

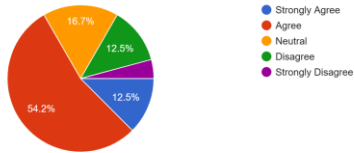
Promoting Wellbeing and Mindfulness in Our School Community

Results from the staff survey 2023

Results from the staff survey 2024

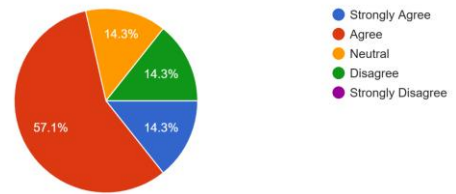
Work-Life Balance 1. I am able to find time in my week to relax

24 responses



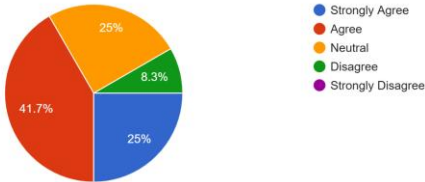
Work-Life Balance 1. I am able to find time in my week to relax

21 responses



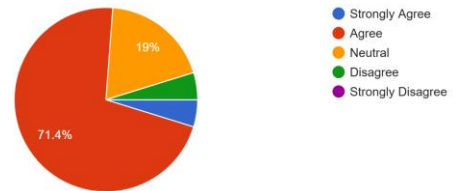
Work-Life Balance 2. I can manage the workload

24 responses



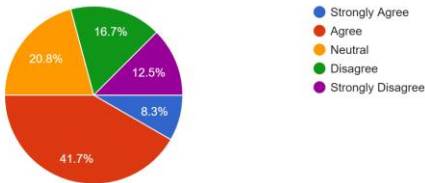
Work-Life Balance 2. I can manage the workload

21 responses



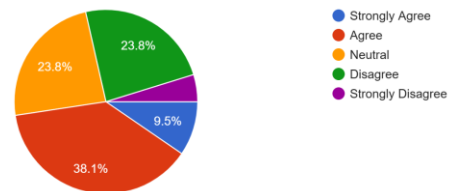
Work-Life Balance 3. I am able to 'switch off' from work and not dwell on work-related issues.

24 responses



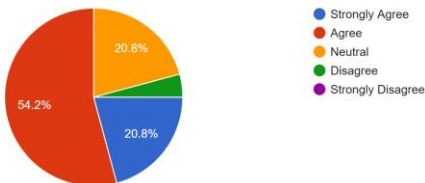
Work-Life Balance 3. I am able to 'switch off' from work and not dwell on work-related issues.

21 responses



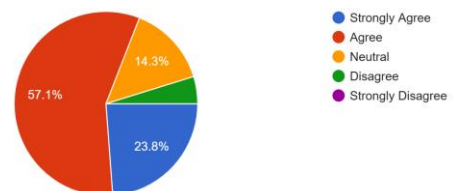
Doing Your Job 4. I feel like I am doing well at work

