

Ardgillan College



Ardgillan Positivity Day

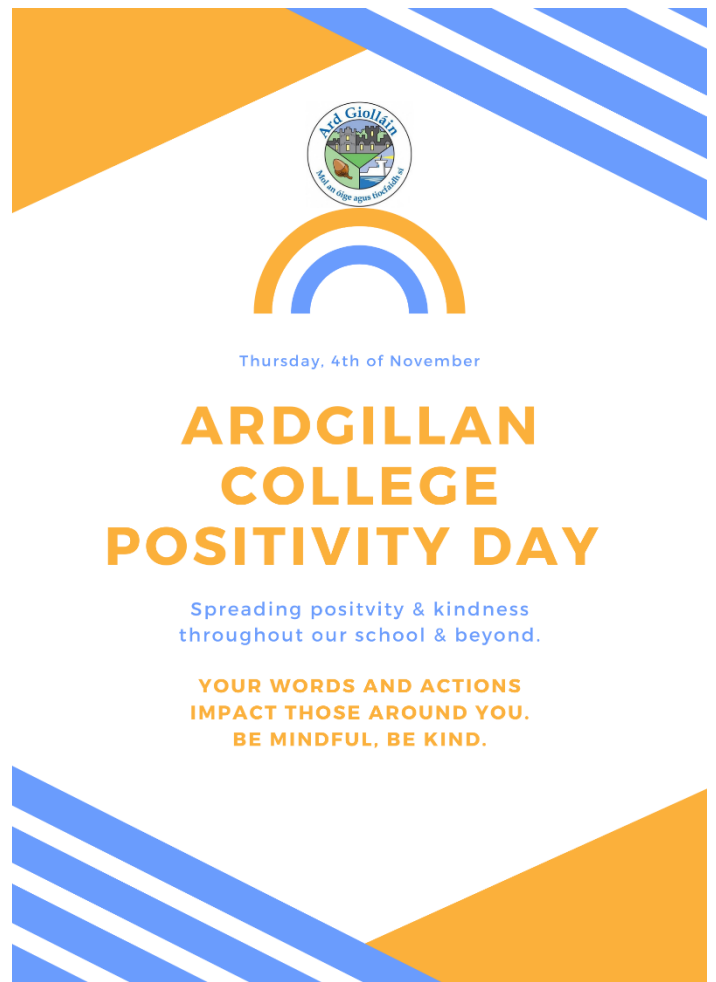
UNESCO International Day Against Bullying

Ardgillan Positivity Day – Rationale.

Ardgillan College is driven by three core pillars; Teamwork, Respect and Excellence. The Ardgillan Wellbeing Team decided to run whole school positivity themed day focused on our Respect pillar. Positivity Day would be a day that promotes acts of kindness across the school community, along with anti-bullying lessons in SPHE & Health Education classes. In this document, you will see the initiatives that they agreed upon between the Wellbeing Team and School Management:

1. Promotion of Positivity Day.

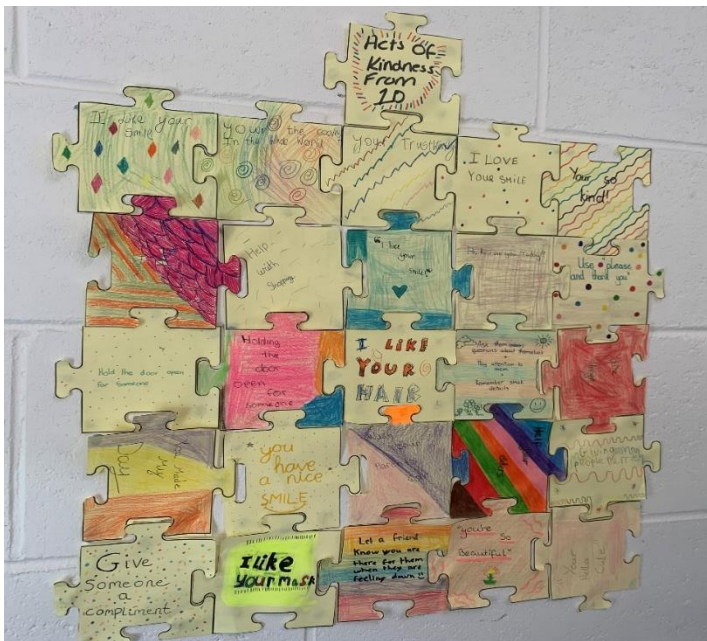
In the days leading up to the 4th of November, our Positivity Day was promoted in school with posters and across our school social media platforms. I have attached a photograph of examples:



