



Polasaí Folláine

Más rud é go bhfuil difríocht idir a bhfuil scríofa as Gaeilge agus as Béarla sa pholasaí seo, glactar leis an leagan Gaeilge mar an leagan cruinn agus an leagan Béarla mar aistriúcháin.

Cur i gcrích

Tá foireann iomlán na scoile, faoi stiúir an Bhoird Bhainistíochta, freagrach as ucht an polasaí a chur i bhfeidhm. Cinnteoidh an príomhoide agus an t-ionadaí foirne folláine go bhfuil gach ball den fhoireann ar an eolas faoin bpolasaí.

Critéir Rathúil

Aiseolas á fháil ón bhfoireann, tuistí, daltaí srl. le feiceáil conas mar atá an polasaí ag obair.

Athbhreithniú

Déanfar athbhreithniú ar an bpolasaí seo uair sa bhliain.

Daingniú

Daingnithe ar an 09 Márta 2022

Cathaoirleach:

Príomhoide :

Dáta: 23/03/22

Polasaí Folláine
Gaelscoil Uí Fhiaich

Tá cur chun cinn folláine do gach éinne i bpobal na scoile mar chroílár d'éiteas Gaelscoil Uí Fhiaich agus tá sé lárnach i misean na scoile. Tá folláine ann nuair a gcomhlíonann duine de réir a gcumas, go bhfuil siad ábalta gnáth struis a sheasamh, aire a thabhairt dá folláine fisiceach agus go bhfuil cuspóir, ceangal agus suaimhneas acu do phobal i gcoitinne.

Tá sé mar aidhm againn go sroicheadh na daltaí a gcumas anois agus sa todhchaí agus go bhfuil siad in ann déileáil leis na dúshláin a bhuaitear leo ina saolta.

Foghlaimíonn daltaí níos éifeachtaí agus bíonn torthaí foghlama níos fearr acu nuair atá siad sona ina gcuid oibre, nuair a chreideann siad iontu féin agus nuair a mhothaíonn siad go bhfuil aithinteas agus tacaíocht ón scoil.

Tá folláine na bpáistí fíor tábhachtach chun dul chun cinn sa saol agus dul chun cinn oideachasúil a bhaint amach. Cinnteoidimid go bhfuil an fócas ceart ar thacaíocht do pháistí chun cuspóir a bheith acu agus na scileanna chun déileáil le dúshláin an tsaoil.

Na Prionsabail a threoraíonn ár bpolasaí folláine ná go bhfuil sé:

- Páiste lárnach
- Féaráilte/ Cuimsitheach
- Fianaise (eolach)
- Fócas ar na torthaí
- Comhoibriú/comhpháirtíocht.

Tá an scoile uile páirteach sa chur chuige seo, ar bhonn fianaise de, le gnéithe éagsúla san áireamh ionas go mbeadh eolas, scileanna agus cumais ag na páistí déileáil leis na dúshláin atá rompu sa saol.

I gcur chuige scoile iomlán Gaelscoil Uí Fhiaich bíonn gach ball de phobal na scoile i mbun próiseas comhoibritheach a théann i bhfeidhm go dearfach ar fholláine na leanaí uile atá inár gcúram.

I nGaelscoil Uí Fhiaich cuirimid próiseas coiscitheach folláine chun cinn a dhíríonn ar fhachtóirí cosanta scoilbhunaithe a neartú agus ar fhachtóirí riosca scoilbhunaithe a íoslaghdú

Fachtóirí Cosanta

Seo roinnt de na fachtóirí cosanta chun folláine a chur chun cinn:

- Caidreamh dearfacha idir páistí agus múinteoirí chomh maith le bainistíocht ranga dearfacha a bheith sa seomra ranga agus é sin a roinnt leis na tuismitheoirí.
- Braistint muintearais, go mothódh siad slán agus ceangailt leis an scoil toisc atmaisféar dearfach scolaíochta agus rannpháirtíocht i ngníomhaíochtaí scoile agus pobail.

- Deiseanna forbairt go sóisialta agus go mothúchánach lena féin-fheasacht & féinbhainistiú mar aon le caidreamh & scileanna cinnteoireachta a chothú.
- Deiseanna a thabhairt dóibh eolas agus scileanna a leathnú, ionas go mothódh siad máistreacht agus féin-éifeachtúileacht.
- Folláine foireann na scoile.
- Tacaíocht a chur ar fáil ionas go bhfuil tuismitheoirí in ann tacú lena bpáistí féin.