24 responses

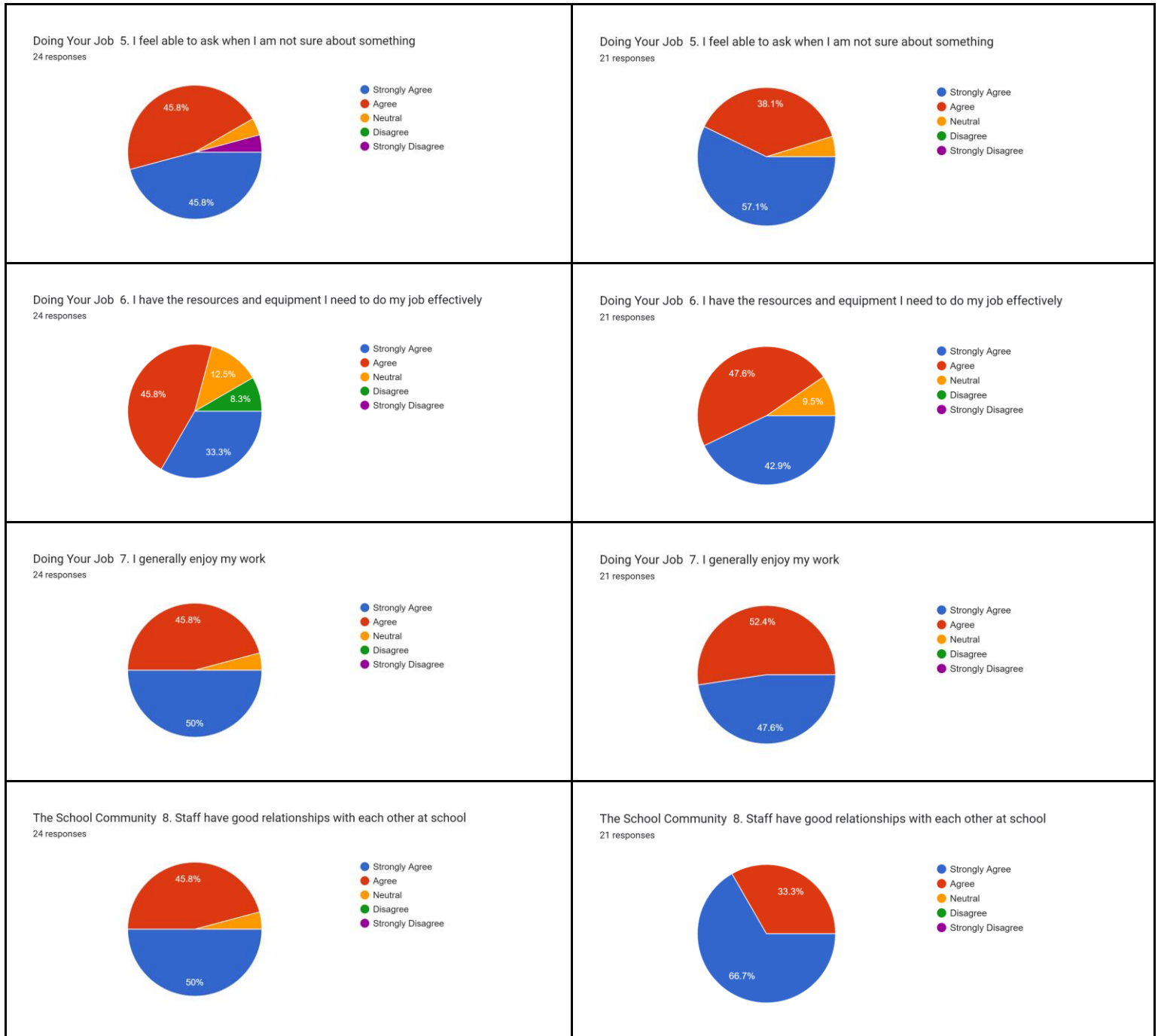


Doing Your Job 4. I feel like I am doing well at work

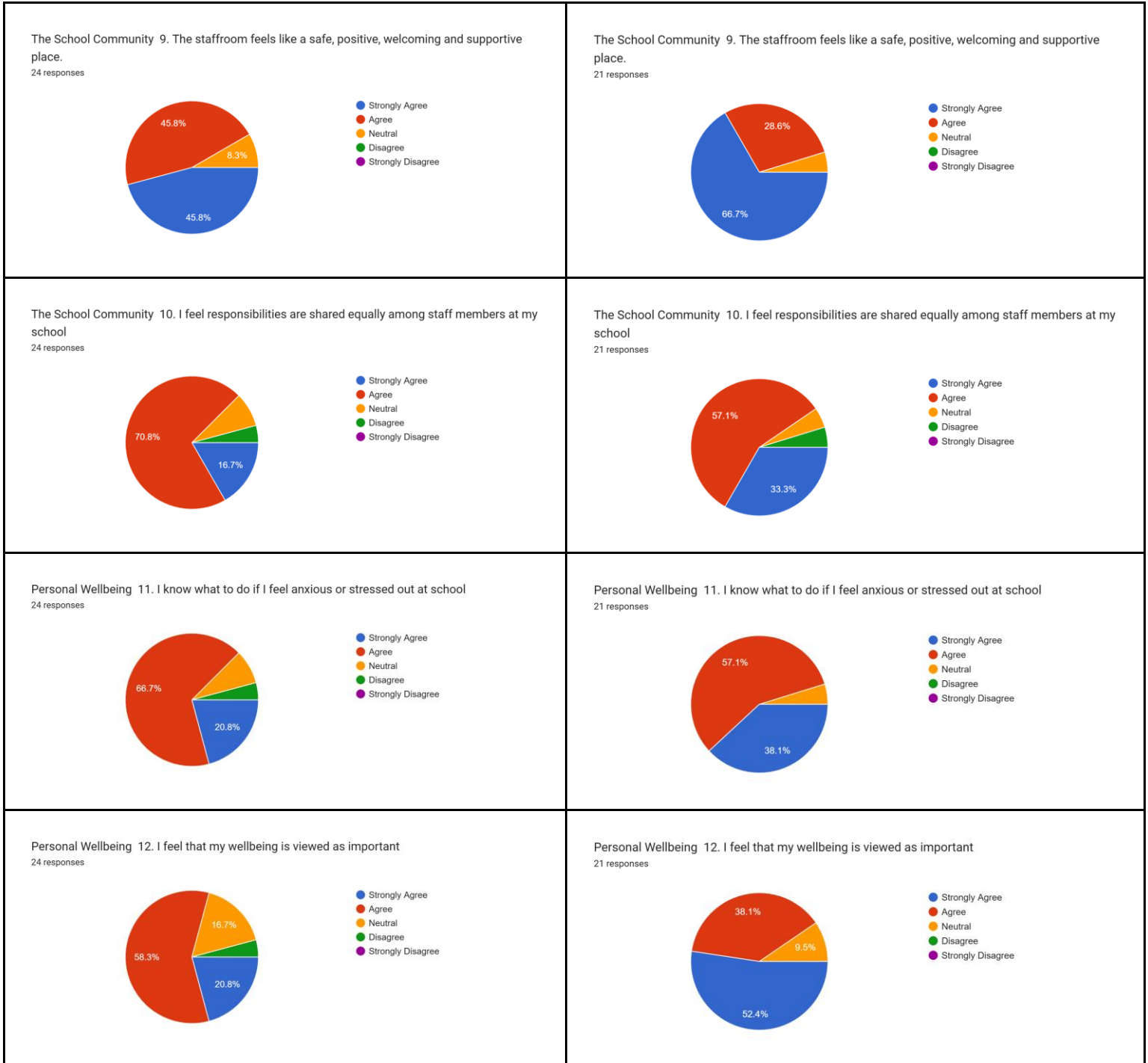
21 responses



Promoting Wellbeing and Mindfulness in Our School Community



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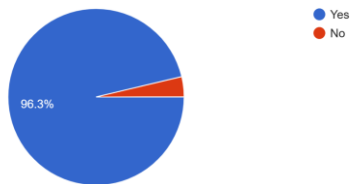


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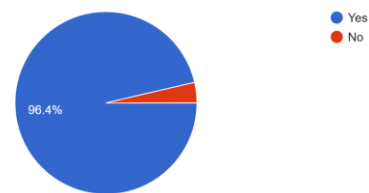
Parent/Guardian Survey Results October 2023

Parent/Guardian Survey Results October 2024

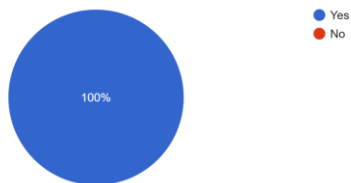
Do you feel that your child's wellbeing is being prioritised in the school?
54 responses



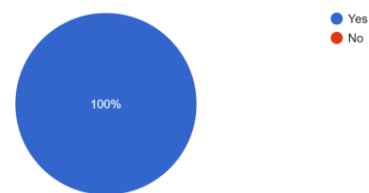
Do you feel that your child's wellbeing is being prioritised in the school?
55 responses



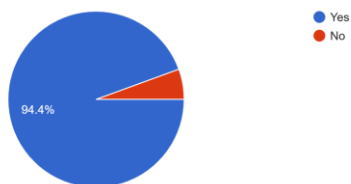
Do you feel the school is a welcoming environment?
54 responses



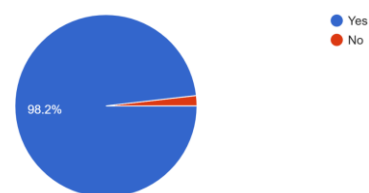
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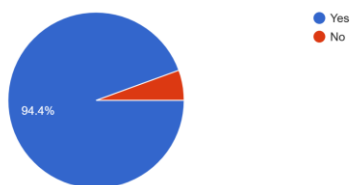
Do you discuss your child's emotional needs with them at home?
54 responses



