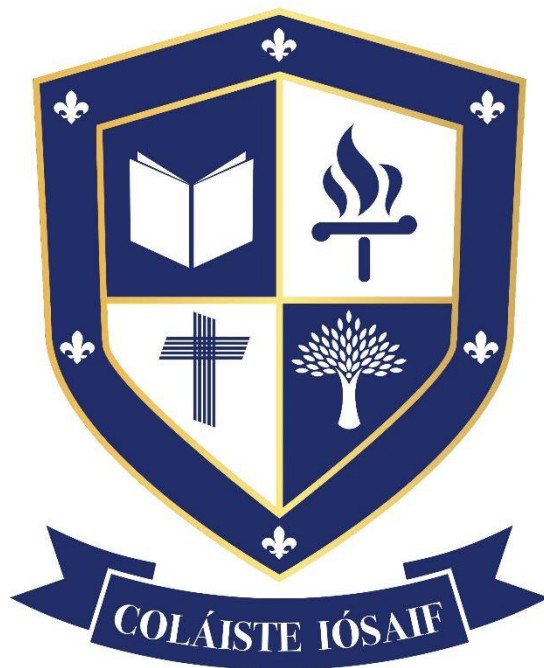


# Wellbeing Policy

## Coláiste Iósaif an Fhionnradharc



**St. Joseph's, Fairview**

This document is intended to provide details of the main policies of Coláiste Íosaif an Fhionnradharc in relation to *Wellbeing*. It is intended to help parents and guardians understand the environment and approach of the school. This document is regularly reviewed. All feedback is encouraged and welcome.

<b>Version</b>	<b>Description</b>	<b>Authors</b>
2025	New policy	Board of Management

### **School Contact Details**

**Principal:**

Alexandra Duane

**Board of Management Chairperson:**

James Rogan

**School Phone Number:**

01-8339779

**Address:**

Coláiste Íosaif an Fhionnradharc,  
Fairview, Dublin 3

## 1. Introduction

St Joseph's Fairview is a coeducational DEIS secondary school located in the north east inner city of Dublin. Grounded in the values of care, inclusion, and holistic development, this Wellbeing Policy is a whole-school document informed by the school's mission, the ERST ethos, the DEIS framework and national wellbeing and education guidelines.

Our mission is to foster a nurturing, respectful and inclusive environment where all students and staff are empowered to grow intellectually, emotionally, socially, physically and spiritually.

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## 2. Purpose and Scope

This policy aims to:

- Promote the wellbeing of all members of our school community.
  - Guide the integration of wellbeing into curricular and co-curricular activities.
  - Identify key structures, supports and policies that contribute to wellbeing.
  - Foster a school culture where every individual feels safe, valued, and connected.
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## 3. Philosophy and Context

Our commitment to wellbeing is underpinned by:

- The DEIS programme's emphasis on equity and support.
- The holistic approach to education as promoted by the Department of Education's Wellbeing Framework.
- An understanding that student learning and wellbeing are deeply interlinked.
- As an Edmund Rice Schools Trust Secondary school, the promotion of positive wellbeing is linked to the pillars of the ERST charter.

We are committed to the values of inclusion, respect, community, and the dignity of the individual. Our ethos encourages the development of all students' potential; academic, creative, moral and personal, within a safe and supportive environment.

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## 4. Goals of the Policy

**"Wellbeing** is present when students realise their abilities, take care of their physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community". (*Junior Cycle Wellbeing Guidelines 2021.*) Physical and mental wellbeing is central to all programmes in our school.

- To ensure a whole-school, integrated approach to wellbeing.

- To create a safe, inclusive environment that promotes mental, physical, emotional and social health.
- To provide structured supports for students at all levels of need.
- To support and affirm staff wellbeing as foundational to student success.
- To ensure coherence among all school policies that relate to wellbeing.



## 5. Wellbeing in the Curriculum

### Junior Cycle

- Provision of 400 hours of wellbeing-related instruction.
- Core subjects: SPHE, CSPE, PE, and Digital Literacy.
- Rotational modules (e.g., Settling In, Mindfulness, Study Skills).

### Senior Cycle

- Wellbeing supported through RSE, RE, PE, Career Guidance, and TY modules.
- Emphasis on student voice, leadership, resilience and emotional intelligence.

## 6. Whole-School Wellbeing Framework

We use a **Continuum of Support** model:

### **Support for All**

- Policies: Code of Behaviour, Bi Ceanalta Policy, Child Protection, AUP.
- Positive school culture through assemblies, Year Head check-ins, and inclusive practices.
- Wellbeing-themed events and health promotion initiatives.

### **Support for Some**

- Restorative practices and behaviour mentoring.
- Year heads and pastoral care teams working with identified students.
- Small-group or 1:1 support for anxiety, stress, or social difficulties.

### **Support for a Few**

- SEN support and tailored IEPs/IBPs.
  - In-school counselling and access to external services (e.g., NEPS, CAMHS, TUSLA).
  - Strong links with families and external support agencies.
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## **7. Staff Wellbeing**

- Ongoing CPD in areas like mindfulness, voice care and resilience.
  - Staff facilities and staff social committee.
  - Collegial leadership style with regular check-ins and professional affirmation.
  - Recognition of staff efforts via newsletters and assemblies.
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## **8. Key Initiatives and Activities**

- **Wellbeing Weeks** focusing on themes like mental health, inclusion, and respect.
  - **Study Skills Programmes** delivered through SPHE and guidance.
  - **Transition Supports** for 1st Year students including induction days and peer mentoring.
  - **Broad Co/Extracurricular Programme:** sports, music, debate, school trips, Big Brother/Little Sister Programme.
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## **9. Student Voice and Participation**

- An active **Student Council** with opportunities to impact school policy and events.
- Students involved in organising and evaluating wellbeing initiatives.
- Surveys and feedback loops incorporated into SSE and DEIS reviews.

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## 10. Policy Links

This Wellbeing Policy is aligned with:

- Code of Behaviour
  - SPHE and RSE Policies
  - SEN and Inclusion Policies
  - Bi Cinealta Policy
  - Digital Learning and AUP
  - Data Protection Policy
  - Health and Safety Policy
  - Child Protection Procedures
  - Substance Use Policy
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## 11. Review and Evaluation

- The policy will be reviewed every **two years** by the Wellbeing Coordinator in consultation with staff, students and parents as part of our school's ongoing efforts to support student wellbeing and effective learning.
- Feedback will be gathered via surveys, student focus groups, and evaluation of wellbeing events.
- The policy will be updated in line with the DEIS Plan and SSE cycle.

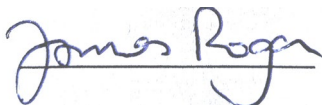
This policy was adopted by the Board of Management on 4<sup>th</sup> June 2025. It will be published on the school website and a copy will be made available to the Department of Education & Skills and ERST if requested.

Approved by: Board of Management

Chairperson: James Rogan

Principal: Alexandra Duane

Signed:



Signed:



Date: 4th June 2025

Next Review: June 2027