



Presentation Secondary School Clonmel

Wellbeing Policy

May 2026



Introduction

Presentation Secondary School Clonmel is voluntary secondary school which caters for students of all religions and backgrounds in accordance with current equal status legislation.

Mission Statement

Presentation Secondary School Clonmel is committed to offering our students a holistic Catholic education in a caring environment conducive to learning and personal development

Our Ethos

It is the aim of our school to provide a programme of education for students that will equip them to meet the challenges that they will face as young adults in the 21st century.

Ownership of the school is vested in a trust body called CEIST. CEIST (Catholic Education, an Irish Schools Trust) was established by five Catholic Religious Congregations – Daughters of Charity, Presentation Sisters, Sisters of the Christian Retreat, Sisters of Mercy, and Missionaries of the Sacred Heart – to provide a sustainable moral and legal trustee framework for post-primary Catholic education in Ireland. Rooted in the founding vision of its Congregations, CEIST emphasises the dignity and rights of individuals, empowers the vulnerable, and prepares young people to be agents of social transformation. The Trust is dedicated to fostering inclusive, hospitable, excellent, and compassionate learning environments inspired by Gospel values and the wisdom of its Founders. CEIST promotes collaborative school faith communities, supports staff in their essential roles, and addresses the evolving needs of youth. Engaging in ecumenical dialogue, CEIST values its Catholic identity while working with other Christian traditions and all people of goodwill to advocate for the poor, justice, and environmental stewardship, respecting diversity.

The core values that all our schools subscribe to are:

- Promoting Spiritual and Human Development
- Achieving Quality in Teaching and Learning
- Showing Respect for Every Person
- Creating Community
- Being Just and Responsible



Rationale

The foundation of this policy is based on the Wellbeing Policy Statement and Framework for Practice, NCCA, 2018 –2023. Within our Wellbeing programme in Presentation Secondary School Clonmel our vision is to enable students to build life skills and develop a strong sense of connectedness to their school and to their community.

“Wellbeing education occurs throughout life and in a variety of settings. Promoting the wellbeing of our children and young people is a shared community responsibility and is everybody’s business” -Wellbeing Policy Statement and Framework for Practice 2018–2023

Schools have a central role to play in supporting and promoting students learning about wellbeing and for wellbeing. We facilitate this through a multicomponent approach. Students learn about wellbeing through specific areas of the curriculum and through special wellbeing events and initiatives designed to develop their awareness, knowledge and understanding of wellbeing, and which help them to promote their own wellbeing and that of others.

‘Wellbeing is present when a person realises their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical wellbeing and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being and needs nurturing throughout life.’ - WHO 2001

We endeavour to facilitate the holistic development of each of our students using the six indicators of Wellbeing as a focal point of our actions:

Active, Responsible, Connected, Resilient, Respected and Aware.

Wellbeing and the Curriculum

At Junior Cycle the core Wellbeing curriculum areas are SPHE, CSPE, PE and Wellbeing. At Senior Cycle, Wellbeing continues to be supported in the curriculum through SPHE, PE and Guidance.

Wellbeing is not only taught through designated subjects; it is supported across the wider curriculum and school life.

Catholic Ethos and Wellbeing

The school’s Catholic/CEIST ethos is central to the promotion of student wellbeing. Through the Religious Education programme, students engage in prayer, meditation and reflection practices that nurture personal growth, self-awareness and emotional resilience. These practices are embedded throughout the school year and supported by community outreach initiatives such as SVP and Faith Friends, along with retreat opportunities—particularly at senior cycle—which provide structured time for spiritual reflection and personal development.



The school's liturgical life, including key events such as Presentation Day, Christmas and Easter prayer services, and the 6th Year Graduation Mass, along with the observance of the liturgical seasons, fosters a strong sense of belonging, compassion and mutual support within the school community.

Dedicated pastoral spaces, including the Sacred Space, Remembrance Garden and Nuns Garden, provide calm and supportive environments for prayer, reflection and emotional regulation. These spaces contribute significantly to students' emotional and spiritual wellbeing, offering comfort and reassurance during times of anxiety or vulnerability.

Through the integration of faith, pastoral care and reflective practice, the school creates a nurturing environment where students are supported to develop as confident, resilient and compassionate young people.

Whole School Wellbeing

Whole School Wellbeing is evident in the following areas:

School Policies

School policies are developed with staff, parents/guardians, students and the Board of Management. The following school policies are related to Wellbeing and are reviewed regularly.