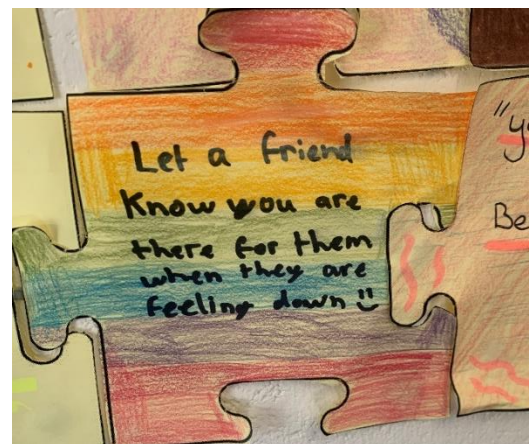
2. SPHE & Health Education lessons.

SPHE and Health Education are two of wellbeing subjects and it was through these subjects that antibullying and kindness lessons were delivered. PowerPoints for both SPHE and Health Education were e-mailed to all staff.

- **SPHE:** The lesson focused on examining the statement “my school is a kind place” students wrote responses on sticky notes and placed them on the whiteboard. I have attached photos below. Students were then given a number of bullying scenarios, with class discussion on what about the behaviour is bullying, what can be done to stop it and how it could be prevented in the future.
- **Health Education:** This is a 1st Year specific subject. Students brainstormed 100 kind acts that they could do. Students then chose one act, and wrote in it



on a jigsaw piece. The jigsaw pieces were then put together for a completed jigsaw of kindness. Photo of completed kindness jigsaw below:



3. Acts of kindness

The **first** act of kindness came from the staff of Ardgillan College, who agreed that no student across all year groups would receive homework. Students were encouraged to pass this kindness forward to their friends, peers and school community.

ARDGILLAN COLLEGE

Ardgillan Positivity Day

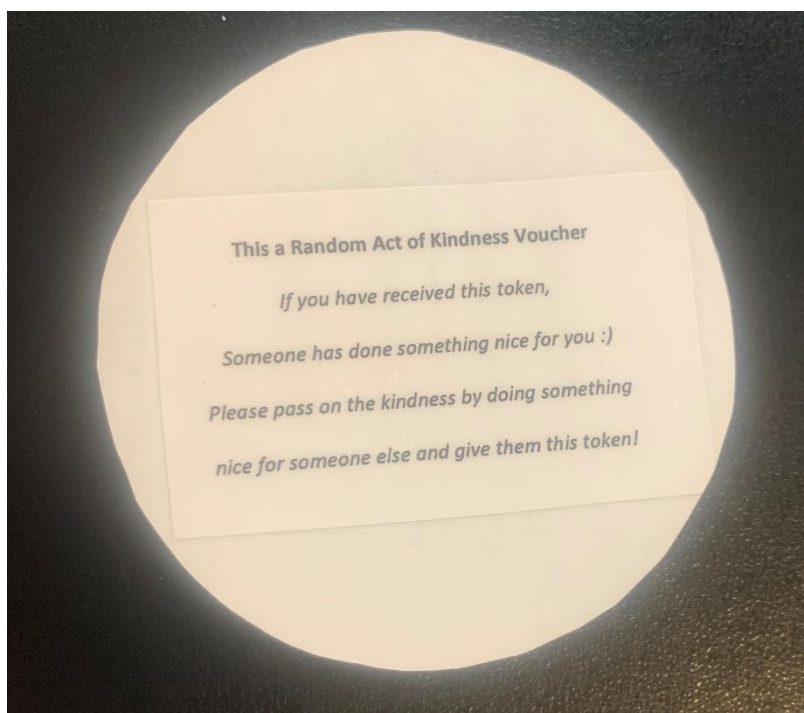
The first act of kindness has come from our staff. There will be **no homework** for any year groups today. Students are encouraged to **pass the kindness** on by doing one good deed or action.



