



CBS Thurles

Wellbeing Self-Evaluation Report and Improvement Plan 2023-2024

Responding to the impact of social media on sleep, hygiene and Wellbeing.

This year we will collaborate with parents, teachers and students on how we can enable students to make better choices around the use of social media.

Introduction: - This plan records the findings of our evaluation of well-being and how it impacts teaching in our school and our current improvement plan, including targets and the actions we will implement to meet the targets which we have decided on.

The focus of this evaluation

We undertook self-evaluation of wellbeing in the school during the period September 2022 to December 2022. We looked at the four key areas as part of the wellbeing framework for schools. After receiving student, staff and parental feedback, we evaluated/analysed the data and found that culture and environment was an area to focus on for development.

Our Focus for Improvement:

Having gathered evidence and analysed the data based on the four key areas – culture and environment, curriculum teaching and learning, relationships and partnerships and policy/planning, we have decided to focus on Relationships & partnerships

Findings

Student Wellbeing is affected by poor sleep hygiene and social media: The real impact of social media and sleep hygiene on Behaviour for Learning was identified in surveys in September 2022. In October 2022 a Student Wellbeing Survey on Sleep and social media some of the following data:

20% of students going to bed between 12-3am; 40% reported sleeping for only 5-7 hours; 32% of students reported feeling sleep deprived regularly in classes. 63% of students reported that parents do not take their devices away at night (phones, laptop, X- box, computer and games) and 90% said that the internet/Wi Fi is not turned off at night.

In a Parents' Survey, 89% said they would be willing to take their child's device each school night; 85% agreed that they encourage a good routine; 71% remind their children of the importance of a goodnight's sleep; 44% reported taking devices away at night and 48% are strict about bedtime. Some of these parents would welcome School support with practical advice on settings and controls and to reinforce the message that sleep, and social media are stressors on student wellbeing and behaviour for learning.

National Findings

Our findings that most students feel that social media and overuse of phones affects their ability to learn, and their mental health reflects the evidence of National Surveys. For example, Study Clix and The Irish Times reported in May 2023 that social media and mobile phones had an impact on teenagers.

Parent-Teacher Meeting Survey November 2023

94% of parents encourage a good home-school routine; 19% are strict about bedtime; 18% take devices away but 100% are willing to take devices away if it's a whole school Wellbeing initiative approach. Respondents suggested: Increased awareness of limiting the use of phones, encourage more time away from devices; Many parents are supportive of whole school initiative as they feel it will effect change in their children's habits as a result.

Summary of Strengths:

- Management, teachers, parents, and students collaborate to bring about school improvement: collaboration and interaction between all stakeholders at meetings and through digital platforms that informs, reviews and reflects on behaviour for learning, academic engagement and social media and mobile phone usage. All stakeholders evaluate and monitor progress through reporting, communications such as meetings.
- Our good practice of collaboration, we engaged with Advisory Bodies: PDST; OIDE; and Inspectorate Advisory Visits to advise on best practice.
- Student and teacher identification of students need for support with responsible mobile phones.
- Excellent pastoral care and teacher awareness of our students in our school community.
- Most students feel praised for their work and connected to their school community through curricular and extra-curricular opportunities.
- School life promotes responsible digital citizenship and offers many opportunities for students to reconnect through active learning curricular and co-curricular activities.

This is what we plan to do:

- Encourage student engagement in extra-curricular activities e.g., lunchtime and after school clubs.
- Monitor and support patterns of student behaviour around sleep hygiene and responsible social media usage to promote 'Behaviour for Learning' and academic engagement in a student-centred environment and gather data regarding sleep hygiene, social media usage and student behaviour for learning.
- Enhance knowledge, attitudes, and skills required to improve sleep hygiene and responsible social media usage and their links to behaviour for learning.
- Raise Awareness: Educate students, parents, and teachers about the potential negative effects of excessive screen time on sleep quality, mental health, and overall wellbeing. We will conduct surveys in parent teacher meetings.
- Establish Healthy Habits: Encourage students to adopt healthy sleep habits, such as setting consistent bedtimes, creating device-free zones in bedrooms, and practicing relaxation techniques before sleep. Encourage students to be physically active and to participate in our extra-curricular activities.

Actions to support implementation of the School Improvement Plan, 2023-2024

- Parent Teacher Meetings – Parents will complete surveys on Sleep Hygiene, social media usage and consider how it may impact their child's behaviour for learning.
- Senior Management Teams, SSE Co-Ordinator, Subject teachers, Transition Year Maths- Science Students with their teachers, will survey parents, teachers and students and gather data from Focus Groups to monitor progress in sleep hygiene and social media use.

This is what parents can do to help:

- Monitor your child's screen time, sleep hygiene and social media sites.
- Encourage your child to participate in extra-curricular school clubs and community clubs
- Participate in Parent Surveys at Parent/ Teacher Meetings
- Browse material on the school website regarding School Self-Evaluation and our School Improvement Plan for this year.
- Attend the Parents' Association Meetings.
- Keep conversations open with your child regarding the benefits of sleep hygiene and responsible digital citizenship (screen time and social media)
- Encourage your child to take greater ownership and responsibility for their learning, mobile phone habits and sleep hygiene.