

**PROGRAMME 3**

**Context:** This Wellbeing programme is from a school of over 700 students that has moved to one-hour classes.

- One-hour period for SPHE and CSPE in each of the three years.
- One-hour period for PE in 1<sup>st</sup> year and 3<sup>rd</sup> year and a two-hour period in 2<sup>nd</sup> year

The school also offers shorter rotating units of learning, designed in response to the needs and interests of the students in 2<sup>nd</sup> and 3<sup>rd</sup> year and two stand-alone workshops for 1<sup>st</sup> years, which are facilitated early in September to support students in settling in and getting to know each other. The number of rotating units reflects the number of class groups in each year.

	FIRST YEAR	SECOND YEAR	THIRD YEAR	HOURS
PE	One hour	Two hours	One hour	132
CSPE	One hour	One hour	One hour	100
SPHE	One hour	One hour	One hour	100
UNITS	<b>Specially designed workshops</b>  Settling into my new school (2 hours)  Physical activity team-building (3 hours)	<b>5 rotating units</b> (each runs for 6 -7 weeks/hrs)  Exploring my local community through physical activity  Resilience Academy programme <sup>22</sup>  Exploring who I am and my personal goals <sup>23</sup>  Healthy eating <sup>24</sup>  More than a Selfie <sup>25</sup>	<b>5 rotating units</b> (each runs for 6 -7 weeks/hrs)  <i>All different – all equal</i> Celebrating diversity  Junior cycle Active School  Guidance <sup>26</sup>  Understanding consent <sup>27</sup>  Sustainable consumption: food & fashion	68



22 The Resilience Academy is a six-week programme developed and facilitated by Pieta House for second year students aimed at equipping students with emotional resilience tools. For information: <https://www.pieta.ie/how-we-can-help/prevention-programmes/resilience-academy/>

23 This unit, developed by the NCGE can be downloaded [https://careersportal.ie/guidance/index\\_junior.php](https://careersportal.ie/guidance/index_junior.php)

24 In this school the Home Economics teacher has designed this unit so that it provides new learning for those students who also study JC Home Economics.

25 *#MoreThanASelfie* – a programme of lessons and facilitators guide which explores the link between body image, self-esteem and mental health. Available from [info@bodywhys.ie](mailto:info@bodywhys.ie)

26 In this school students progress directly into 5<sup>th</sup> year so guidance is important in 3<sup>rd</sup> year to help students identify their values, strengths, interests and possible career pathways and to help them in making suitable subject choices for senior cycle. [https://careersportal.ie/guidance/index\\_junior.php](https://careersportal.ie/guidance/index_junior.php)

27 This unit links with and supports the SPHE/RSE programme and is taught with the support of an outside agency.