- Deiseanna a thabhairt dóibh na scileanna teicneolaíochta atá acu a úsáid go sábháilte.
- Deiseanna a thabhairt dóibh scileanna a fhorbairt chun déileáil leis an strus a bhaineann le hobair scoile.

Feictear go gcabhraíonn na fachtóirí cosanta torthaí dearfacha a bhaint amach fiú nuair a bhíonn fachtóirí riosca ann do pháistí.

Fachtóirí Riosca Folláine :

- Neamhshuim, neamhláithreach, uaigneas agus coimhthíos.
- Foréigean /lonsaitheacht, Bulaíocht agus deacrachtaí le caidreamh
- Fadhbanna foghlama/ oideachas riachtanais speisialta- riachtanais sóisialta, mothúchánach agus iompair.
- Difríochtaí cultúrtha
- Aistriú go scoil eile.
- Ceangal lag idir an baile agus an scoil
- Smacht neamhsheasmhach
- Gan deis a bheith acu scileanna sóisialta, mothúchánach a fhorbairt, scileanna fadhb réiteach ach go háirithe.

Cothaíonn an timpeallacht i nGaelscoil Uí Fhiaich caidrimh, cairdeas, rannpháirtíocht, neamhspleáchas agus saothraítear soléireacht ó thaobh teorainn & rialacha agus ionchais dearfacha.

Tá dul chun cinn folláine mar chuid de gach gné de theagasc agus foghlaim anseo i nGaelscoil Uí Fhiaich. Tá an teagasc agus foghlaim dhaonlathach, cuimsitheach, tarraingteach agus idirdhealaithe. Cothaíonn sé ionchas, ard-chaighdeán agus tugann sé deis spriocanna a bhaint amach.

Cuirimid fócas tomhaiste ar chumais sóisialta agus mothúchánach a fhorbairt mar chuid den churaclam OSPS.

Cabhraíonn an Contanam Tacaíochta linn na riachtanais fhoghlama agus riachtanais fholláine ach go háirithe a aithint, ionas gur féidir linn a bheith éifeachtacht in ardimní agus iséalbrí a sheachaint do iomaí páiste.

Uaireanta bíonn gá ag páistí le tacaíocht sa bhreis. : Tá an tacaíocht seo ar fáil ó sheirbhísí seachtracha speisialta.

Tacaíocht Scoil Uile agus ranga chun cúrsaí folláine a chur chun cinn agus chun scileanna sóisialta, mothúchánach agus mianach a fhorbairt.

Tacaíocht Scoil do dhaoine áirithe: Aithint luath, cosc spriocdhírthe agus idirghabháil luath do na daltaí atá i gcontúirt nó i mbaol.

Tacaíocht Scoile sa Bhreis do dhaoine ar leith: Seirbhís atá curtha in oiriúint do riachtanais an duine aonair

Aithníonn an Contanam Tacaíochta go bhfuil riachtanais éagsúla ag páistí éagsúla ag amanna difriúla.

Déantar pleanáil scoil uile le cinntiú go gcuirtear cúrsaí folláine i bhfeidhm sa scoil. Tá próiseas machnamhach i bhfeidhm a thacaíonn le forbairt ghairmiúil tríd fhoghlaim chomhoibritheach. Feictear go bhfuil tacaíocht don fhoireann riachtanach ionas gur féidir leo eiseamláir mhaith de theacht aniar a thabhairt do na daltaí.

Seo iad na príomh gníomhaíochtaí chun cúrsaí folláine a chur chun cinn :

1. Cultúr agus Imshaoil

Misean agus Éiteas

Cultúr na scoile / an ranga

Caighdeán foirgnimh agus timpeallacht na scoile.

Comharthaí ratha i dtaobh Cultúr agus Imshaoil i nGaelscoil Uí Fhiaich ná,

- Go mothaíonn daltaí agus foireann scoile go bhfuil siad aitheanta, sábháilte , ceangailte agus go bhfuil tacaíocht ar fáil dóibh..
- Go bhfuil córas i bhfeidhm a thugann guth do na daltaí, múinteoirí agus tuismitheoirí ionas go gcabhródís le heiteas agus cultúr na scoile a fheabhsú.

