



Derryooper National School Policies

Roll Number: 17547R

Patron: Most Rev. Michael Duignan, Bishop of Clonfert

Chairperson: Fr. Kieran O'Rourke P.P.

Phone: 0860483344

Principal: Padraig Lohan

Wellbeing & Mental Health Policy

1. Introduction

Derryooper National School is committed to fostering a positive, inclusive, and supportive environment that prioritises the **mental health and wellbeing** of all students and staff. This policy aligns with the *Wellbeing Policy Statement and Framework for Practice 2018–2025*, as outlined by the Department of Education, and aims to promote **resilience, positive relationships, and emotional well-being**.

2. Aims of this Policy

This policy aims to:

- Promote **positive mental health and emotional well-being**.
- Develop a school culture where **everyone feels safe, valued, and supported**.
- Provide **early intervention and support systems** for students facing emotional or mental health challenges.
- Ensure that **staff wellbeing is prioritised** and that they have access to necessary support structures.
- Foster strong **partnerships with parents, guardians, and external agencies** to support the mental health of students.

3. Scope of the Policy

This policy applies to:

- **All students, staff, and parents** in the school community.
- **All school activities and interactions** that impact well-being.
- **Collaborations with external agencies** such as *NEPS (National Educational Psychological Service)*, *HSE*, and *TUSLA*.

4. Wellbeing Framework in the School

Derryoover National School promotes well-being through:

- **Positive relationships** between staff, students, and parents.
- A **safe and nurturing school environment**.
- A curriculum that includes **Social, Personal & Health Education (SPHE)**, *The Stay Safe Programme*, and *Weaving Well-Being Programme*.
- **Mindfulness, relaxation techniques, and movement breaks** integrated into daily school life.
- **Peer support programmes** to encourage student leadership and well-being initiatives.

5. Strategies for Promoting Wellbeing

A. Student Wellbeing Initiatives

- Implementing **age-appropriate resilience-building activities**.
- Encouraging **open discussions** about mental health in a safe and supportive manner.
- Creating opportunities for **student voice and participation** (Student Council, Wellbeing Ambassadors).
- Providing access to **counselling services and external supports** when needed.

B. Staff Wellbeing Supports

- Promoting a **positive staff culture** where all members feel valued and supported.
- Encouraging **work-life balance** and professional development opportunities.
- Facilitating **peer mentoring and staff wellbeing workshops**.
- Offering support through **Employee Assistance Programmes (EAPs)**.

C. Parental Involvement

- Encouraging **parental engagement** in wellbeing initiatives.
- Providing **resources and workshops** to help parents support their child's mental health.
- Maintaining **open communication** between school and home.

6. Early Intervention & Support Systems

Derryoover National School is committed to early identification of **students experiencing difficulties**. Strategies include:

- **Observing and monitoring students' emotional well-being**.
- Encouraging **students to talk to a trusted adult** when they feel overwhelmed.
- Referring students to **NEPS psychologists, HSE mental health services, or external professionals** when necessary.
- Having a clear **Critical Incident Response Plan** in place for dealing with traumatic events (*see Critical Incident Policy*).

7. Addressing Mental Health Challenges

- Teachers and staff will receive **training in mental health awareness**.
- A **designated Wellbeing Coordinator** will oversee student and staff well-being initiatives.
- Any concerns about **a student's mental health** will be discussed with parents/guardians and appropriate action will be taken.

8. Policy Implementation & Review

- This policy will be **reviewed annually** in line with best practices and updates from **government agencies**.
- Staff, parents, and students will be **consulted regularly** to ensure the policy meets the needs of the school community.

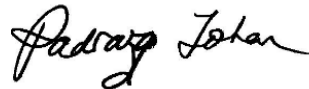
9. Policy Approval

This **Wellbeing & Mental Health Policy** has been prepared by the **Principal** and approved by the **Board of Management**.

Signed:

Chairperson, Board of Management: _____

Principal, Derryoover National School:



Date:

19 February 2025
