

## Fí na Folláine/Weaving Well- Being programme.

This year in Gaelscoil Dhroichead na Banndan we are excited to teach the 'Weaving Well Being ' programme over a 10 week period as part of the SPHE curriculum. Now more than ever do we need to build our well being tool kit.

Weaving Well-Being is the first Irish designed positive mental health programme of its kind which aims to enhance well-being in children aged from 8-12 years within the framework of the SPHE curriculum.

It is underpinned by the concept that a state of well-being is not simply the absence of the negative, but the presence of the positive. The Weaving Well-Being programme gives children the opportunity to weave positivity into their daily lives through a range of activities in a variety of areas, resilience skills (including mindfulness) and developing self-efficacy through empowering beliefs.

'Well Being means feeling good and strong in our minds and bodies, having energy, getting along with helping others, knowing our strengths and feeling proud because we are doing our best. It means we can cope with the little problems and disappointments of life. It means enjoying life, being grateful for what we have and accepting ourselves just as we are'

The Weaving Well -Being programme also recognises the importance of supporting children in developing a sense of self-efficacy in dealing with their worries - a sense of belief in themselves and their own abilities. Allowing them to express and accept their worries and having a toolkit of constructive ways to deal with them can really help them to feel strong and supported.

If your child is anxious about returning to school please contact us and we will arrange for your child to meet with his/her class teacher and see their new class room before our official return date.

### **Fí Na Folláine**

I mbliana beimid ag múineadh an chlár 'Fí na Folláine' thar tréimhse 10 seachtaine mar chuid den chlar OSPS. Anois níos mó ná riamh ta sé ríthabachtacht ár cur le ár scileanna folláine.

Is í 'Fí na Folláine' an chéad chlár dearfach, meabhairsláinte Éireannach riamh chun diriú agus feabhsú ar folláine leanaí idir aois 8-12 taobh istigh den fráma OSPS.

Tuagann an chlár seo go leor deiseanna dos na leanaí deimhneacht a fhí isteach ina a gnáth saolacha tríd go leor leor gníomhaíochtaí I suíomhanna éagsúla.

Aithníonn an chlár an thabachtach a bhaineann le leanaí a thacú, a féin éifeachtúlacht a fhorbairt chun deileáil lena buarthanna féin - (féinmhuinín iontu féin agus a cumais). Anuas ar sin ligeann sé dóibh glacadh lena mbuarthanna féin agus solatharaíonn sé scileanna agus uirlisí fiúntach dóibh chun deileáil leo.

Má tá do pháiste imníoch no buartha roimh filleadh ar scoil tá lán fáilte romhat glao a chur ar an scoil agus eagróimid am faoi leith gur féidir leo teacht isteach agus buaileadh lena múinteoir nua agus a seomra nua a fheiceáil.