



WELLBEING CALENDAR

Appendix

GRL - Guidance Related Learning
SCP - School Completion Programme
Blue - Whole School Events
Yellow - Class Specific Events



1ST YEAR

Terms	SPHE	RE	PE	L2L	CSPE	GUIDANCE
September - Halloween	Belonging Plus (Induction) Busy Bodies Programme *BE Well Talk *Community Garda Internet	Community/Faith Communities - Local Community - Alternative Community - Religious Communities	Connected: Developing relationships with peers and being part of a school community. Communication to complete group tasks Intro to FMS and communicating to peer assess. Set goals for improvement Importance of warm up, stretching for Physical Activity	GRL: My school supports & My school year (Calendar). Team Building. Transitioning to Post Primary. Time Management and Organisation. Field Trip Reflection/Revision. Homework skills/ motivation. Assessment Preparation. GRL: My Pathways* (College Awareness Week)	Active citizenships -Climate Action Week -Rights and Responsibilities -Community awareness	1st Year Settling in survey. 1-1 Guidance appointments, Guidance addresses the needs of the students as needs arise, monthly Action for happiness calendars, Guidance and wellbeing noticeboard.
Halloween - Christmas	RSE, Adolescence, Puberty Reproduction LGBTQ+ LGBTQ+Week Friendships	5 Major World Religions: Diversity of faith Diversity of practice Geographical Links *Inter Faith Week*	Reflection of how Physically Active I am. Fitness Testing and Creating Plans. Rest, Recovery and Importance of Sleep Setting Goals. Diet and Nutrition	Assessment prep application. Study at home planning. Assessment feedback and reflection. Paired learning. Group learning and presentation skills. GRL: My Values GRL: Goal Setting	Fundraiser for Carrick Cancer Society in memory of Kurt Baldwin Shoe box Appeal - R McCabe Food Hampers Human Rights Week	College Awareness Week 1-1 Guidance appointments, Guidance addresses the needs of the students as needs arise, monthly Action for happiness calendars, Guidance and wellbeing noticeboard.
Christmas - Midterm	Personal Hygiene Eating, Exercise Staying Safe Fire Safety Fire Safety Powerpoint	Non Religious rituals/celebrations: - Secular celebrations - Etymology - Religious ties *Holocaust Commemorations*	Being Social Working together in groups. Creating group sequences Listen and Value peers' opinions	Assessment 2 prep application. Study at home planning improvements 2 Assessment 2 feedback and reflection. Graphic Organisers. Ladders. Mindmaps.	Student council elections - Human Dignity Needs and Wants Global Challenges	1-1 Guidance appointments, Guidance addresses the needs of the students as needs arise, monthly Action for happiness calendars, Guidance and wellbeing noticeboard.
Midterm - Easter	Teamwork, Anti Bullying & Cyber Bullying Anti Bullying Talk Respectful Communication Expressing yourself, Listening, Communication AUTISM ACCEPTANCE 27th March	Religious themes in culture: art, literature, music, film *International day to combat Islamophobia - Ramadan*	Responsible: taking different roles and developing leadership. Develop confidence and skills in a range of Games	Mnemonics and Study Techniques. Wellbeing Week - Coping with exam stress. Acronyms Sketch noting	Wear Pink for Templestreet Human Rights Timeline and Champions	1-1 Guidance appointments, Guidance addresses the needs of the students as needs arise, monthly Action for happiness calendars, Guidance and wellbeing noticeboard.
Easter - May	Substance Abuse Alcohol, Vaping, Smoking Coping with loss Positive Mental Health, Dealing with stress BE WELL TALK	Expressing religious belief: Explore Christian Sacraments *Easter Traditions*	Athletics: Developing Resilience Setting Goals Working as a team	Assessment 3 prep application. Study at home planning improvements 3 Assessment 3 feedback and reflection. End of year Reflection.	Fundraising TEAM HOPE GOAL Taking Responsibility of Human Rights	1-1 Guidance appointments, Guidance addresses the needs of the students as needs arise, monthly Action for happiness calendars, Guidance and wellbeing noticeboard.

