

Job shadowing ERASMUS on the theme of well-being.

Cavan 08-12 avril 2024



Country	 France
Department	Savoie (73)

Country	 Ireland
Province	 Ulster

CAVAN

Superficie : 1 932 km²

Population : 76 176 (2016)

Densité : 39 hab./km²

County Cavan



IRLANDE

Capitale : Cavan



Cavan



Town of Cavan : around 10 000 inhabitants



City of Albertville : around 20 000 inhabitants

Royal School Cavan



1 of the 4 highschoools of Cavan

(Saint Patrick's College (boys), Collège Loreto (girls), collège Breifne (vocational), Royal School Cavan)

School :

- Public school (for 2 years)
- Less than 300 students → developing → target: 450
(Year 1-2-3 + TY + Y5-Y6 /new section for autistic students : 2024-2025)
- 30 teachers (including Principal and Vice Principal)
- 1 secretary
- 2 cleaning staff 30 hours/week
- 1 caretaker 40 hours/week

Timetable (students)

28 hours/week

Form 4

Time	Monday	Tuesday	Wednesday	Thursday	Time	Friday
p1 08:45-09:25	MOD.1 Cookery [IP, HEC] Performing Arts [LMcQ, MUS] Sports Coaching [GMcH, SR]	R Enterprise Edu. [TA, 111] S Enterprise Edu. [DR, 112] M Enterprise Edu. [DV, DCG]	R History [CF, 109] S Irish [CMcG, 102]	MOD.3 Irish Designers [DV, DCG] Japanese Culture [AG, 205] Photography [EM, 106]	p1 08:45-09:25	M Maths [AG, 205] M Maths [FH, 206]
p2 09:25-10:05	MOD.1 Cookery [IP, HEC] Performing Arts [LMcQ, MUS] Sports Coaching [GMcH, SR]	R Enterprise Edu. [TA, 111] S Enterprise Edu. [DR, 112] M Enterprise Edu. [DV, DCG]	M Maths [AG, 205] M Maths [FH, 206]	MOD.3 Irish Designers [DV, DCG] Japanese Culture [AG, 205] Photography [EM, 106]	p2 09:25-10:05	R SPHE [LMcQ, MUS] S French [EM, 106]
10:05-10:10	R Roll Call [DT, 108] S Roll Call [GMcH, 106]	R Roll Call [DT, 108] S Roll Call [GMcH, 106]	R Roll Call [DT, 108] S Roll Call [GMcH, 106]	R Roll Call [DT, 108] S Roll Call [GMcH, 106]	10:05-10:10	R Roll Call [DT, 108] S Roll Call [GMcH, 106]
p3 10:10-10:50	R Geography [TA, 111] S French [EM, 106]	R Food Science [LKe, 204] S Geography [DR, 110]	R Geography [TA, 111] S Religion [LMcQ, MUS]	R Religion [IP, 106] S Computers [EM, 101]	10:10-10:25	BREAK
10:50-10:55	BREAK	BREAK	BREAK	BREAK	p3 10:25-11:05	R Geography [TA, 111] S Irish [CMcG, 102]
p4 11:05-11:45	R French [CMcG, 102] S History [CF, 109]	M Maths [AG, 205] M Maths [FH, 206]	R PE [GMCH, SR] S French [EM, 106]	R English [KSt, 107] S History [CF, 109]	p4 11:05-11:45	R History [CF, 109] S Food Science [LKe, 204]
p5 11:45-12:25	R History [CF, 109] S Geography [DP, 110]	R Irish [LC, 103] S History [CF, 109]	R PE [GMCH, SR] S SPHE [LMcQ, MUS]	R Irish [LC, 103] S English [DT, 108]	p5 11:45-12:25	R Food Science [LKe, LAB] S PE [GMcH, SR]
12:25-13:05	LUNCH	LUNCH	LUNCH	LUNCH	p6 12:25-13:05	R Food Science [LKe, LAB] S PE [GMcH, SR]
p6B 13:05-13:45	R English [KSt, 107] S Irish [CMcG, 103]	R Car Maintenance [GP, TEC] S English [DT, 108]	R Career Guidance [YS, 106] S Career Guidance [LMcQ, MUS]	R Enterprise Edu. [TA, 111] S Enterprise Edu. [DR, 112]		
p7 13:45-14:25	MOD.2 Active Citizenship [AG, 205] Art [OB, ART] Product Develop. [GP, TEC]	R Computers [EM, 101] S Car Maintenance [GP, TEC]	R Life Skills [AG,] S Life Skills [DT,]	R French [CMcG, 102] S Geography [DP, 110]		
p8 14:25-15:05	MOD.2 Active Citizenship [AG, 205] Art [OB, ART] Product Develop. [GP, TEC]	R English [KSt, 107] S Food Science [LKe, LAB]	R Life Skills [AG,] S Life Skills [DT,]	R YSI [RCa, 203] S YSI [DR, 112]		
p9 15:05-15:45	R Irish [LC, 103] S English [DT, 108]	R French [CMcG, 102] S Food Science [LKe, LAB]	R Life Skills [AG,] S Life Skills [DT,]	R YSI [RCa, 203] S YSI [DR, 112]		

