

Oct-Nov 2022

Wellbeing Indicator of the Month: Connected



CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Be Connected.

October-November is about making connections within school, with your friends and classmates and amongst the wider world and community. Focus on showing empathy and kindness to yourself and to each other. Make an effort to speak to someone new in your tutor group. Use group work activities in class to build connections with students you may not know as well. Try get involved in the community through a local club, doing some volunteering or visiting an elderly neighbour. Make an effort to keep up to date with current affairs and news to understand what is happening in the wider world. Be mindful of your own actions and how they can impact on other people. They can also impact on things like Climate Change and Cultural Diversity. Below are some ways to help you with the connected indicator.



GEOGRAPHY

Second years will complete CBA 1 'Geography in the News'. This will help you connect with the wider world. 1st & 3rd years find a news event that links to Geography.

CSPE

Learn about Climate Change and ways you can reduce your carbon footprint. Follow Reduce, Reuse and Recycle.

SPHE

This month you will take part in Stand Up Week activities in SPHE with your tutor.

Reminders to help you engage with the Connected Indicator.



 Expressing Feelings	 Compromising	 Thinking Before Speaking or Acting	 Accepting Consequences
 Following Directions	 Using Self-Control	 Showing Empathy	 Sharing
 Using Coping Strategies	 Dealing with Anger & Frustration	 Seeing Someone Else's Perspective	 Expressing Ideas, Feelings & Thoughts
 Understanding Personal Space	 Taking Turns	 Being a Good Sport	 Taking Responsibility
 Self-Regulating Emotions	 Dealing with Worries	 Reading Social Cues	 Staying Calm in Times of Stress
		 Dealing with Problems & Conflicts	 Apologizing

HAVE YOUR SAY!



Make sure you use the wellbeing reflection page in your journal at the end of each week. Your tutor will guide you through this. For the month of October & November you will reflect on Connected. If you are interested in promoting the indicators of wellbeing. You can join the student wellbeing committee. Speak to your tutor about this and they will give you more information. Next month (December) the indicator focus will be 'Aware'. If you have any ideas on how to promote this you can email them to jamieledunne@castleknockcc.ie.