

JCT Information Webinar

Wellbeing



Wellbeing Framework for Junior Cycle
Mercy Secondary School Ballymahon

Junior Cycle Wellbeing

1. Why is Wellbeing part of the Junior Cycle Framework?
2. Wellbeing and The Junior Cycle Curriculum.

Healing Arts Launch Event: The Arts and Wellbeing

19 September 2021 18:00 – 20:00 CET | Visual

Press release

Financial and mental health wellbeing supports to students worth €22 million announced by Minister Harris

From Department of Further and Higher Education, Research, Innovation and Science
Published on 11 October 2021
Last updated on 11 October 2021

Minister for Further and Higher Education, Research, Innovation and Science Simon Harris TD has today announced €17.2 million in student supports and €5 million to support students' mental health and wellbeing.

The supports are being provided as part of a €105 million package for Further and Higher Education provided by Government.

Speaking today, Minister Harris said:

SUBSCRIBE TODAY

This Working Life

This working life: Sleep and rest are essential for employees' wellbeing

Sleep needs to be made a priority and treated with the same importance as nutrition and fitness when it comes to our health



Anne Marie Boyhan

The state of feeling healthy and happy



Pinterest to launch new features to help with 'emotional wellbeing'



MEDICAL HOME

LIFE SCIENCES HOME

Become a Member

About

COVID-19

News

Health A-Z

Drugs

Medical Devices

Impact of COVID-19 on the wellbeing of young people

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By Suchandrima Bhowmik

Reviewed by Benedette Cuffari, M.Sc.

Aug 18 2021

The onset of the coronavirus disease 2019 (COVID-19) pandemic brought about a wide range of restrictions and guidance on the movement of people worldwide.

A national lockdown was enforced in the United Kingdom with a strict 'stay at home' message that included the closures of formal work, educational settings, and non-essential retail. In addition to the economic costs associated with these closures, several potential costs surrounding the wellbeing of the population have yet to be estimated.

CULTURE MATTERS

TikTok has new mental health resources for its users. Some experts say it's a good start.

"If we're going to have social media platforms ... we are responsible for keeping them as safe as we possibly can," one expert said.



Promoting Spiritual and Human Development

We believe a knowledge of and a personal relationship with Jesus Christ give meaning and purpose to our lives.

Achieving Quality in Teaching and Learning

We are committed to excellence and to continually improving the quality of teaching and learning.

Showing Respect for Every Person

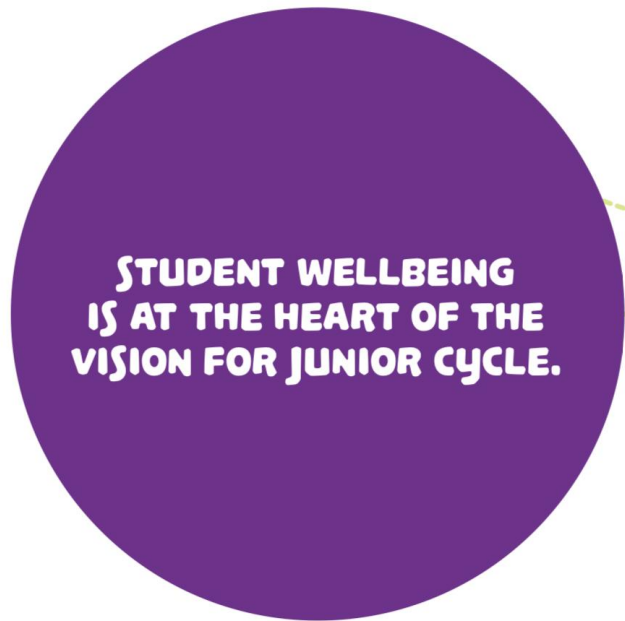
We respect the unique and intrinsic value of every person.

Creating Community

Our schools are faith communities of welcome and hospitality where Gospel values are lived and where there is special care for those most in need.

Being Just and Responsible

We seek to act justly and responsibly in all our relationships.



Why does wellbeing matter?

Student wellbeing is present when the 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.





World Health Organization

The World Health Organisation (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