Timetable (teacher)

28 hours/week in front of students

	Mon	Tue	Wed	Thu	Fri
08:30					
08:45	On Call On Call DT	His 3His-S R108 DT	His 5His-6.3 R108 DT	Eng 1Eng-R R108 DT	
09:25	His 3His-S R108 DT	On Call On Call DT	His 5His-6.3 R108 DT	His 3His-S R108 DT	CSPE 2CSPE-C R108 DT
10:05	Tut 4Tut-R R108 DT	Tut 4Tut-R R108 DT	Tut 4Tut-R R108 DT	Tut 4Tut-R R108 DT	Tut 4Tut-R R108 DT
10:10	TYMEET 12TYMEET-1.1 DT; GMcH; AG	CSPE 2CSPE-C R108 DT	Eng 1Eng-R R108 MB; DT	His 2His-C R108 DT	
10:50					Eng 6Eng-2.1 R108 DT
11:05	Eng 1Eng-R R108 DT		Eng 6Eng-2.1 R108 DT	On Call On Call DT	His 2His-C R108 DT
11:45	On Call On Call DT	On Call On Call DT	Rel 1Rel-C R108 DT	Eng 4Eng-S R108 DT	
12:25					
13:05	Eng 6Eng-2.1 R108 DT	Eng 4Eng-S R108 DT	Eng 5Eng-2.2 R108 DT	His 5His-6.3 R108 DT	
13:45	Eng 6Eng-2.1 R108 DT	Eng 1Eng-R R108 DT	Lif 4Lif-6.2 MP01 DT	His 5His-6.3 R108 DT	
14:25	His 5His-6.3 R108 DT	Eng 6Eng-2.1 R108 DT	Lif 4Lif-6.2 MP01 DT	Eng 6Eng-2.1 R108 DT	
15:05	Eng 4Eng-S R108 DT	His 2His-C R108 DT	Lif 4Lif-6.2 MP01 DT		
15:45		Duty Duty DT			

Observation week:

What we did :

Schedule Sophie/Valérie –"How to improve Wellbeing for all members in the school community" – 8th-12th April 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
08:45-09:25			1R Behaviour for Learning (JM) R205 2R SPHE (VK)R103	6R PE (GMcH)	
09:25-10:05		1T Learning to Learn (YS) R102 5R Guidance (LMCQ) MUS	Meeting with E. McElwaine (Staff Wellbeing)	5R Wellbeing (DP) R110 6S Wellbeing (YS) R111	Meeting with Year Heads (Niall, Dale, Yvonne, Joan)
10:05-10:10	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
10:10-10:50		Meeting with SET (Learning Support Teachers) & SNAs	1S Learning to Learn (YS) R106	5R Guidance (LMCQ) MUS 5S Guidance (YS) R111	
10:50-11:05					5S Wellbeing (YS) MUS
11:05-11:45		1R SPHE (LKE) R204 2S Learning to Learn (YS) R102	Meeting of Members of Students Support Team	Meeting with Yvonne Sheridan (Whole School Guidance)	5R PE (GMcH)
11:45-12:25		Meeting with Aisling Gray & Davina Trenier (Transition Year)	Meeting with Davine Trenier & members of Students Council)		Meeting with Padraic Corley (School Improvement Plans)
12:25-13:05	Meeting with Padraic Corley (Welcome & Tour of School)	Meeting with Gary McHugh (PE & Extracurricular programme)		Meeting with Laura McQuaid (SPHE)	
13:05-13:45	Lunch	Lunch	Lunch	Lunch	
13:45-14:25	2S SPHE (LMCQ) MUS TY Modules	Meeting with Olivia Burns (Antibullying Coordinator & Art)	1C Learning to Learn (YS) R109 2S SPHE (LMcQ) MUS	Meeting with Padraic Kavanagh Student Attend./Assess./Report	
14:25-15:05	TY Modules (Active Citizenship, Art, Product Design & Dvlpt)		6R Well being (YS) R106	TR YSI (RCa) R203 TS YSI (DR) R112	
15:05-15:45		2R CSPE (GP) TEC 2S CSPE (DV) DCG	6S SPHE (GMcH)	TR YSI (RCa) R203 TS YSI (DR) R112	

Observation week

Tour of the school :



Tour of the school + Discussion about our aims and needs & adaptation of our schedule for the week with Padraic Corley (School Principal).

