



*Scoil Mhuire Gan Smál
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Cashel,
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Wellbeing & Mindfulness Policy

It has been recognised by the staff of Scoil Mhuire Gan Smál that children need a holistic, healthy learning environment in which to thrive and flourish. To this end, it has been proposed that the concept of "wellbeing & mindfulness" will be introduced this year 2016/17 in Scoil Mhuire Gan Smál.

To promote this, the following steps may be undertaken during the year.

- Inspirational quotes & posters to be displayed throughout the school.
- A bank of mindfulness colouring sheets to be used in art/ quiet times/ by stressed children etc.
- Access to pack of stress balls/lavender oil in all classes for times of stress.
- A strong working relationship between children and teachers especially encouraged at the beginning of each year by learning more about each child during topic of "All about me".
- S.P.H.E/Circle Time : self-esteem enhancing activities.
- Go Noodle programme to develop
 - Stretching techniques
 - Mindful meditation/calming exercises
 - Energizing activities
 - Mood boosting dance routines etc.
- Deep breathing & relaxation techniques to be taught.
- Use of "mindfulness for children" app in itunes to promote deeper awareness of the emotions and their effect on our bodies.
- Mindful eating to be encouraged in conjunction with the healthy lunches policy.

- A worry box/thankful box to be introduced in classes 1st - 6th , where children can anonymously share any concerns/worries and gratitudes throughout the year. These will be addressed with sensitivity by the teacher at appropriate times.
- The Cosmic Zen Den: The bye bye boat (U Tube)
- Feelings thermometer in each class for identified children who are prone to emotional outbursts. This can be used by child to indicate to teacher how they are feeling and help them regulate emotions accordingly.
- Busy Break on Wacky Wednesdays to foster the importance of inclusiveness for all.
- Buddy bench in the yard, where children can go to show they need a friend.
- Co-ordinated approach in all classes using the S.P.H.E/ Stay Safe Programme to tackle the subject of anti-bullying twice a year, Oct/May.

At certain times of the year, a co-ordinated approach between all classes will be used to develop various aspects of our "Wellbeing Programme", eg.

- **Sep: "All about Me" topic used to get to know children.**
 - **Oct: Anti-bullying topic in S.P.H.E**
 - **Nov: Remembrance of "Holy Souls" - quiet, reflective meditations/ Grow in Love prayer time can be used in infants-1st class.**
 - **Jan: Motivation Month for Mindful Eating, promotion of Healthy lunches/ ideas for lunchbox fillers**
 - **Feb: "Fight the blues Month" with deep breathing & relaxation techniques on accompanying cd.**
 - **Mar/April: Lenten good deed a day.**
 - **May: Go Noodle: Energizing activities, eg. Zumba Kids/ Raise the Roof/Kids Bop/ Maximo/Pump it Up**
- Appropriate categories to be chosen by class teacher.

Resources

Online Go Noodle programme

Juggling balls/lavender oils for each class

Mindfulness colouring sheets from "Twinkl"

Relaxation cd for each class

Mindfulness app for children (free on itunes)

Grow in Love Religion programme, online prayer space

Worry/thankful box for 1st - 6th

Posters/quotes to promote wellbeing/healthy eating/anti-bullying/
friendship etc.

Busy break equipment: balls/parachute/hurdles etc

Incredible Years Programme (Manual)

This initiative will be implemented by all class teachers and overseen by co-ordinator Teresa Harrington.

Ratified on: 5/10/16

Signed: Breda Hickey, Chairperson, B.O.M.

This policy will be reviewed again: 2020