

8 PRACTICAL PLANNING STRATEGIES FOR ADOPTING MINDOUT

If your school is planning to adopt or continue implementing the MindOut social and emotional wellbeing programme next year, there are some practical strategies that are important to consider during the planning stage. These strategies are underpinned by both evidence-based research as well as real-world feedback from schools, teachers and principals with experience of delivering MindOut in the past.

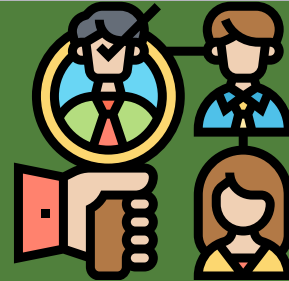
1



TIMETABLING

Ensure there is adequate space in the Senior Cycle timetable for wellbeing and MindOut. If feasible, a double class period is recommended.

2



SELECTING TEACHERS

Select teachers that have an interest in and show enthusiasm for wellbeing and are trained or have previous experience in delivering SPHE.

3



IMPLEMENTATION TEAM

Create a small team of teachers to be trained in MindOut which can support each other. Ensure this team consists of both male and female teachers.

4



TRAINING

Support your teachers to attend the MindOut training and refresher courses as well as other professional development courses that focus on wellbeing including courses for teachers' own wellbeing.

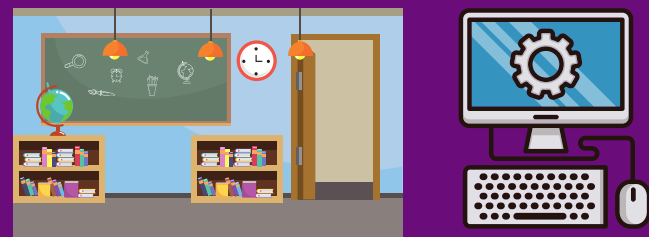
5



CLASS SIZE

A suggested class size with a maximum of 20-22 students is recommended.

6



SPACE/ RESOURCES

Ensure there is a good room with adequate space allocated for this interactive programme as well as access to IT resources (e.g., computer, projector etc.)

7



CLASS GROUP

It is recommended that the programme is delivered during 5th year and that consideration is given to the characteristics of the particular class e.g. group dynamic, gender split, levels of participation etc. in planning the delivery of the programme.

8



WHOLE-SCHOOL AWARENESS

Create whole-school awareness of the programme by sharing informative resources with staff, parents etc. and discussing the programme in staff meetings.