2ND YEAR

Terms	SPHE	RE	PE	L2L	CSPE	GUIDANCE
September - Halloween	Self-management Motivation Study Skills Right & Responsibilities Alcohol Awareness Dangers of Vaping *Community Garda	The role of prayer in the lives of people of faith: Eg - Mother Teresa *WHOLE SCHOOL EVENT: Diversity/Cultural Day*	CBA: OAA, Team Challenges Working with others respecting peers' opinions and suggestions. Creating plans based on own and others strengths.	Teambuilding. Effective Learning. Intelligence profiles. Different learning styles: Visual/Audio/ Reading GRL: My Pathways after School *	Green Schools Jobs around schools Sustainable Development Global Citizenship Education Climate Action Week	My Identity (Who I Am), My Mindset My Unique Values & My Voice and how I Present Myself. 1-1 Guidance appointments, monthly Action for happiness calendar, Guidance and wellbeing noticeboard.
Halloween - Christmas	Right & Responsibilities Self Esteem & Self Awareness Communication Assertive Aggressive, Passive, RSE Reproduction	Sacred texts: - Examination and critique - Similarities and differences *Inter Faith Week*	Staying well. Reflection of how Physically Active I am. Fitness Testing and Creating Programmes. Rest, Recovery and Importance of Sleep. Setting Goals. Diet and Nutrition Importance of developing Physical Activity Lifestyle	Assessment 1 prep application. Study at home planning. Assessment 1 feedback and reflection. Paired / Group learning through lens of different learning styles. GRL: S.M.A.R.T Goal Setting. Advanced presentation skills.	Human Rights Week Fundraising Team Hope GOAL Shoe Box Appeal	College Awareness Week 1-1 Guidance appointments, monthly Action for happiness calendar, Guidance and wellbeing noticeboard.
Christmas - Midterm	LOCKERS Skilly *Anti-bullying (last yr) Friendships, Relationships Being Healthy, Body Care & Feeling Unwell	Exploring morality: -Morality in 2 major world religions. *Holocaust Commemorations*	Working in groups Developing positive relationships with peers Communicating Being creative to achieve common goals	CBA skills and practice. Assessment 2 prep + application. Assessment 2 feedback + reflection. The Tree Method.	Trip to midlands prison Guest Speaker Siolta Chroí Gareth Conlon	1-1 Guidance appointments, monthly Action for happiness calendar, Guidance and wellbeing noticeboard.
Midterm - Easter	FUSE Water Safety Accidents Positive Mental Health Self Confidence AUTISM ACCEPTANCE 27th March	Living a Good life: - What is a 'Good Life' according to major world religions and certain minor religions. *International day to combat Islamophobia - Ramadan*	Sport Ed: Taking on roles Developing Leadership Working with groups Cooperation to achieve common goals	The Pomodoro Technique. Wellbeing Week: Exam and Study motivation. POKER learning series: Keywords / Sketch Lessons. Memory methods/games.	Effecting Global Change Active8 Solar Panel Talk/Visit	Wellbeing Week 1-1 Guidance appointments, monthly Action for happiness calendar, Guidance and wellbeing noticeboard.
Easter - May	FUSE Positive & Negative Influences Body Image Be Well Talk Substance Abuse	Religious themes in contemporary culture 2: -How religions have impacted art, film, literature and music in modern times. *Easter Traditions*	Working with others Striking and fielding Being healthy and physically active	Active listening. Active reading. Exam question analysis. Assessment 3 Prep + Application. Assessment 3 Feedback + Reflection. End of year reflection.	Responsible consumption and production Analysis of SHEIN	1-1 Guidance appointments, monthly Action for happiness calendar, Guidance and wellbeing noticeboard.

