



OUR SELF-EVALUATION REPORT AND IMPROVEMENT PLAN '23-'26

In April 2023, we sent questionnaires to parents, staff and students to find out what we are doing well in the area of Wellbeing. This is what we discovered:

Regular PE classes that encourage physical activity and teach lifelong fitness habits.

Extracurricular Sports: Offering a variety of sports teams and clubs to cater to different interests and skill levels, promoting teamwork, leadership, and physical fitness.

Safe and Inclusive Environment: Fostering a positive and safe environment where students feel respected, valued, and included.

Anti-Bullying Policy: Strong systems to prevent bullying and promote kindness, respect, and empathy among students.

Professional Development: Providing teachers and staff with CPD training opportunities.

Parent Links: Offering communication or resources for parents on health and wellbeing topics, such as nutrition (Food Dudes) and digital wellbeing.

Community Partnerships: Collaborating with local sport clubs, mental health services, and wellness programs to enhance the resources available to the school community.

Balance of Academic and Wellbeing Priorities: We recognize the importance of balancing academic work with student wellbeing to have stronger outcomes in both areas.

This is what we did to find out what we were doing well, and what we could do better:

In April '23, we sent out a digital Google Form to parents, students and staff to get their feedback on Health and Wellbeing promotion in our school.

We compiled the results into Presentations and shared at Leadership meetings and Whole Staff Meetings to analyse the results and prioritise an Action Plan.

This is what we are working on:

Key Area: Relationships & Partnerships:

- Working toward becoming a Restorative school community
- Ensure Staff are aware of Wellbeing resources and supports that are available - e.g.Employee Assistance Service
- Developing a Code of Behaviour that aligns with a restorative approach and reinforces strong, positive behaviour expectations within the school community

Actions We're Taking

To achieve these goals, we've laid out several actions:

Restorative Practice (RP): All staff were trained in restorative practice introduction workshops, which focuses on building positive relationships and resolving conflicts constructively. We're also using restorative circles in classrooms to strengthen community bonds.

Daily Check-ins: Teachers and staff are implementing daily check-ins with students to support their wellbeing.

Whole School Emotional Literacy Programme: Welcome to Well-Being: Ko and Mo; Weaving Wellbeing

Staff Wellbeing: We are incorporating wellbeing check in's in staff meetings and regularly gathering staff feedback on how we can continue to promote a supportive environment.

Collaborative Problem-Solving: Parents and students are being invited to be involved in collaborative problem solving, when working on behavior. We're also working on implementing a revised Behavior Policy to reflect these values.

This is what you can do to help:

Create a supportive environment: Ensure open communication about emotional wellbeing, stress, and mental health. Let your young person know it's okay to talk about their feelings.

Teach coping strategies: Help your young person learn relaxation techniques, mindfulness, or other methods for managing stress and emotions.

Be actively involved in school initiatives: Engage in Restorative Practice emails and information home as well as utilising the St Mary's NS RP cards when solving conflict with your young person at home.

Attend school meetings about Anti-Bullying and Cyber Safety, participate in related activities, and support initiatives like Active Week, Health and Wellbeing Week.

Balance technology use: Help your young person to set limits on screen time, encouraging them to engage in more active or creative play instead.

Emotional Literacy at Home: Support your young person with their Emotional Literacy homework.

By taking these steps, parents/ guardians can significantly contribute to the success of our health and wellbeing programmes and positively influence your young person's overall wellbeing.