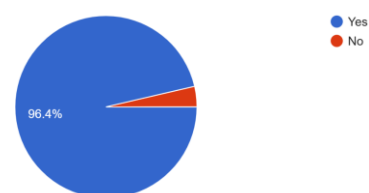
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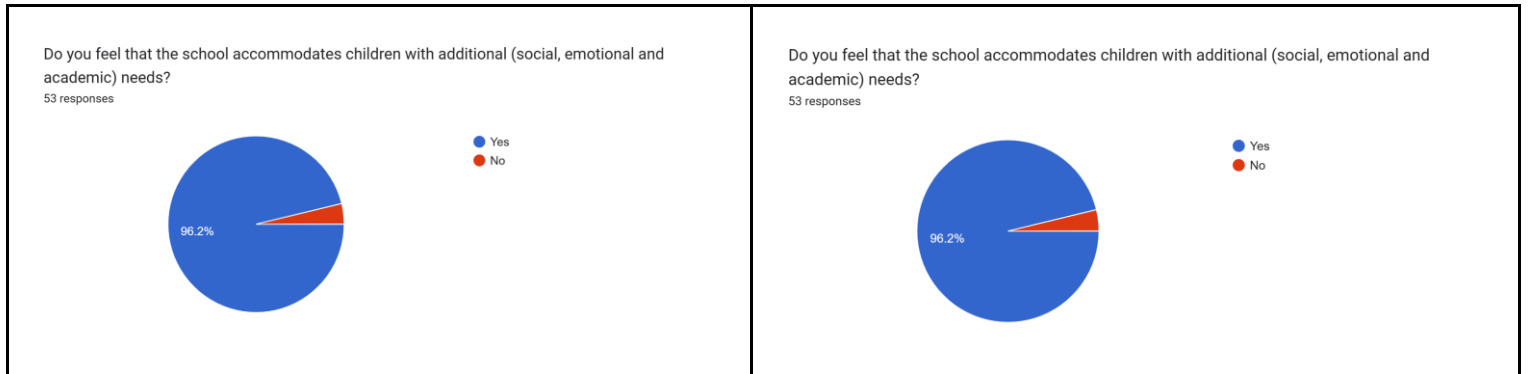
Do you encourage your child to participate in extra curricular activities to relieve stress?
54 responses



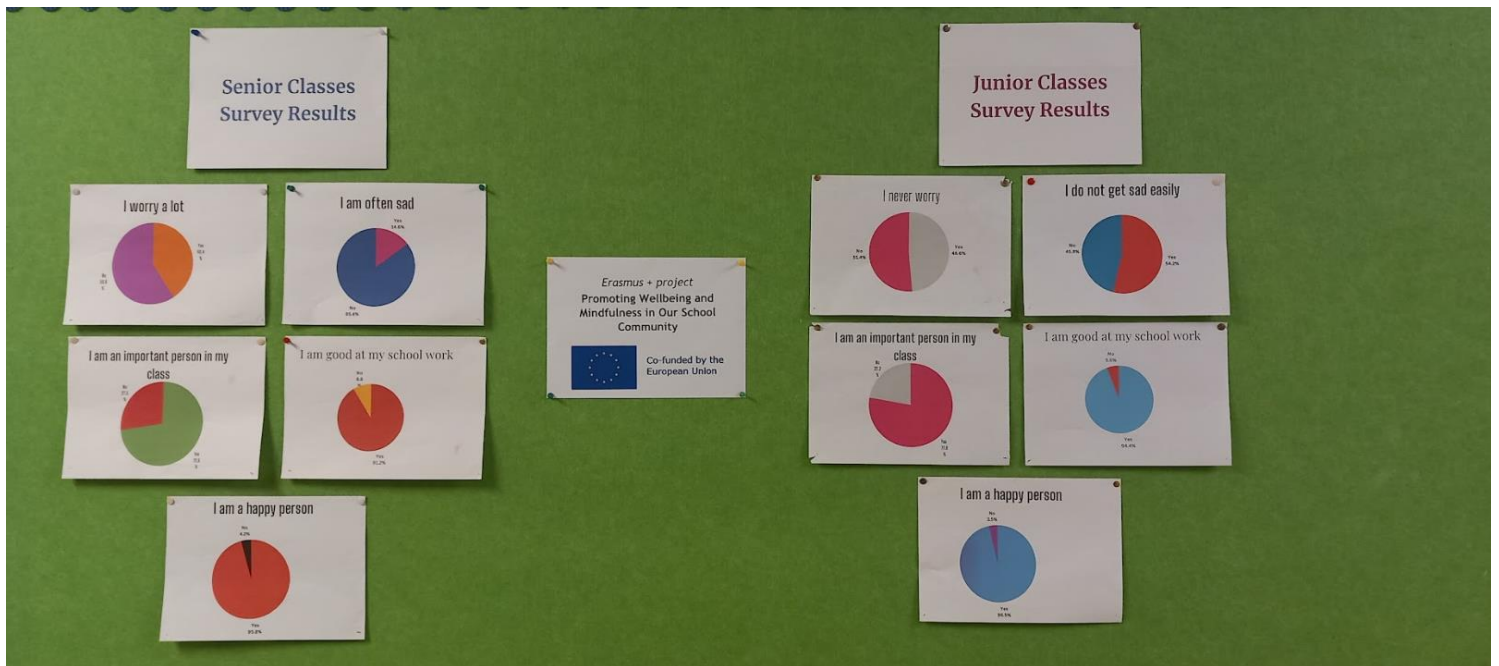
Do you encourage your child to participate in extra curricular activities to relieve stress?
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Promoting Wellbeing and Mindfulness in Our School Community



