

Bremore Educated Together Secondary School, Ireland “Wellbeing Indicators lead by Students” by Mike Kiernan, teacher

<p>Why did you/ your school choose to work on the issue of “Addressing well-being at school ”?</p>	<p>Here are a variety of good practices which we recognize that support wellbeing in the school:</p> <ul style="list-style-type: none"> -Amber Flag Committee (positive mental health) -Clann/Family System -LGBTI Committee -Development education Committee -Sporting Events - Induction, friendship and belonging initiatives -School Trips -Reflective opportunities -Student relationship keepers <p>These practices are supported by the student council and the committees are largely student lead.</p>
<p>What did you do and what went well? Who took part?</p> <p>Please describe some important steps of the process.</p>	<p>Organization. All students who are interested in the above committees voluntarily joined and developed engaging and meaningful ways to support other students and their wellbeing. Communicating- Staff need to communicate what wellbeing is. We identified what it looked like in our school in order to facilitate student engagement.</p> <p>Student voice =engagement! Student council surveys at the start and throughout the year facilitate what students want. When students are included and feel valued there is excellent uptake.</p>
<p>What were main challenges you have experienced?</p>	<p>Time- we are teachers in a new building which means we have a lot of time needed to be given to setting up departments.</p>
<p>Did your project/ practice/ initiative bring some changes? What were the benefits?</p>	<p>There is definite awareness of the importance of physical activity and positive mental health underpinned by what we as a staff identified as wellbeing outcomes for our students.</p>
<p>What would you say to a colleague who is about to start the same kind of project/ practice/ initiative to help them repeat your success?</p>	<p>Ask for help!- Both staff and students are needed in order to fulfill what we achieved. We have developed leadership skills among our students to develop events, activities and a culture of wellbeing.</p>