

PROGRAMME 2

Context: This is a mixed urban school with under 200 students. In this school the timetable is designed around 40-minute class periods. The Wellbeing programme includes the short courses in CSPE and SPHE and the 135-hour course in PE. In addition, the school has developed three long units of learning in response to the needs and interests of their students. Each one is 22 hours duration and runs for the year. Guidance-related learning is facilitated through short blocks, arranged between the teachers of the units of learning and the guidance counsellor.

Music and wellbeing was developed in this school as students felt there could be wellbeing benefits to singing or performing music as part of a group²¹. It was created within the context of a small school where music is not available as a subject in junior cycle and therefore there is no risk of overlap between this unit of learning and junior cycle music. *Localise volunteering award* is run in partnership with the NGO Localise Youth Volunteering with the aim of promoting wellbeing through service to others. *Managing myself and managing my learning* was developed by an SPHE teacher and guidance counsellor to address needs related to coping with increased study demands in 3rd year, managing learning goals and deadlines (including CBAs) and strategies for coping in times of stress.

	FIRST YEAR	SECOND YEAR	THIRD YEAR	HOURS
PE	Double class period	Double class period	Double class period	135
CSPE	Double class period	Double class period	Single class period	100
SPHE	Double class period	Single class period	Double class period	100
UNITS	Single periods x 33 weeks	Single periods x 33 weeks	Single periods x 33 weeks	66
Title	Music and wellbeing	Localise volunteering award	Managing myself and managing my learning	

Approx
401
hours

21 This is borne out by research such as <https://www.outoftheark.co.uk/blog/why-singing-is-good-for-pupil-well-being/>
<https://www.creativeireland.gov.ie/app/uploads/2019/12/Creative-Ireland-and-Youth-Singing-in-Ireland-Helen-Doyle-research-paper-2019.pdf>
<https://livingwell.org.au/well-being/mental-health/how-music-can-support-our-well-being/>
https://www.nammfoundation.org/articles/2014-06-01/benefits-learning-and-playing-music-adults?gclid=EAlaIqobChMIubW84vfR6QIV2-7tCh3neQSeEAAAYASAAEgIQOfD_Bw-