MY WORLD SURVEY

NATIONAL STUDY OF YOUTH MENTAL HEALTH IN IRELAND

An tSraith Shóisearach do Mhúinteoirí

Junior **CYCLE**
for teachers

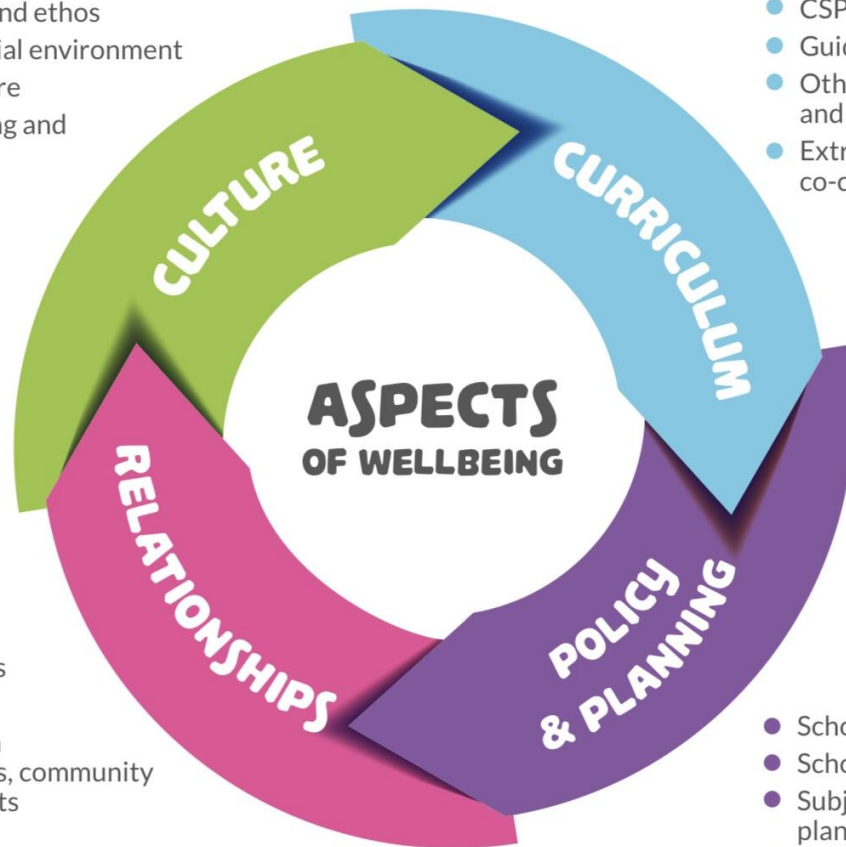
75% of mental health issues emerge
between the ages of 15-24

Among 12-18 year olds the most powerful predictor of
good mental health was the presence in their lives of
'one good adult'

(Hickie, 2004; Kessler et al, 2005; Kim-Cohen et al, 2003).

(Headstrong, 2012)

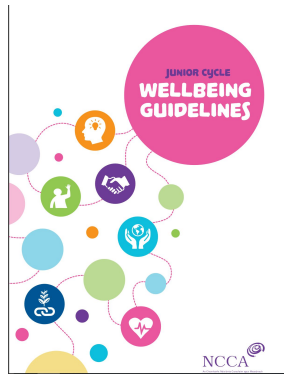
- School mission and ethos
- Physical and social environment
- Classroom culture
- Teaching, learning and assessment



- CSPE, PE and SPHE
- Guidance
- Other subjects and learning experiences
- Extra-curricular and co-curricular learning

- Student/teacher relationships
- Peer relationships
- Student voice
- Partnerships with parents/guardians, community and wider supports

- School policies
- School self-evaluation
- Subject and whole-school planning
- CPD planning



Civic, Social and Political Education (CSPE)

Physical Education (PE)

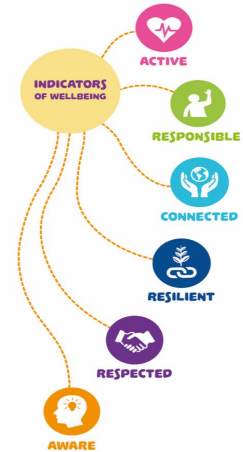
Social, Personal and Health Education (SPHE)

(DES & NCCA, 2017).

What would you like to do in a Wellbeing class?

- Yoga class
- Dance class
- No desks use cushions
- Open flow to discuss problems
- Kahoot!
- Group work
- Oral presentations
- Have fun
- Relax/meditation
- Video clips
- Go outside
- Sport

- Be creative
- Swimming
- Walks
- Art - coloring
- Music
- Acting
- Talent show
- Pick up rubbish
- Study class
- Activities to get to know each other
- Be active



Wellbeing Modules 2021-2022

Currently students are doing modules on rotational basis:

First Year

Google Workspace

Apps - PicCollage, Book Creator,
Kahoot

Internet safety

Computing Basics and iMovie

Oral Presentations

Second Year

Nutrition

Mental and Physical Wellbeing -

Meditation & Dance lessons

Sleep, Nutrition & Self-talk - Yoga

Essential Wellbeing - Classroom

Guidance.ie - Values, Multiple

Intelligence, Resilience, Growth

Mindset

Wellbeing is comprised of many interrelated aspects. The six indicators describe what is important for young people's wellbeing. These indicators are not seen as goals or targets to be reached. The journey towards wellbeing is never complete and will always involve ups and downs. Often it is through dealing with obstacles and setbacks that people grow.

Indicators can identify where support is needed.



Wear a Mask



We appeal to your civic patriotism to co-operate with us in our effort to

STAMP OUT THE Spanish Influenza or "Flu" Plague in Portland By Wearing a Mask

You should willingly co-operate in doing this and not necessitate the passage of an ordinance which will make the wearing of a mask compulsory.

OBSERVE THE FOLLOWING RULES

Masks should be worn when you enter crowded assemblies, stores, theaters, meeting places, houses, churches, schools, and even at home.

