

## Wellbeing in Junior Cycle



The following information may be helpful in supporting parents & guardians, to reflect on current practices and how they, individually, contribute or could contribute to supporting students' progress in relation to each of the indicators.

Active	<ul style="list-style-type: none"> <li>• being a confident and skilled participant in physical activity</li> <li>• being physically active</li> </ul>
Responsible	<ul style="list-style-type: none"> <li>• being able to take action to protect and promote their wellbeing and that of others</li> <li>• making healthy eating choices</li> <li>• knowing when and where their safety is at risk and enabling them to make the right choices</li> </ul>
Connected	<ul style="list-style-type: none"> <li>• feeling connected to their school, their friends, community and the wider world</li> <li>• understanding how their actions and interactions impact on their own wellbeing and that of others, in local and global contexts</li> </ul>
Resilient	<ul style="list-style-type: none"> <li>• feeling confident in themselves and having the coping skills to deal with life's challenges</li> <li>• knowing where they can go for help</li> <li>• believing that with effort they can achieve</li> </ul>
Respected	<ul style="list-style-type: none"> <li>• showing care and respect for others</li> </ul>

	<ul style="list-style-type: none"><li>• having positive relationships with friends, peers and teachers</li><li>• feeling listened to and valued</li></ul>
Aware	<ul style="list-style-type: none"><li>• being aware of their thoughts, feelings and behaviours and being able to make sense of them</li><li>• being aware of their personal values and able to think through their decisions</li><li>• being aware of themselves as learners and knowing how they can improve</li></ul>