3RD YEAR

Terms	SPHE	RE	PE	L2L	CSPE	GUIDANCE
September - Halloween	Rights, Self-Management, Goal Setting Time Management, Effective Studying Coping with Exams, Alcohol Awareness Dangers of Vaping	Stories of individuals/groups in two major world religions: - People of commitment - Mock CBA structure *WHOLE SCHOOL EVENT: Diversity/Cultural Day*	Invasion games: Working as part of a team. Communicating with peers to achieve a goal. Improving physical activity levels.	Teambuilding. Effective Learning. Intelligence profiles. Different learning styles: Visual / Audio Reading. GRL: My Skills. GRL: My Exploration of Careers. GRL: My Options after School.	Climate Action Week Democracy Mock Election Irish Democracy	Guidance addresses the needs of the students as needs arise. Guidance 1-1 appointments, Monthly Action for happiness calendar, study skills, Guidance and wellbeing noticeboard.
Halloween - Christmas	RSE Sexual Orientation STIs HIV/AIDS LGBTQ+	Religious organisations working at national and international levels: EG: Exploration of Trocaire, Goal *Inter Faith Week*	CBA: Strand 1 - Reflection of how Physically Active I am. Fitness Testing and Creating Programmes. Plan for improvement. Rest, Recovery and Importance of Sleep Setting Goals: Diet and Nutrition. Implement a plan and reflect on its success	Assessment 1 prep application. Active I am. Planning. Assessment 1 feedback and reflection. Paired / Group learning through lens of different learning styles. Advanced presentation skills.	Human Rights Week The Law Prison Documentary/Visit	College Awareness Week Guidance addresses the needs of the students as needs arise. Guidance 1-1 appointments, Monthly Action for happiness calendar, study skills, Guidance and wellbeing noticeboard.
Christmas - Midterm	Relationships Friendships YES Talk, Being Healthy Healthy Eating, Physical Exercise	Sources of values: Spread across world religions + non religious backgrounds. *Holocaust Commemorations*	Communication and show care and respect for others. Developing skills of a physically active citizen. Working with groups Cooperation to achieve common goals	CBA skills and practice. Assessment 2 prep + application. Assessment 2 feedback + reflection. The Tree Method.	Discrimination Show Racism the Red Card	Guidance addresses the needs of the students as needs arise. Guidance 1-1 appointments, Monthly Action for happiness calendar, study skills, Guidance and wellbeing noticeboard.
Midterm - Easter	Being Healthy, Relaxation Danger Awareness, Healthy & Unhealthy Relationships, Respectful Communication Dealing with Criticism, Dealing with Conflict AUTISM ACCEPTANCE 27th March	Stewardship & Wellbeing *International day to combat Islamophobia - Ramadan*	Sport Ed: Taking on roles, Developing Leadership, Working with groups Cooperation to achieve common goals Improve decision making skills	The Pomodoro Technique. Wellbeing Week: Exam and Study motivation. POKER learning series: Keywords/Sketch Lessons. Memory methods/games. GRL: My Subject Choice *	The role of the media in democracy	Guidance 1-1 appointments, Monthly Action for happiness calendar, study skills, Guidance and wellbeing noticeboard. Post-Exam reflection survey via teams to assess what worked well or didn't work in their pre exams, and to implement goal setting for their Junior Cycle exams, Programme/subject choice.
Easter - May	Mental Health, Body Image Dealing with Tough Times Feelings, Depression Help Agencies Substance Abuse	Debating a moral issue 2: EG: Euthanasia *Easter Traditions*	Working with others, Develop resilience through setting goals and working to achieve them. Know where I can look for help or support. Being healthy and physically active, Importance of rest, recovery and sleep. Diet and nutrition for performance.	Active listening. Active reading. Exam question analysis. Assessment 3 Prep Application. Assessment 3 Feedback + Reflection. End of year reflection. GRL: Presenting Me.	Impact of digital media	Guidance 1-1 appointments, Monthly Action for happiness calendar, study skills, Guidance and wellbeing noticeboard. Message of support to exam students and outlining the outside agencies that can offer help and support outside of school time.