



Indicators of Wellbeing

Online Survey for Parents

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Parents are invited to partake in an online survey to review the promotion of the wellbeing indicators.



Your opinions and views will help us review our wellbeing program and how we embed the wellbeing indicators at Junior Cycle.



The survey link will be sent via text to all parents.



Please review the explanations of the indicators below before you start the survey.



Your input is greatly appreciated.

Second Year Wellbeing Subjects

- CSPE (2 class periods per week)
- SPHE (2 class periods per week)
- PE (2 class periods per week)
- Digital Media & Literacy (1 class period per week)





Indicators of Wellbeing

Importance of the Wellbeing Indicators

The wellbeing indicators are embedded into the Wellbeing subjects and indeed the Junior Cycle course.

At the end of 3 years of Junior Cycle, students should have engaged and be aware of the wellbeing indicators.

Students will report on the indicators and they will be recorded on their Junior Cycle Profile of Achievement.

Active

- Being a confident, skilled participant in physical activity
- Taking part in physical activity



Responsible

- Taking action to protect your wellbeing and that of others
- Being able to make informed choices in relation to food, personal care and lifestyle
- Recognising when your safety is at risk and make the right choices to protect yourself



Connected

- Feeling connected to your school, friends, community and the wider world
- Appreciating that your actions and interactions impact your own wellbeing and that of others, in local and global contexts



Resilient

- Having the coping skills to deal with life's challenges
- Knowing where you can go for help
- Belief that with effort you can achieve



Respected

- Feeling that you are listened to and valued
- Having positive relationships with your friends
- Showing care and respect for others



Aware

- Being aware of your thoughts, feelings and behaviours and making sense of them
- Being aware of what your personal values are and thinking through your decisions
- Understanding of what helps you to learn and how you can improve

(Adapted from the NCCA Junior Cycle Wellbeing Guidelines, 2016, p. 45)