2. Curaclam- Teagasc agus Foghlaim

Foghlaim Seach-churaclaim

Foghlaim Chomh-Curaclam

Tacaíocht pleanála

Monatóireacht

Comharthaí ratha i dtaobh Curaclam – Teagasc agus Foghlaim i nGaelscoil Uí Fhiaich ná ,

- Go bhfuil teagasc, foghlaim agus measúnacht dhearfach ar ardchaighdeán ar fáil ag na daltaí a thugann deis dóibh rath a bheith orthu.

- Go bhfuil teacht ag na daltaí ar ghníomhaíochtaí curaclam a chuireann le dul chun cinn go fisiceach, go sóisialta agus go mothúchanach a chuireann lena bhforbairt fisiciúil, sóisialta, mothúchanach ionas go neartaítear a folláine ina iomláine.

3. Polasaithe agus Pleanáil

- Cuirtear folláine san áireamh i ngach polasaí agus sa phleanáil.
- San Féinmheastóireacht Scoile
- San Fhorbairt Gairmiúil Leanúnach .

Comharthaí ratha i dtaobh Polasaithe agus Pleanáil i nGaelscoil Uí Fhiaich ná:

- Go bhfuil cúrsaí folláine lárnach i bpolasaithe agus i bpleanáil na scoile..

4. Caidrimh agus Comhpháirtíocht

- Caidrimh idir mhúinteoirí agus daltaí
- Caidrimh idir daltaí
- Guth na ndaltaí
- Comhpháirtíocht: Foireann, daltaí agus tuismitheoirí.
- Comhpháirtíocht le scoileanna eile
- Tacaíocht Sheachtrach

Comharthaí ratha i dtaobh Caidrimh agus Comhpháirtíocht i nGaelscoil Uí Fhiaich ná :

- Bíonn daltaí, tuismitheoirí agus comhpháirtithe páirteach i gcur chun cinn cúrsaí folláine i nGaelscoil Uí Fhiaich.
- Tuigeann na daoine fásta i nGaelscoil Uí Fhiaich an tábhacht a bhaineann le cur chun cinn folláine sa scoil, éisteacht leis na daltaí agus iad a stiúradh i dtreo tacaíocht inmheánach nó sheactracht mar is gá.

Acmhainní Folláine

Roinnt de na hacmhainní folláine atá in úsáid againn i nGaelscoil Uí Fhiaich ná:

Aistear .Creat-churaclam na luath- óige

Curaclam Oideachas Sóisialta,Pearsanta agus Sláinte

Cláir Roinn Oideachas agus Eolaíochta chun an curaclam O.S.P.S a chur i bhfeidhm:

- Clár Bí Sábháilte
- Clár Misneach
- Clár RSE

Cláir ar bhonn fianaise chun cúrsaí folláine a chur chun cinn:

- Friends For Life
- Clár: Food Dudes
- Health Promoting School initiative
- Clár Weaving Wellbeing (R2 – R6)
- Clár: Mindfulness Matters (Naí Shois – R 1.)
- An Chomhairle Scoile
- Teiripeoir Spraoi páirt aimseartha

Seo iad na gníomhaíochtaí atá in úsáid againn chun cúrsaí folláine a chur i bhfeidhm i nGaelscoil Uí Fhiaich.

1. Forbairt agus ag caomhnú cultúr atá sábháilte sa scoil ionas go mothaíonn gach duine ceangailte agus aitheanta.
2. Caidrimh dearfacha a chothú idir múinteoirí agus daltaí chun caidreamh sóisialta agus rannpháirtíocht a chothú.
3. Cur chuige scoile uile a chothaíonn cúrsaí sláinte don fhoireann uile.
4. Ionchur daltaí, tuismitheoirí agus pobal na scoile sa phróiseas chun sláinte agus sláinte mheabhrach a chur chun cinn sna polasaithe scoile.
5. Tá tacaíocht ar fáil sa churaclam OSPS chun scileanna na bpáistí i dteacht aniar, cumarsáid, réiteach coimhlinte agus fadhbréiteach a fhorbairt.
6. Córas scoile uile a chur i bhfeidhm chun daltaí le fadhbanna sóisialta, mothúchánach, iompair nó foghlama a aithint go luath.
7. Daltaí a mhealladh ,a ghríosú agus tacú leo bheith páirteach i ngníomhaíochtaí seach-churaclaim.
8. Éiteas scoile uile a ghlacann le agus a thugann luach ar éagsúlacht i measc na ndaltaí agus na foirne.
9. Furasta do dhaltaí agus d'fhoireann scoile teacht ar eolas maidir leis an tacaíocht atá ar fáil dóibh.