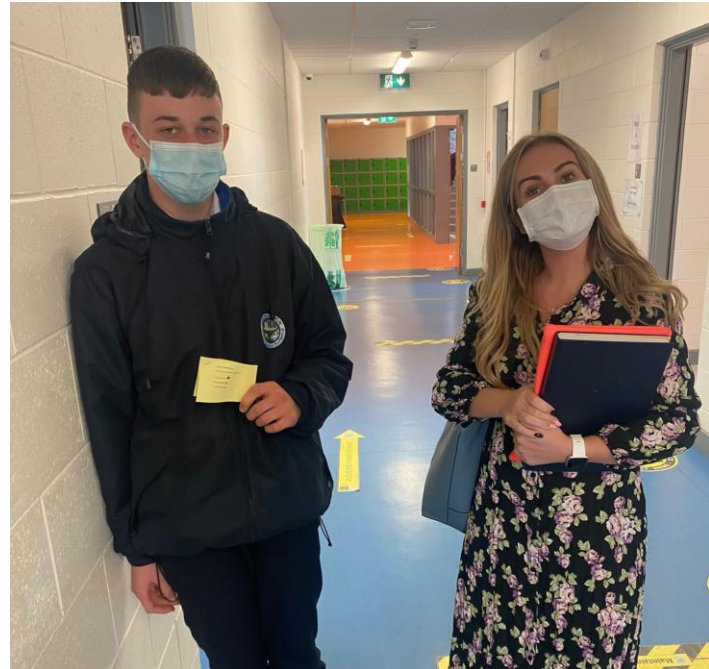
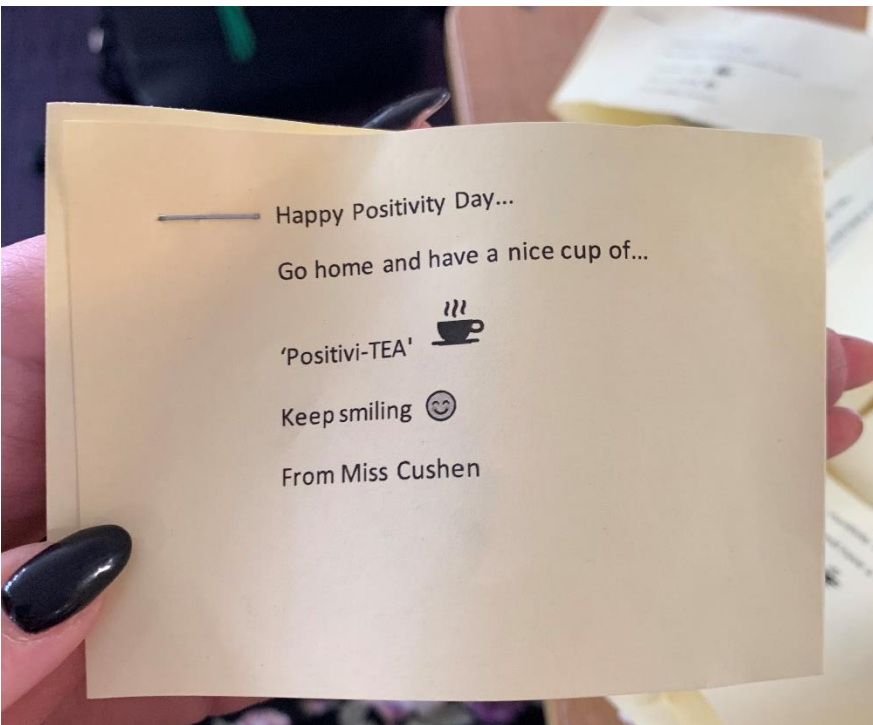
The **second act** of kindness came from our school tutors. Each tutor nominated two students from their base classes to receive a surprise act of kindness. A gold star was placed underneath the nominated students desks. At the start of the day, all students were asked to check under their desks for a gold star. If there was a gold star, students came down to the assembly area where they received a treat.



The **third act** of kindness came from our Deputy Head Boy and Girl, who handed out 'pay it forward' tokens to students and staff. Students who received a token were told they needed to pass the kindness forward, by giving a compliment or doing something nice for a student or staff member.



The **fourth act** of kindness came from Ms Alva Cushen, with the “positivi-tea” for students.



4. Headstrong Committee

Our Transition Year (TY) Headstrong Committee began delivering their Headstrong lessons this week to our Junior Cycle SPHE classes. 1st and 2nd Years have two periods of SPHE a week, so both the Anti-Bullying Lessons & Headstrong Talk were delivered. TY's will give talks on different areas once a week for the next 6 weeks. The topics include

- Bullying -Asking for Help -Peer Pressure -Anxiety -Stress
- Stigma -Wellbeing

5. Music

On our school Instagram, we asked students to send in their favourite positive songs. On Thursday, 4th of November we played these songs over the school intercom before the beginning of classes. Some of the students song choice:

- Things Can Only Get Better
- When The Going Gets Tough
- We Didn't Start The Fire
- The Only Way is Up
- Walking On Sunshine
- Dancing On The Ceiling

Conclusion

Our Positivity Day was driven by encouraging acts of kindness to spread positivity around our school. By creating a kind and caring school environment, we hope to ensure our school is a happy, safe and inclusive space for students. The kindness element of the day ran concurrently with anti-bullying themed SPHE lessons and talks from our TY Headstrong Committee. We hope that this approach helped to educate students on bullying, but also foster a school environment where respect and kindness are highly valued.