The mask should consist of four layers of better cloth. Patterns of it will be shown in the big stores.

After you have worn the mask sterilize it by holding for at least five minutes before you wear it again. Never wear a mask the second time, after having removed it to go from one place to another.

Realize that the outside of the mask is contaminated after use and clean very readily with your fingers, and in this manner transmit the infection.

Never visit people who suffer from a cold without wearing a mask, because they may have influenza, if only in a mild form.

Signed:

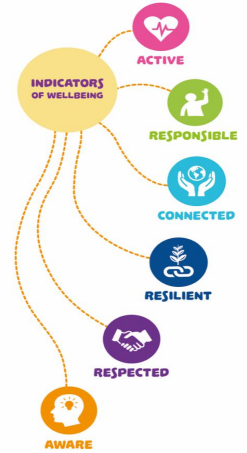
K. F. MEYER,

Associate Professor of Tropical Medicine, George Williams Hooper Foundation for Medical Research, University of California Medical School, San Francisco, California.

Signed:

THE CONSOLIDATED HEALTH BUREAU

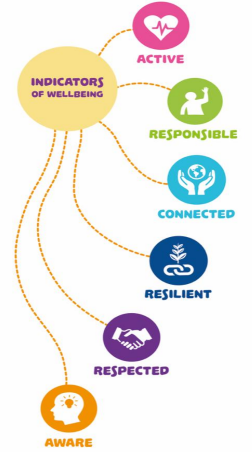
By E. A. SOMMER
Director-General.



A newspaper advert in the January 12, 1919 edition of *The Sunday Oregonian* appeals to readers "civic patriotism" to encourage wearing masks in combating the 1918 flu. (University of Oregon)



Credit: Wikimedia Commons 1918



SEP 1 1918

ST. CHARLES CHRONICLE

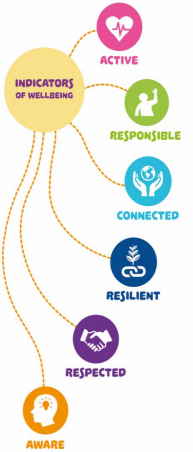
"Prove All Things, Hold Fast That Which Is Good."

VOLUME XXXVIII, NO. 13

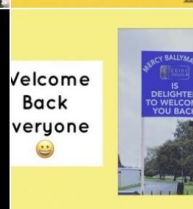
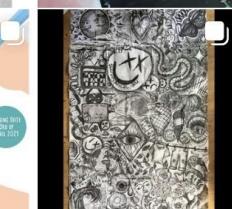
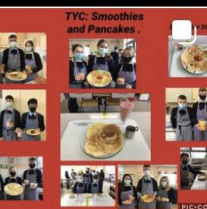
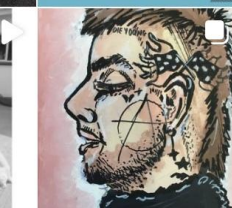
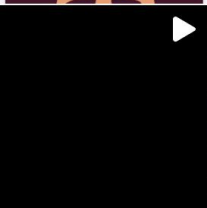
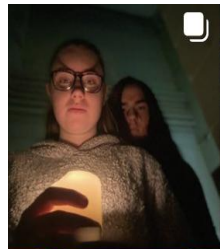
ST. CHARLES, KANE COUNTY, ILLINOIS, THURSDAY, AUGUST 29, 1918

TERMS, \$1.50 PER YEAR IN ADVANCE

QUARANTINE OFF; SCHOOLS WILL OPEN



St. Charles Chronicle Headline announcing the end of preventative quarantine measures in August of 1918.



Wellbeing is a whole school endeavour

Length of class period		60	Year 1	Year 2	Year 3		
Number	Number	Subject	No. of Periods	No. of Periods	No. of Periods	Time	
Core Learning	1	Irish	3	2	3	267	
	2	English	3	3	2	267	
	3	Maths	3	2	3	267	
	4	History	2	2	2	200	
	5	Geog	2	2	2	200	
Optional Subjects	6	Science	2	2	2	200	
	7	Opt 1	2	2	2	200	
	8	Opt2	2	2	2	200	
	9	Opt3	2	2	2	200	
	10	Opt 4	2	2	2	200	
Non Examinable Subject	21	Religious Education	2	2	2	200	
Wellbeing	22	Civic, Social & Political Education	1	1	1	100	
	23	Social, Personal & Health Education	1	1	1	100	
	24	Physical Education	1	1	2	134	
	25	Wellbeing	1	1	0	67	Wellbeing 401
Other Area's of Learning	26				0	Deficit of hours	
	27						
	28						
Total			29	27	28	2806	0
Total Hours Year 1			935.2	Core Subject	240 Hrs		
Total Hours Year 2			935.2	Optional Subject	200 Hrs		
Total Hours Year 3			935.2	Short Course	100 Hrs		
Total Number of JC Programme Hours			2805.6				

“Well-being does not mean the absence of stress or negative emotions in life or the absence of mental health difficulties”

“A sense of well-being can vary from time to time”

Thank you