



The Irish Wellbeing Framework for Schools

“WELL-BEING IN CARING SCHOOLS”

Buone pratiche, strategie e percorsi verso il benessere della scuola in Europa

Torino, 15 novembre 2019

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Wellbeing- A Definition

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.

Adapted from the WHO, mental health definition and JCT Wellbeing Guidelines developed by the NCCA

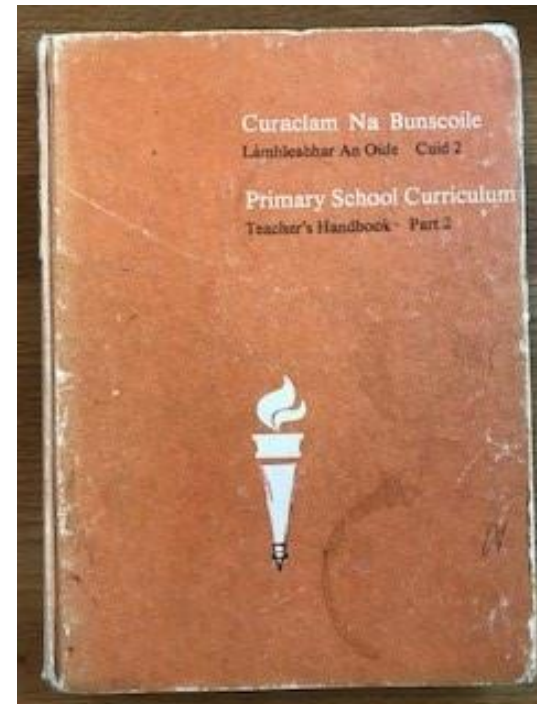
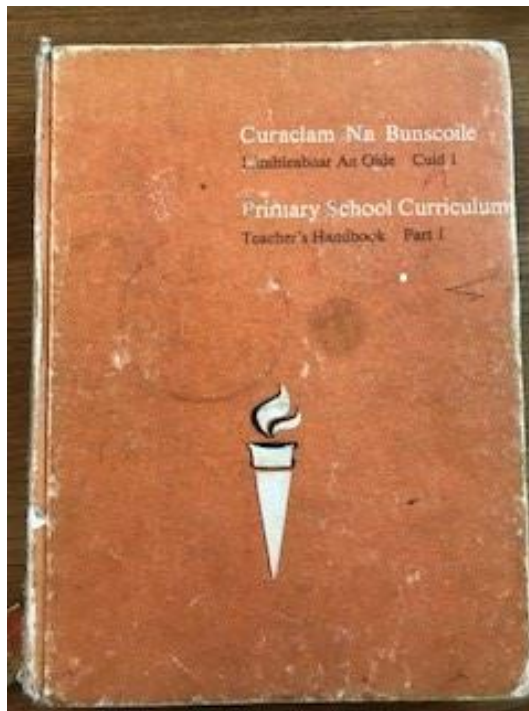
Wellbeing- Are schools responsible?



Schools have always engaged with the wellbeing of their pupils.
Some History!

Wellbeing: A History

- 1970s The Development and publication of the first “Child Centred” Curricula in Schools.



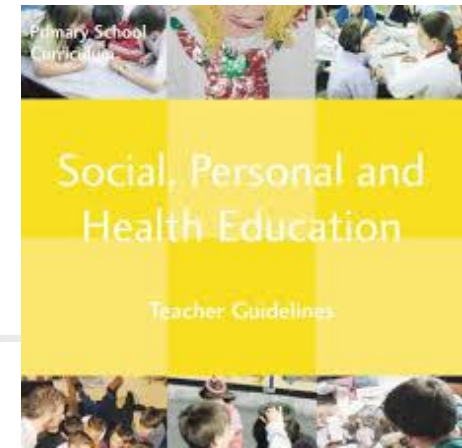
Wellbeing: A History

- 1980s: The Rise of Self-Esteem



- Nel Noddings writes about Care in Schools and Happiness in Education

Wellbeing: A History



- 1990s
- In Ireland a New Primary School Curriculum is developed a new subject : Social, Personal and Health Education (SPHE) is introduced.
- <https://www.curriculumonline.ie/Primary/Curriculum-Areas/Social-Personal-and-Health-Education-Curriculum>

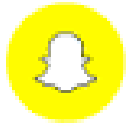
Wellbeing: A History

- 1990s
- SPHE:
- Decision Making
- Healthy Choices
- Child Safety
- Relationships and Sexuality
- Citizenship





Wellbeing: A History



- 2000s
- A rise in concern regarding pupil wellbeing.
- A rise in social media use
- National Educational Psychological Service looks at supports for schools and parents but this is reactive in nature.
- <https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/NEPS-Home-Page.html>

