

Wellbeing Student Self-Assessment Questionnaire

Feb 2018

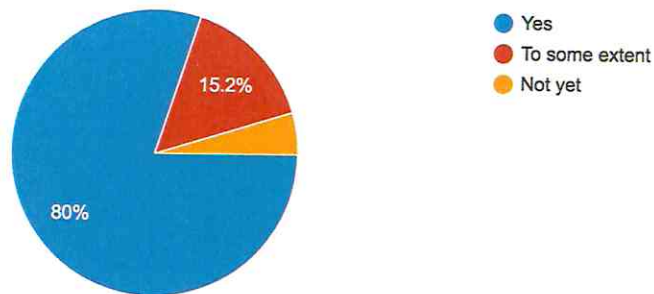
Sample size 105: 2 First Year Groups, 2 Second Year Groups & 1 Third Yr Group

Results:

Active

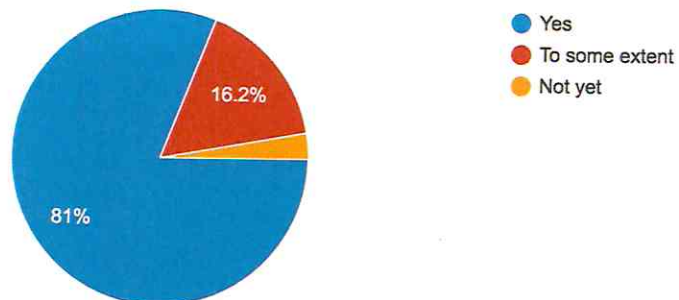
I am a confident and skilled participant in physical activity

105 responses



I am physically active on a regular basis

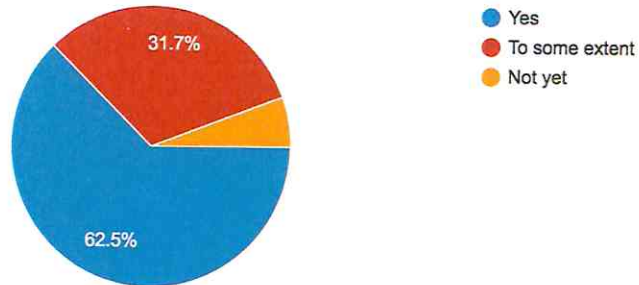
105 responses



Responsible

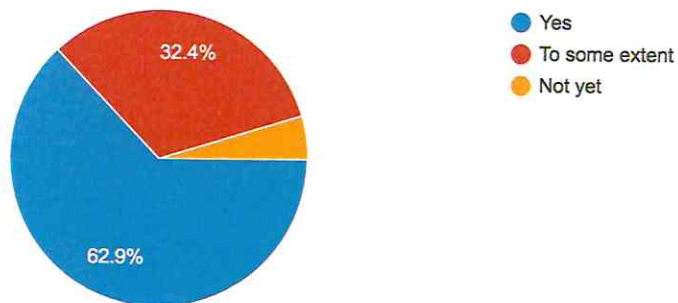
I take action to protect and promote my wellbeing and that of others

104 responses



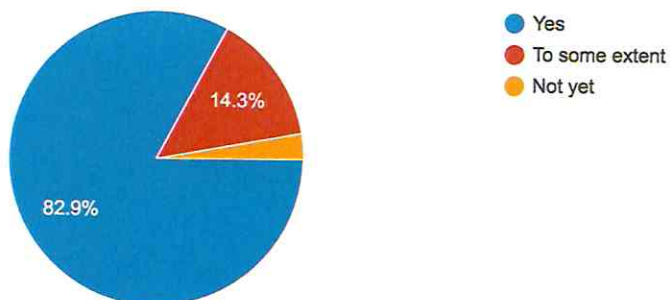
I can make healthy eating choices

105 responses



I know when my safety is at risk and I make the right choices to protect myself

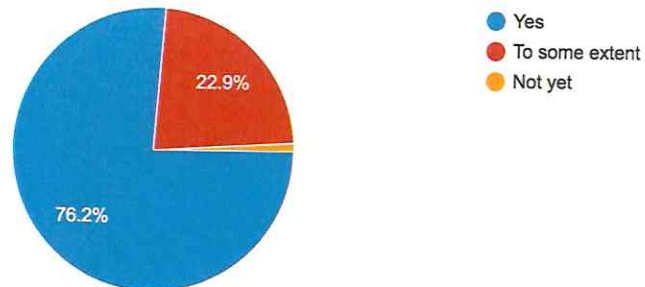
105 responses



Connected

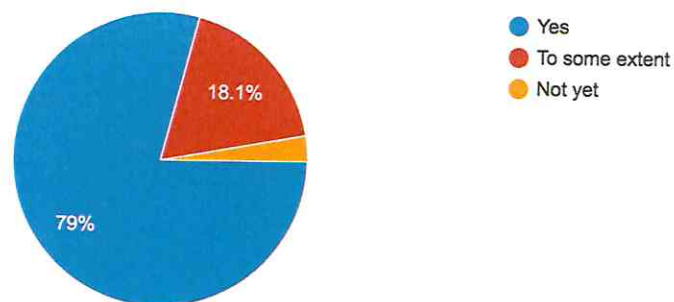
I feel connected to my school, my friends, community and the wider world

105 responses



I understand how my actions and interactions impact on my own wellbeing and that of others, in local and global contexts

