

Wellbeing & Student Support

There are a variety of subjects studied across both Junior Cycle and Senior Cycle within the field of Wellbeing such as: C.S.P.E., S.P.H.E., P.E., Wellbeing. Throughout the year Coláiste na Mí hosts a variety of themed weeks on the calendar.

Each student in part of a Base Class known as a Rang, which is mentored by a form Tutor, the Caomhnoir. Students are supported and guided daily through their Caomhnoir. A student can access further supports within our school through guidance counselor sessions. The Yearhead and Assistant Yearhead are part of the Pastoral Care Team to monitor, support and guide students to be the best they can be. Our school prides itself on the high standard of support available to all students and aims to ensure students are provided with the opportunity to learn in a positive, encouraging atmosphere.

Wellness Week is hosted annually with many events such as: Bring Spring In, Odd Shoe Day, Awesome Wall of Wellness, Mindful Mornings, Gratitude Journal, Good Vibes Only Wall, Wellness Bookmark, Movie Night.



- Friendship Week · Green Week · Internet Safety Week ·
- Mental Health Week · Arts Week · Numeracy Week ·
- Stand Up Week · Antbullying Week ·
- College Awareness week ·
- Halloween Fancy Dress Event ·
- Global Citizenship & Human Rights Day ·
- Study Skills Week · Christmas Jumper Day · Literacy Week ·
- Seachtain na Gaeilge · Culture & Diversity Week ·
- Wellness Week ·

