



Promoting Wellbeing in
our school - The Meadow

Positive Mental Health/Wellbeing



Wellbeing Guidelines –Primary School

- Promotion of wellbeing critical to success in school and life, integral to curriculum.
- Safe and supportive environment in which to build and enhance life skills and build resilience.
- Strong sense of connectedness to our school
- Developing a whole school approach
- Social, Personal and Health Education(SPHE)

Our School Garden-learning in outdoor environment





Health Promotion School Approach

- A way of thinking and working that is adopted by all in the school to make it the best possible place to learn, work and play.
- “Festina Lente” - Mobile Equine Outreach Programme –weekly for two hours, Siofra and Alannah in the school garden.





Integrated Curriculum

..recognising the richness and uniqueness of the individual learner and the importance of quality teaching and learning experiences.

School Garden

- Enclosed safe space
- Wander freely, Autumn Walk, “feel the leaves
- Going on a Bear Hunt, literature/singing, imagining going over the bridge!
- Authentic play, chasing, interaction with others.
- Having FUN

Preparing for the Ponies

- Social Stories
- Pictures
- Talk and Discussion
- Interacting with new adults/conversation
- Interacting with live animals in the garden
- Role Play
- Caring for the ponies
- Grooming/Brushing
- Combing Hair/Plaiting hair
- Washing the Ponies
- Walking the ponies in the garden
- Cleaning the pony truck

Meadow Senior Class- happy children will learn.



Senior Class helping the Junior Classes



Caring for the Animals -Grooming Time



Benefits..

- Allowing the children work with ponies one-to-one
- Building new relationships/Getting to know new adults
- Knowing how to appropriately deal with live animals
- Interesting learning outside of routine schedule



Interacting with the Ponies.....



What the children say.....

- “I love Siofra’s long hair because it is nice and soft. When I touch her hair it makes me feel better and happy.” (Jacob)
- I love the things we do in the garden, Bear Hunt, planting flowers and minding the ponies.” (Jack)
- “I like when the horses go “neigh”, it makes me laugh, it is so funny.” (Stephen)
- “I love touching the leaves, they keep me calm.” (Liam)
- “I love Alannah and Siofra.” (Sophia)