



# Our Self-Evaluation Report & Improvement Plan For Social, Personal and Health Education (SPHE) & Wellbeing

**Recently, we have looked at teaching and learning of SPHE and Wellbeing in our school to find out what we are doing well. This is what we discovered:**

- Children feel that our school is happy and welcoming (82.1%) and it is a place where they feel safe (82.5 %)
- Children are confident and very familiar with anti-bullying strategies and procedures (86.9%)
- 97.4% of parents either agree or strongly agree that the school prioritises their child's wellbeing

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

We gathered information from our school community through:

1. Pupil questionnaires
2. Parent/Guardian questionnaires
3. Teacher questionnaires
4. Pupil junior (3<sup>rd</sup> and 4<sup>th</sup> classes) and senior (5<sup>th</sup> and 6<sup>th</sup> classes) focus groups
5. Discussion at staff meetings
6. The establishment and meetings of a SPHE & Wellbeing School Self-Evaluation committee

**This is what we are now going to work on:**

1. We created a whole-school framework for the planning, teaching and learning of S.P.H.E. which we are currently trialling in every class
2. We created a whole-school framework for the promotion of wellbeing. This involves a different class every month preparing and creating a presentation on a wellbeing topic and the sharing this with our school community. These can be accessed on our school website's wellbeing page <http://sasns.ie/pages/teaching-and-learning/wellbeing.php>
3. We are planning for a 'Transition to Secondary School' programme for our 6<sup>th</sup> class pupils which will take place in the final term
4. We have agreed to teach and assess the Stay Safe programme in every class at the same time, beginning directly after the Easter break

**This is what you can do to help:**

1. Watch our monthly online presentations on wellbeing, and discuss the topic and strategies for the promotion of wellbeing mentioned in the videos with your child
2. Discuss with your child the topics being taught in the classroom as part of the Stay Safe programme after Easter, and at the end of the programme complete the online assessment with your child