- Admissions
- Bi Cineálta
- Attendance Strategy
- Code of Behaviour
- Child Protection
- Health & Safety
- Acceptable User Policy
- Guidance
- Data Protection
- RSE
- AEN
- SPHE
- Inclusion
- Pastoral Care

Whole School Wellbeing in the Presentation Secondary School Clonmel

- Welcome Week
- Student Council
- Leadership Programme



- Induction Days/Summer camp
- Year Head
- Annual Awards Day
- Green School
- Amber Flag Committee
- Positivity Week
- Sports Day
- Student/Staff Badminton Tournament
- Yoga/meditation
- Student Librarians
- Pres Got Talent
- Extra-curricular Activities/ Clubs
- Wellbeing Workshops/Guest Speakers
- Community Police – safety talks
- Safer Internet Day
- Catholic Schools Week
- Ceiliuradh CEIST
- School Musical
- Careers Expo
- Liturgical Services – Christmas/Easter
- Morning Prayer
- School Counsellor
- Guidance Counsellor
- Supervised Study
- Sacred Space
- Library
- Subject Week
- Parents' Council
- School trips
- Student/teacher/Parent Meetings
- Couch to 5k
- European Languages Week
- Breakfast in Assembly Hall
- Attendance Mentor



Timetable for Wellbeing in Junior Cycle

In Presentation Secondary School Clonmel we have 382 “Curricular Hours” and 98 “Other Hours” of wellbeing in Junior Cycle totalling 480 hours of wellbeing (complying with DES Circular 0015/2017).

Curricular Subjects in Presentation Secondary School Clonmel

1st Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	2	116	
SPHE	1	58	
CSPE	1	58	
Wellbeing 1 (including Guidance)	1	58	
		290	4.8 Hours per Week
Total in 1st Year			158 Hours across 33 Weeks

2nd Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	1	58	
SPHE	1	58	
CSPE	1	58	
Wellbeing 1 (including Guidance)	1	58	
		232	3.8 Hours per Week
Total in 2nd Year			128 Hours across 33 Weeks

3rd Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	1	58	
SPHE	1	58	
CSPE	1	58	
		174	2.9 Hours per Week
Total in 3rd Year			96 Hours across 33 Weeks

Total Curricular Hours for 2025/2026	382 Hours
---	------------------



Other Areas of Wellbeing across Junior Cycle

Year	Event	Minutes per Year	Hours per Year	Aware	Respected	Resilient	Connected	Responsible	Active
1 st	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	Leaders	900	15	✓	✓	✓	✓	✓	✓
	Induction Days (1 and 2)	720	12	✓	✓	✓	✓	✓	✓
	School Tour	360	6	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	Halloween Disco	120	2	✓	✓		✓	✓	✓
	Subject Options Night	60	1	✓	✓	✓	✓	✓	
	Total in 1st Year	2730	45.5						
2 nd	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	School Tour	1440	24	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	Halloween Disco	120	2	✓	✓		✓	✓	✓
	Total in 2nd Year	2130	35.5						
3 rd	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	School Tour	360	6	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	Halloween Disco	120	2	✓	✓		✓	✓	✓



	Total in 3rd Year	1050	17.5						

Total Other Hours for 2025/2026

98.5 Hours

Timetable for Wellbeing in Senior Cycle (Jenny)

In Presentation Secondary School Clonmel we have 191 “Curricular Hours” and 82.5 “Other Hours” of wellbeing in Transition Year totalling 273.5 wellbeing hours.

In Senior Cycle (5th and 6th Year) we have 192 “Curricular Hours” and 101 “Other Hours” of wellbeing in Senior Cycle totalling 293 wellbeing hours.

Curricular Subjects in Presentation Secondary School Clonmel

Transition Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	1	58	
SPHE	1	58	
Guidance	1	58	
Life Skills	2	116	
I.T Skills	1	58	
		348	5.8 Hours per Week
Total in TY			191 Hours across 33 Weeks

5 th Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	1	58	
SPHE	1	58	
Guidance	1	58	
		174	2.9 Hours per Week
Total in 5th Year			96 Hours across 33 Weeks

6 th Year	Periods per Week	Minutes per Week	Hours per Week/Year
P.E	1	58	
SPHE	1	58	
Guidance	1	58	
		174	2.9 Hours per Week
Total in 6th Year			96 Hours across 33 Weeks

Total Curricular Hours for 2025/2026

383 Hours



Other Areas of Wellbeing across Senior Cycle

Year	Event	Minutes per Year	Hours per Year	Aware	Respected	Resilient	Connected	Responsible	Active
TY	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	School Tour	4320	72	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	Subject Options Night	60	1	✓	✓	✓	✓	✓	
	Total in TY	4950	82.5						
5 th	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	International Tour	1440	24	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	School Musical	2520	42	✓	✓	✓	✓	✓	✓
	Talks and Workshops	120	2	✓	✓	✓	✓	✓	✓
	Total in 5th Year	4650	77.5						
6 th	Morning Assembly (10mins)	330	5.5	✓	✓		✓	✓	✓
	Retreat	360	6	✓	✓	✓	✓	✓	✓
	Awards for Excellence	120	2	✓	✓		✓	✓	
	Sports Day	120	2	✓	✓		✓	✓	✓
	Higher Options and CAO Night	120	2	✓	✓		✓	✓	
	LC Graduation	120	2	✓	✓	✓	✓	✓	
	Young SVP	120	2	✓	✓		✓	✓	✓



				✓	✓	✓	✓	✓	✓
	Talks and Workshops	120	2	✓	✓	✓	✓	✓	✓
	Total in 6th Year	1410	23.5						

Total Hours for Transition Year	273.5 Hours
Total Hours for 5 th and 6 th Year	293 Hours
Total Hours for Senior Cycle	566.5 Hours

Ratified by the BOM in May 2026