

School Improvement Plan – 3rd Subject – SPHE & Mental Health

Target 1: To improve the mental health awareness of the pupils in our school by 30% (in response to question “What could you do to make your school a healthy place?”)

Target 2: For the pupils to be aware of strategies involved in problem solving and coping with mental health issues.

| Action | Why | When |
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| <p>Environment:</p> <ul style="list-style-type: none"> • Install a buddy bench in partnership with the Men’s Shed Castlerea. Teach explicitly use of buddy bench and build awareness around its concept and use. • Creation and display of poster affirmations posters throughout the school. | <ul style="list-style-type: none"> • Buddy bench will create a coping strategy for pupils when they feel left out on yard. • Posters will promote awareness of mental health and improve individual self-esteem. | <p>School years 2019-2020</p> <p>2020-2021</p> |
| <p>Policy:</p> <ul style="list-style-type: none"> • Review and update SPHE policy. | <ul style="list-style-type: none"> • To encourage best practice in this area throughout the school. | <p>School years 2019-2020</p> <p>Review June 2020 (in light of any new department guidelines)</p> |
| <p>Partnerships:</p> <ul style="list-style-type: none"> • Regular links/invitations to parents to visit the school demonstrating skills/talents linking to mental health good practice strategies. E.g. mindfulness | <p>To promote various mental health initiative sand coping strategies. Build a positive attitude towards these initiatives and how they</p> | <p>School years 2019-2021</p> |

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| <ul style="list-style-type: none"> Continue to build partnerships with outside bodies e.g. Roscommon Sports Partnership, AN Garda Siochana, GAA & soccer, local community groups, Creaton Coll community park association etc. | have a positive effect on your mental health. | |
| Curriculum: <ul style="list-style-type: none"> Implement Walk Tall/Stay Safe/RSE/Zippy Friends(junior room)/ABI anti-bullying (senior room) programmes | To teach pupils and increase awareness of key vocabulary associated with mental health. | On-going |
| <ul style="list-style-type: none"> Establish and organise a wellbeing day by health promoting schools committee | As above | Yearly |
| <ul style="list-style-type: none"> Maintain and care for sensory and vegetable garden on school grounds – encouraging the outdoor classroom. Use of the outdoor classroom in fine weather | Work as a team to nurture the outdoor areas of our school and learn that it too is a coping strategy. | On-going |
| <ul style="list-style-type: none"> Create and maintain a wellbeing section in our termly newsletter. | To increase awareness of positive mental health. | On-going |
| Review: (possibility of introducing fun friends by SET teacher and training of other teachers) | | April 2021 |