



What? Wellbeing

Action Plan 2025/2026

Target = 5% increase by Jan 2026

Key Objectives

- Promote a culture of care, respect, and inclusivity.
- Support the mental and emotional wellbeing of students and staff.
- Encourage physical health through active participation.
- Foster strong community and parental engagement.
- Embed wellbeing practices into the school curriculum and daily activities.

Students:

"I feel good when I come to school" Yes = 60%

"I feel worried at school" No= 62%

Parents:

"The school looks for and listens to parents views when planning and developing policies" Yes = 53.3%

Staff:

"All classes are timetabled for 60 mins of P.E. every week"

Yes = 40%

Procedures to-date

- Promoting a restorative approach to conflict resolution.
- Celebrating diversity through events, workshops, and classroom activities.
- Implementation mindfulness and relaxation techniques in daily school life.
- Provision of a safe space (Wellbeing Room) for students who need emotional support.
- Integrate daily movement breaks (e.g., GoNoodle, yoga, outdoor playtime).
- Students have access to sports and non-competitive physical activities.
- Provision of Healthy eating policy and provide guidance on nutritious choices (Hot meals/Food Dudes programme)
- We encourage open communication between home and school regarding student wellbeing.
- Collaboration with external organisations to provide additional resources and expertise (e.g. Family Resource Centre)
- Implementation of the SPHE (Social, Personal and Health Education) curriculum.
- Creative expression through arts, music, and drama is strongly encouraged (Art Blast/ Creative Schools Programme)
- Provision of outdoor learning opportunities to enhance connection with nature (Forest Bathing)
- Use of positive reinforcement and strengths-based approaches in teaching and assessment.

Why? Westport Educate Together Primary School is committed to fostering a holistic and inclusive approach to wellbeing. Our goal is to create a supportive environment that nurtures the physical, mental, emotional, and social wellbeing of all students and staff. This strategy aligns with the Irish Department of Education's Wellbeing Policy Statement and Framework for Practice.

Action Plan:

- Promoting a Culture of Care and Inclusivity
- Implement a buddy system where older students mentor younger students.
- Promote a restorative approach to conflict resolution – Key questions (what did you do wrong in the situation? How can we fix things?)
- Formal mindful and relaxation practices
- Provide resilience-building programmes such as the Friends for Life programme.
- Offer mental health awareness workshops for students, staff, and parents.
- Organise regular wellbeing-themed events and workshops for parents.
- Provide a safe space (wellbeing space) in each room
- Formalise and Integrate daily movement breaks (e.g., GoNoodle, yoga, outdoor playtime).
- Promote active travel (e.g., Walk on Wednesday, cycle-to-school initiatives).

Who?

- All Staff
- Junior Room/Senior Room teachers
- All staff
- All Staff
- Niall
- PGA
- Class Teachers
- All Staff
- Niall/PGA

When?

- Throughout the year
- Termly
- Throughout the year
- Throughout the year
- Nurture Sessions
- Throughout the year
- Throughout the year
- Daily
- Termly

Monitoring:

- Conduct annual wellbeing surveys for students, staff, and parents.
- Gather feedback through student focus groups and staff meetings.
- Review attendance, engagement, and behaviour trends.
- Adapt and refine strategies based on evidence and best practices.

Evaluation: