One Good School Action Plan 2022-2023

##### School Name:  Temple Carrig School Greystones

##### Action plan completed by: Susan Andrews

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| Group  | Priority area(s) identified from self-assessment  | Area of activity to be completed  | Plan for roll-out of this activity area (target numbers, promotion, calendar dates, lead staff, liaison with local Jigsaw Service)  | Target completion date  |
| School Leadership  |  Provide more support for Form teachers who take much of the pastoral care and look to improve knowledge on how to implement mental health supports school wide  |  Form teachers, Year heads and school leadership to attend 3 x 1 hour sessionsTo increase relevant knowledge on mental health promotion  |  Target staff numbers would be 6 per session, OGS team to promote/encourage DPs, YHs and School leadership with a form teacher representation from each “House” group to attend | Start in Sept 2022- April 2023 |
| In developing a healthy school culture, strategies to promote mental health are led by the principal and senior staff. | The '*Leadership Webinars'* series (for principals/ deputy principals only) | Principal, Deputy principals | Spring 2023 |
|  Self-care for Principal to reflect and refocus   |  https://jigsaw.ie/school-leadership-self-care/ |  Principal to complete self-care course |  September 2022 |
| School Staff  |  Improve staff confidence and knowledge about youth mental health.  Develop more space and time in a busy curriculum to explore the importance of student voice and also learn better classroom strategies and form class strategies to support students experiencing anxiety  | -Mental Health and Wellbeing – a One Good School Approach online course https://jigsaw.ie/elearning-course-school-staff/-Staff training on Innovate for Wellbeing - teachers will explore the importance of student voice in relation to mental health and wellbeing and learn about the practical implementation of the 10-week, school-led Innovate for Wellbeing programme. -Staff training on the Jigsaw Peer programme - will explore the importance of peer education in promoting and supporting youth mental health and learn about the practical implementation of the 15 hour (approx). Jigsaw Peer Education Program | - Aim to get 60 staff to participate in a one hour online course in Sept/October 2022-Consider lunchtime seminars, online workshops, and in-service days to cover topics such as managing stress or understanding mental health. Provide opportunities for colleagues to debrief with each other on a regular basis about these activities.-Liaise with Adam Burke to roll out an in person workshop to facilitate peer programme with Life Skills/Wellbeing teachers-OGS/Wellbeing Committee to run ongoing resources and mini workshops after school or during Monday staff meetings |  November 2022Jan-April 2023 |
|  Self care for staff is a top priority andLearn what supports there are in school/ Revise the staff wellbeing policy   |  Self Care for School staffhttps://jigsaw.ie/self-care-course-for-teachers/ | In person Team building workshop before Term startsOnline Jigsaw Wellbeing course – Jigsaw self-care online course OGS provide ongoing support face to face group workshops after school for staff  |  September 2022Online in own timeSeptember 2022-April 2023 |
| Young People  |   Improve mental health knowledge  | Let’s Talk Sure Why Not? An online course for young people  |  1st, 2nd, 3rd years which will be run in Lifeskills classes and only with teachers who have completed the course to implement it4th, 5th, 6th  |  October 2022November 2022 |
|  Learn how to manage anxiety around stressful and pressure times at school  Educating younger students about how to manage and look after their wellbeing. Also learn how to manage social anxiety and friendships |  Managing Exam StressJigsaw Peer Education Programme |  1st, 2nd, 3rd, 6th – OGS will develop a Exam stress workshop based on Jigsaw resources to deliver to students and train 4th years to deliver the programme to 1st years Increase the pilot scheme we have run with senior leadership students taking groups for Tea & Talk in the prefects tent at lunchtimes. |  December 2022 |
| Parents/Guardians  |  Improve skills in supporting their children going through anxious periods or isolation    | Mental Health Awareness Webinar for Parents/Guardians  |  PTA and OGS team will roll this out and run 1 a term  |  April 2023 |
|  Help parents understand the professional supports available to them and how to navigate theseInternet Safety Training for parents required   |  Let’s Talk with Colman NoctorNPC trainings  |  PTA and OGS team will roll this out – important to get internet safety talk to first year parents |  October 2022 |

##### Cluster Meeting Attendance:

Target number of cluster meetings that your school will be represented at:  At least once a term

How will you ensure that learning from the cluster meetings is shared with your school?  We will promote the OGS team more widely and share the successes of this year’s programme