Wellbeing: A History



- 2013: Wellbeing in Post Primary Schools: Guidelines for Mental Health Promotion and Suicide Prevention
- A Practical Framework
- Identify Students at risk
- Promote Positive Mental Health
- Support Students at risk
- <https://www.education.ie/en/Schools-Colleges/Information/Resources-Guidance/Well-Being-in-Post-Primary-Schools-Guidelines-for-Mental-Health-Promotion-and-Suicide-Prevention-2013.pdf>

Wellbeing: A History

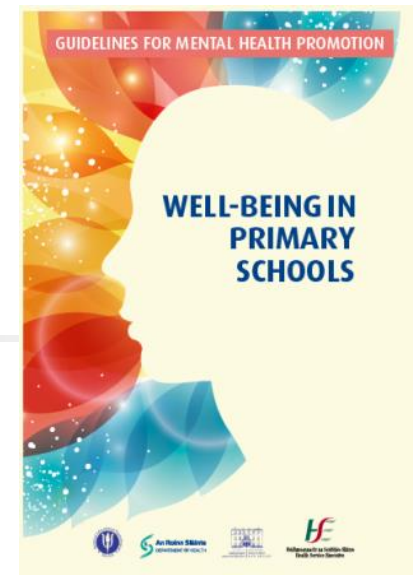


- Barriers:
- Resources
- Many teachers were not trained or did not feel sufficiently qualified to deal with issues
- No reference to teacher or staff wellbeing

Wellbeing: A History

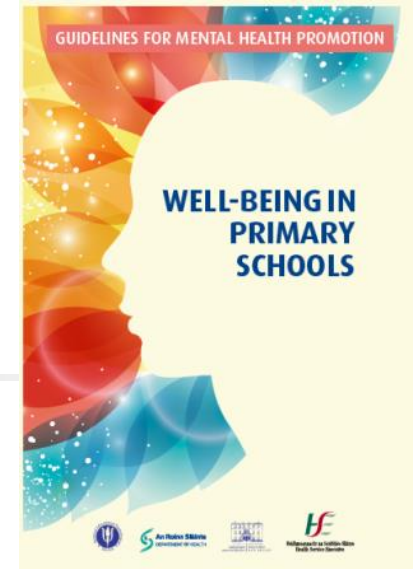


Wellbeing: A History



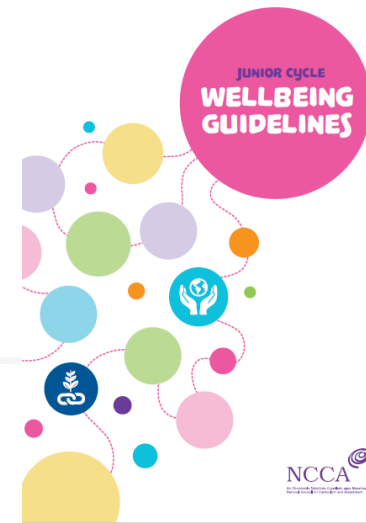
- 2015: Wellbeing in Primary Schools: Guidelines for Mental Health Promotion.
- Practical Guidelines
- Based on evaluation the provision of SPHE throughout the school
- NEPS Continuum of Support
- Stay Safe (Child Protection) Programme becomes compulsory for all schools
- <https://www.education.ie/en/Publications/Education-Reports/Well-Being-in-Primary-Schools-Guidelines-for-Mental-Health-Promotion.pdf>

Wellbeing: A History



- Barriers:
- National Focus on Literacy and Numeracy may reduce time given to SPHE
- Resources
- Teacher comfort in dealing with sensitive issues
- No guidelines for teacher or staff wellbeing

Wellbeing: A History



- 2018: All Post Primary Pupils must participate in 400 hours of wellbeing in their first 3 years of Post Primary school.
- Junior Certificate Short Courses
- Includes, life skills, RSE, Physical Education (now an exam subject)
- Is Wellbeing now a source of stress in schools?!
- <https://www.jct.ie/wellbeing/wellbeing>

Wellbeing: A History



2019: Wellbeing Policy Statement and Framework for Wellbeing 2018-2023

- A National Priority for Education, “central to the Department’s mission
- Challenges in Society
- Key role of school: preventative
- Cross Sectoral: From Early Years to Primary and Post Primary

Wellbeing: A History



2019: Wellbeing Policy Statement and Framework for Wellbeing 2018-2023

- Key Messages: the experience of children and young people from early years...to post primary education will be on that enhances, promotes, values and nurtures their wellbeing.
- At the core of the ethos of every school

Wellbeing: A History



2019: Wellbeing Policy Statement and Framework for Wellbeing 2018-2023

- Central to School Self Evaluation
- Continuum of Support
- Pilot Project 30 schools
- Catalogue of Supports
- Directory of CPD

Wellbeing: A History

2019: Wellbeing Policy Statement and Framework for Wellbeing 2018-2023

- <https://www.education.ie/en/Schools-Colleges/Information/wellbeingineducation>



Wellbeing in Schools: and finally!

