SCHOOL WELLBEING

SERVICES AVAILABLE

- Staff Wellbeing Talks & CPD Events
- Staff health & fitness challenges
- School Wellbeing Strategy Plans
- Junior Cycles, TY, & Senior Cycle modules

JUNIOR & LEAVING CYCLE WELLBEING PACKAGES

ACTIVE	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk
AWARE	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk
CONNECTED	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk
RESPONSIBLE	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk
RESPECTED	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk
RESILIENT	-1 Year package -3 Year package	-5 week module -10 week module	-1 hour interactive talk