10. Go mbeadh teacht éasca ag an bhfoireann ar fhorbairt gairmiúil leanúnach maidir le folláine agus sláinte mheabhrach na bpáistí a chur chun cinn.

Cur I gcrích

Tá foireann iomlán na scoile, faoi stiúir an Bhoird Bhainistíochta, freagrach as ucht an polasaí a chur i bhfeidhm. Cinnteoidh an príomhoide agus an t-ionadaí sláinte agus slándála go bhfuil gach ball den fhoireann ar an eolas faoin bpolasaí.

Critéir Rathúil

Aiseolas á fháil ón bhfoireann, tuistí, daltaí srl. le feiceáil conas mar atá an polasaí ag obair.

Athbhreithniú

Déanfar athbhreithniú ar an bpolasaí seo go bliantúil.

Daingniú

Daingnithe ar an 09 Márta 2022

Cathaoirleach: _____

Príomhoide: _____

Dáta: _____

Wellbeing Policy Gaelscoil Uí Fhiaich

The promotion of wellbeing for everyone in our school community is at the core of the ethos of Gaelscoil Uí Fhiaich and is central to our school's mission.

We aim to ensure that all our pupils realise their potential now and in the future, and are able to deal with the challenges they face in life.

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.

Children learn more effectively and have better academic outcomes if they are happy in their work, believe in themselves and feel acknowledged and supported in school. The wellbeing of children is critical to their success in education and life. We in Gaelscoil Uí fhiaich ensure that the necessary focus is on supporting our children in having a sense of purpose and fulfilment and the skills necessary to deal with life's challenges.

The development of our Wellbeing policy is guided by the following principles.

- Child-centred
- Equitable, fair and inclusive.

- Evidence-informed.
- Outcomes focused.
- Partnership/collaboration.

We adopt a multi-component, whole school and evidence-informed approach to equip the children with the knowledge, skills and competencies to deal with challenges that may impact on their wellbeing.

Gaelscoil Uí Fhiaich's whole school approach involves all members of the school community engaging in a collaborative process that positively impacts the wellbeing of all the children in our care.

In Gaelscoil Uí Fhiaich we implement a preventative wellbeing promotion process that has a focus on strengthening school-based protective factors and minimising school-based risk factors.

Protective factors relating to wellbeing promotion in the school setting include:

- Positive relationships with peers and teacher – including positive teacher classroom management strategies and a sharing of positive behaviour management practices with parents.
- A sense of belonging, security and connectedness to school through a positive school climate and participation in school and community activities.
- Opportunities for social and emotional learning including the development of self-awareness, self-management, relationship and responsible decision-making skills.
- Opportunities for the development of knowledge and skills providing a sense of mastery and self-efficacy.
- Wellbeing of school personnel.
- Protocols and support systems that proactively support children and their families should difficulties arise.
- Opportunities to develop the necessary skills to cope with using online technology in a safe and appropriate way
- Opportunities to develop skills to manage stress that may be linked to school work.

Protective factors have been found to promote positive outcomes for children even when they have been exposed to risk factors. Wellbeing Risk Factors include

- Disengagement, absenteeism, isolation and alienation
- Violence/aggression, bullying and relationship difficulties
- Low achievement/learning difficulties/special educational needs including social, emotional and behavioural needs
- Cultural differences
- School transitions
- Poor connection between family and school
- Inconsistent discipline
- Lack of opportunity to develop social and emotional learning, including problem-solving and coping skills.

Gaelscoil Uí Fhiaich's school environment is one that consciously fosters warm relationships, encourages participation, develops autonomy and cultivates clarity about boundaries, rules and positive expectations.

Wellbeing promotion carries through to all aspects of our teaching and learning in Gaelscoil Uí Fhiaich. The teaching and learning is democratic, inclusive, engaging, differentiated, fostering expectations of high achievement and providing opportunity for success.

We have a deliberate focus on the development of emotional and social competencies as part of the SPHE curriculum.

Our Continuum of Support assists us in addressing all educational needs including wellbeing needs, so that we may effectively prevent and address anxiety and low mood for many children. Some children will still require additional support from specialist support services external to our school.

- Whole School and Classroom Support for wellbeing promotion that includes prevention and development of social and emotional; competence and coping skills for all.
- School support for Some. Identification, targeted prevention and early intervention for those at risk.
- School Support Plus for Few. Individualised, targeted intervention for children with more complex and enduring needs.