Results from the student survey 2023



Promoting Wellbeing and Mindfulness in Our School Community

Results from the student survey 2024



Promoting Wellbeing and Mindfulness in Our School Community

Training course schedule

Teacher Academy

Stress Management and Recognition: Key Strategies for Teachers



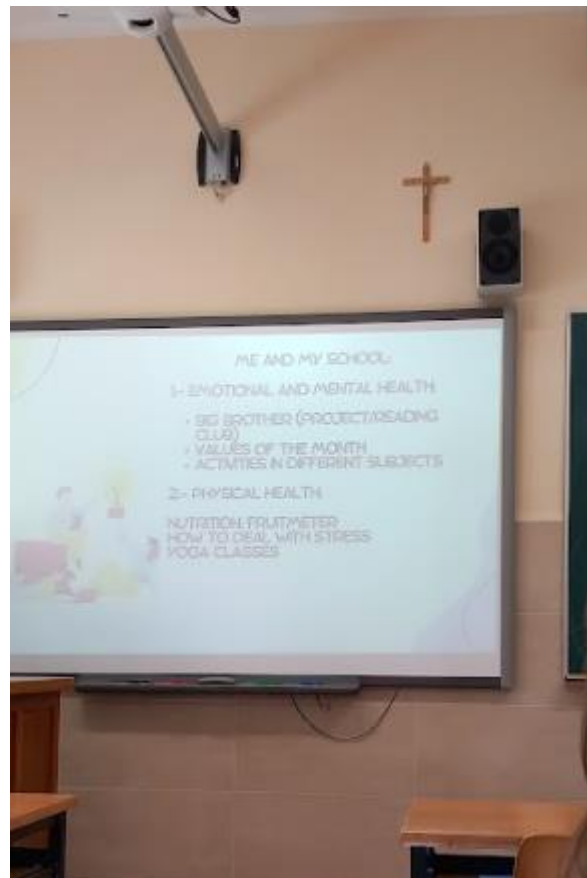
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00-14:00 Introduction to the course, the school, and the external week activities.	09:00-14:00 Easy relaxation exercises you can do on your own. Your brain on stress: everything a teacher needs to know!	09:00-14:00 Easy relaxation exercises you can do on your own. The effects of stress on learning.	10:00-15:00 Chair Yoga sequence in the classroom: how to relax in a narrow room.	14:00-19:00 Time management tools: how to deal with stress. Why showing some gratitude will help you to fight stress.	Cultural activities
Break	Break	Break	Break	Break	
Icebreaker activities. Presentations of the participants' schools.	Mind-body intervention: what research has proven and why it matters to you and your school (part I).	Emotional Intelligence as a school subject.	Mind-body intervention: what research has proven and why it matters to you and your school (part II).	Course evaluation: round-up of acquired competencies, feedback, and discussion.	
Break	Break	Break	Break	Break	
Symptoms of stress in adults, teens, and children. Effects of in educational environments.	Emotional Intelligence and stress management.	Mindfulness as a powerful stress management tool for educators. Mindfulness guided exercise.	Stress and nutrition. Discovering the power of Art in fighting stress.	Awarding of the course Certificate of Attendance. Excursion and other external cultural activities.	

Further information about the cultural activities are available on each location webpage.

 teacheracademy.eu

Promoting Wellbeing and Mindfulness in Our School Community

Visit to our partner school



Promoting Wellbeing and Mindfulness in Our School Community

Our Erasmus flag flying proudly outside the school



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Wellbeing Week 2024

Wellbeing Week 2024 in St. Joseph's N.S.

What a fantastic week we had!

Mindful Monday included all classes trying out mindfulness colouring.

Thoughtful Tuesday gave us the opportunity to complete random acts of kindness around the school.

Walk it Wednesday was all about movement. We went for a walk on the canal and the senior classes even tried out a Zumba class with Ms.

Thankful Thursday included creating a whole school gratitude tree.

Feel Good Friday finished off Wellbeing Week 2024 on a high with the children wearing slippers/cosy socks to school. We even had extra playtime at big lunch!

Well done to our wellbeing committee and Miss for organising such an enjoyable week!!