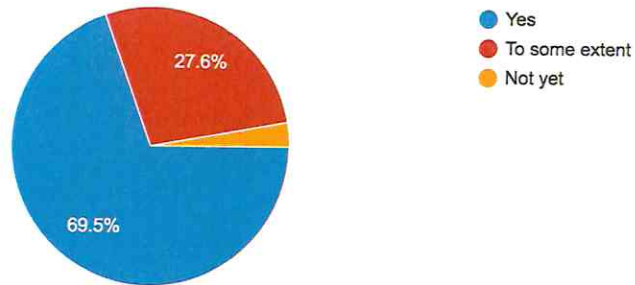
105 responses



Resilient

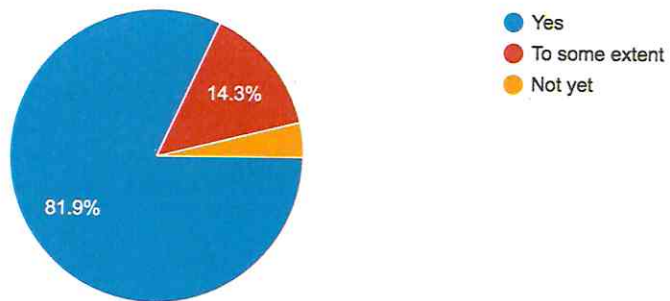
I feel confident in myself and have the coping skills to deal with life's challenges

105 responses



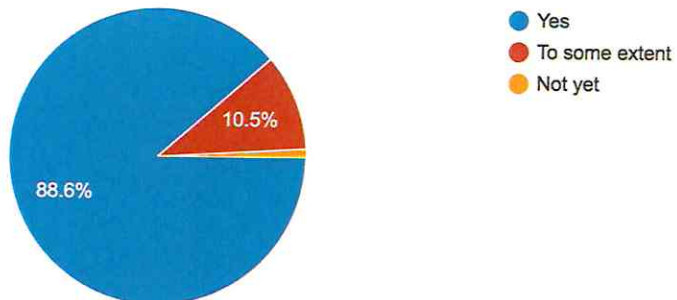
I know where I can go for help

105 responses



I believe with effort I can achieve

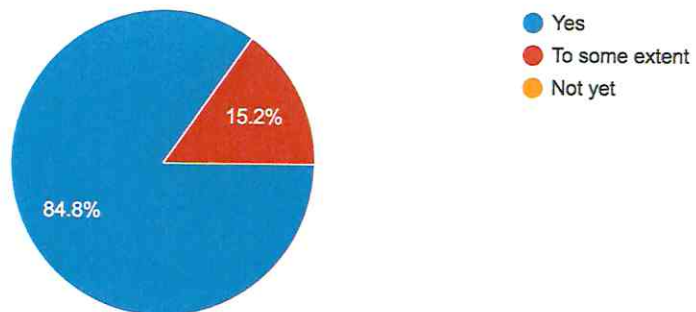
105 responses



Aware

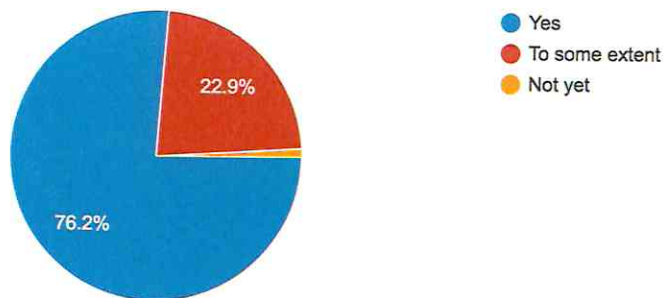
I am aware of my thoughts, feelings and behaviours and I can make sense of them

105 responses



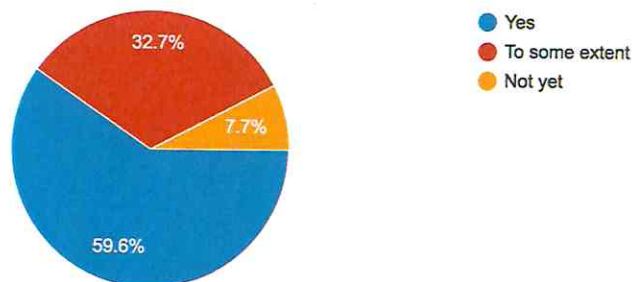
I am aware of my personal values and can think through my decisions

105 responses



I am aware of how I learn best and know how I can improve

104 responses



Selection of Sample Responses

Three things I am doing well to support my wellbeing

Having Friends, Relaxing and Reading

I am taking part in sports, I am mixing with other people and I am talking if I have a problem

Being involved in school activities, Making new friends and being active in sports

Doing musical, choral and still making new friends.

I cycle to school, I eat healthy and I never give up

Going outside more and trying to eat healthier and using my phone less

Talking to my parents more playing sports and eating healthy.

Hurling making friends and helping people.

I surround myself with good people, set realistic goals and I stay away from alcohol and drugs

Sport talking to my friends and believing in myself.

Play sport, eat healthy and do my best in school

Three things I plan to do to support my wellbeing

Learn to study more effectively

Drink more water

Eat more fruit and veg and help other more

Don't get so easily annoyed, go outside and have fun more and less playstation

Balance my sport and school work better

Take more time out each day to be thankful

I really don't know how to improve my wellbeing

Get involved in more sports

Get more organised

Recognise more when I need help

Any comments in relation to how we as a school can support learning for and learning about wellbeing.

Allow us bring water to class

Healthy food weeks or days

Allow us bring water to class

More practical subjects for the less academic

Have a class with teacher to talk about wellbeing

Less tests and homework

More sports just for fun

Bring back PC

Spend 10-15 mins in SPHE or religion class talking about how we can support or wellbeing

More Guidance

More Study help