Wellbeing & Student Support

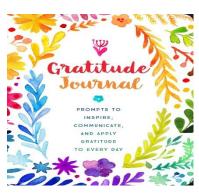
There are a variety of subjects studied across both Junior Cycle and Senior Cycle within the field of Wellbeing such as: C.S.P.E., S.P.H.E., P.E., Wellbeing. Throughout the year Coláiste na Mí hosts a variety of themed weeks on the calendar.

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 ensures 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.









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







