

### **Wellbeing in Salesian College**

Wellbeing in Salesian College is a priority and is very much apparent through our daily life and activities in the school. It is an integral part of our school culture and ethos, our relationships in the school, our curriculum and our school policy and planning.

The core curricular subjects which will make up 400 hours of JC class contact time from 2022 are PE, SPHE, CSPE and Digital Wellbeing.

### **Guidance and Counselling**

Guidance and Counselling comes under the umbrella of Wellbeing and we have two guidance counsellors in the school, Ms Mary Harris and Ms Danielle Dolan. We offer a range of supports from personal counselling, educational support including study skills, and vocational support designed for successful transitions throughout their time in post-primary school. All the supports in place are designed to help students in three main areas of learning: Developing Myself, Developing My Learning and Developing My Career Path. We have a link to our website on the school page which we would encourage you to visit for further information.

### **Pastoral Care Team**

This team is made up of key personnel in the school including our senior management team, our guidance counsellors, members of our Resource Department and school chaplain. We support students individually every day with any issues or difficulties they may be experiencing.