The Continuum of Support recognises that individual children can have different needs at different times.

Coherent planning at a whole school level ensures the successful delivery of our wellbeing promotion process. Gaelscoil Uí Fhiaich engages in reflective practices to enhance professional development through shared learning.

Support for the wellbeing of staff at Gaelscoil Uí Fhiaich is an essential element and is crucial to assisting staff to be effective in modeling resilience.

The four key areas for action in Gaelscoil Uí Fhiaich's approach to wellbeing promotion include

1. Culture and Environment.

Mission and ethos.

School and classroom climate and culture.

Quality and use of school buildings and grounds.

Indicators of success in the area of Culture and Environment in Gaelscoil Uí Fhiaich are

- Children and staff experience a sense of belonging and feel safe, connected and supported.
- Systems are in place so that the voice of the child, teacher and parent are heard and lead to improvements in Gaelscoil Uí Fhiaich's ethos and culture.

2. Curriculum -Teaching and Learning.

Extra-curricular learning.

Co-curricular learning.

Planning supports.

Monitoring.

Indicators of success in the area of Curriculum -Teaching and Learning, in Gaelscoil Uí Fhiaich are:

- Children experience positive, high-quality teaching, learning and assessment, which provide opportunities for success for all.
- Children access curricular activities to promote their physical, social and emotional competence to enhance their overall wellbeing.

3. Policy and Planning.

All policies relevant to wellbeing.

All plans relevant to wellbeing.

School self-evaluation.

Continuing professional development.

Indicators of success in the area of Policy and Planning in Gaelscoil Uí Fhiaich are:

- Gaelscoil Uí Fhiaich incorporates wellbeing promotion into whole-school policies and practices.

4. Relationships and Partnerships.

Student and staff relationships.

Peer relationships.

Student voice.

Partnership - staff, children, parents.

Partnerships with other schools.

External supports.

Indicators of our success in the area of Relationships and Partnerships in Gaelscoil Uí Fhiaich are:

- Children, their parents and other external partners are actively involved in wellbeing promotion within the school community of Gaelscoil Uí Fhiaich.
- All adults in Gaelscoil Uí Fhiaich have an increased awareness of the importance of wellbeing promotion, including listening to children and signposting them to internal or external pathways for support when needed.

Wellbeing Resources in use in Gaelscoil Uí Fhiaich include:

- Aistear .The Early Childhood Curriculum Framework
- Social Personal and Health Education Curriculum
- D.E.S. Programmes which support implementation of the SPHE curriculum:
 - Stay Safe programme
 - Walk Tall programme
 - Relationships and Sexuality Education programme
- Evidence based intervention programmes that promote wellbeing:
- Friends For Life

- Food Dudes initiative
- Health Promoting School initiative
- Weaving Wellbeing programme R2 – R6
- Mindfulness Matters programme Naí Shois – R 1.
- Student Council.
- Part-time play therapist

The **Ten Actions** Gaelscoil Uí Fhiaich undertakes to promote the wellbeing of our school community are

1. Developing and maintaining a safe, caring culture and climate within our school where a sense of belonging and connectedness is fostered.
2. Building positive relationships between teachers and children to promote participation, social interaction and pro-social behaviour.
3. Adopting a whole-school approach to health promotion, where health is promoted by all staff.
4. Actively involving children, their parents/guardians and the wider community in developing and implementing school policies to support mental health and health promotion.
5. Supporting and implementing a well-planned, consistent and integrated SPHE curriculum to enable children enhance their coping, resilience, communication, conflict resolution and problem-solving skills.
6. Developing whole-school systems and structures to support the early identification of children experiencing social, emotional, behavioural or learning difficulties.
7. Actively involving, supporting and encouraging children's participation in extra-curricular activities.
8. Fostering a whole-school ethos that accepts and values diversity within the pupil and staff population.
9. Providing easy access to information for pupils and staff on supports available to them within the school and wider community.
10. Facilitating access to continuing professional development for school staff on the promotion of the mental health and wellbeing of children.

Implementation

The entire school staff is responsible, under the direction of the Board of Management, for ensuring that this policy is implemented. The principal and staff health and safety representative are responsible for ensuring all staff members understand the policy entirely.

Success Criteria

Feedback from school staff, parents, pupils, etc to see how the policy is working.

Review

This policy will be reviewed yearly.

Ratification

To be ratified

Chairperson:

Principal:

Date: 09/04/22