"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. "

Department of Education (2018) Wellbeing Policy Statement and Framework for Practice

In Allen National School we strive to create a culture and environment where students and staff experience a sense of belonging and feel safe, connected and supported. We do this by being actively involved in promoting emotional awareness, self-care, well-being, friendship, physical activity, mindfulness and relaxation exercises throughout the school year.

During the period since COVID-19, our Wellbeing Strategy has focused on increasing pupil engagement in **physical activity** and exercise through a whole school approach to exposing pupils to a broad range of physical activities summarised in the following diagram.

YEAR 1 September 2020/June 2021					
Term 1	Month	September	October	November	December
	Strand	OUTDOOR & ADVENTURE	ATHLETICS	GYMNASTICS	DANCE
	FMS	Running	Teacher's choice	Landing	Teacher's choice

Term 2	**Month**	**January**	**February**	**March**
	Strand			
	FMS	Teacher's choice	Kicking	Skipping
Term 3	**Month**	**April**	**May**	**June**
	Strand			
	FMS	Teacher's choice	Teacher's choice	Throwing

YEAR 2 September 2021/June 2022

Term 1	**Month**	**September**	**October**	**November**	**December**
	Strand				
	FMS	Walking	Teacher's choice	Balancing	Teacher's choice
Term 2	**Month**	**January**	**February**	**March**	
	Strand				

	FMS	Teacher's choice	Catching	Side stepping
Term 3	**Month**	**April**	**May**	**June**
	Strand			
	FMS	Teacher's choice	Teacher's choice	Jumping for distance

YEAR 3 September 2022/June 2023

Term 1	**Month**	**September**	**October**	**November**	**December**
	Strand				
	FMS	Hopping	Teacher's choice	Jumping for height	Teacher's choice
Term 2	**Month**	**January**	**February**	**March**	
	Strand				
	FMS	Teacher's choice	Striking with the hand	Dodging	
Term	**Month**	**April**	**May**	**June**	

3	Strand	GAMES	OUTDOOR & ADVENTURE	ATHLETICS
	FMS	Teacher's choice	Teacher's choice	Striking with an implement

In 2023-24, we extended our Strategy to include the introduction of the ***Weaving Wellbeing Programme*** across the school to better support a whole school approach to **promoting positive mental health**. This Positive Education programme consists of 10 lessons for each class level and is grounded in evidence-based interventions from the rapidly expanding field of Positive Psychology.

And now for the science bit

Positive Psychology is the science of well-being. 'The development of mindfulness has many potential benefits for children and young people: it can assist them in developing self-awareness and **emotional** and psychological maturity and resilience, a greater capacity for concentration, better sleep and overall health, and it can help in reducing anxiety and low mood' (Helen Byrne: https://ilsa.ie/wp-content/uploads/2017/10/Helen-Byrne-For-website-Mindfulness-in-Schools-Article-Jun-17.pdf)

In 2024-25 our Strategy will extend further to focus on monthly **spiritual** and mindfulness activities. Parents have been very engaged with their children in completing the Weaving Wellbeing homework. The same model will apply to our mindfulness programme. The planned activities for each month are listed below to allow all family members to join in and enjoy some mindfulness time.

Our Monthly Spiritual Focus 2024-25

September	**Mindfulness Colouring** – folder or drawing to relaxing music
October	**Mindfulness/Senses Walks** around the school garden and playing pitch

November	**Affirmations:** here
December	**Kindness** – Focus: Kindness to yourself through kind self-talk & affirmations & kindness to others.
January	**Yoga** – resources here
February	**Meditation:** Guided Visualisations for Children found here Lots of Peace Out guided meditation for kids here
March	**Journaling –** daily or weekly**.** Pupils can use different prompts (examples here) Younger children may like to respond with pictures or there is a printable mindfulness journal here (p.10-15)
April	**Mindful Minutes** – resources here
May	**Gratitude** – resources here
June	**Mindful activities outdoors** – examples

This year too, Ms Conway our SPHE Co-Ordinator, will work with the Student Council, to ensure the pupil voice is strengthened in defining what wellbeing means and how best to support and achieve wellbeing for all in our school community.

We have adapted our **physical environment** to include visual remainders relating to our Code of Behaviour, Anti-Bullying Programme, Weaving Wellbeing lessons, personal and on-line safety and, we have a dedicated Wellbeing Wall and Window where positive mental health, physical activity and strategies to cope with your emotions are promoted.

Friendship & Wellbeing Week

We celebrate our **social** relationships with Friendship and Wellbeing Week in February. Children engage through story, writing, yoga and whole school activities such as the daily mile, random act of kindness and consideration nominations and awards Our Social Group meet weekly on Friday' .