Observation of a few lessons



Meetings/exchanges with

- Senior staff (Padraic Corley/Padraic Kavanagh)
- Most of the teachers (regarding their status/the committees they are part of/the subjects they teach)
- One of the cleaning staff
- Many students (TY, Y5, Y6)

-Questionnaire on well-being submitted to the students of TY, Y5, Y6 and to the staff of the school.

1. From 1 to 10, how do you feel in your school? *

1 2 3 4 5 6 7 8 9 10

2a. How safe do you feel in your school? *

1 2 3 4 5 6 7 8 9 10

2b. Justify your answer to the previous question:

Votre réponse

3a. How healthy do you feel within the school? *
[Mental Health]

2a. How safe do you feel in your school? *

1 2 3 4 5 6 7 8 9 10

2b. Justify your answer to the previous question:

Votre réponse

3a. How healthy do you feel within the school? *
[Mental Health]

1. From 1 to 10, how do you feel in your school? *

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1 2 3 4 5 6 7 8 9 10

2b. Justify your answer to the previous question:

Votre réponse

3a. How healthy do you feel within the school? *
[Mental Health]

Differences between the two schools

Number of staff

Number of students

No Nurse's room, no "Vie scolaire", no library, no students' common room

Equipment
(tablets)

Infrastructure
canteen,
gymnasium,
smoking area,
boarding school,
fences

Rules
Uniforms, mobile
phones, movements
in/out of schools

Distribution of
each member's
tasks

Work
organisation

School schedule,
number of daily
hours of work,
pauses

Difficulties both schools have to face

Extra work

Rhythm

Budget

Dropping out,
absenteeism

Evolution of
behaviour

Lack of freedom
regarding the choices to
make in and for the
school

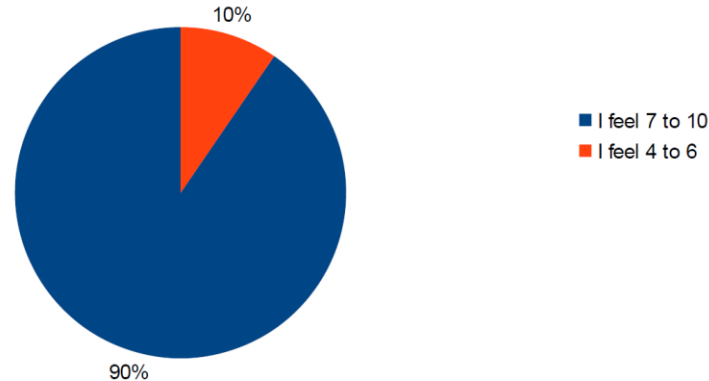
Increasing angst of some
members of staff

Recruitment

Results of the questionnaires at RSC (Staff)

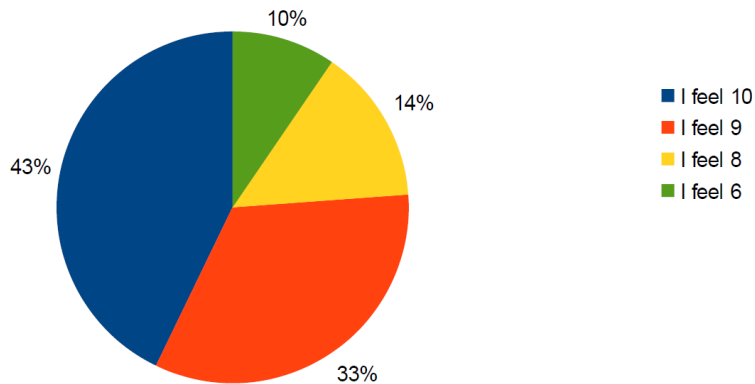
From 0 to 10 how do you feel at RSC

0 being the worst, 10 the best



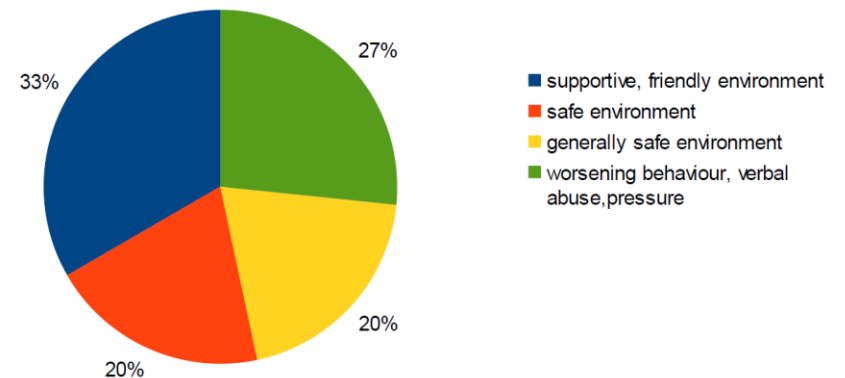
How safe do you feel at RSC ?

0 being the worst, 10 the safest



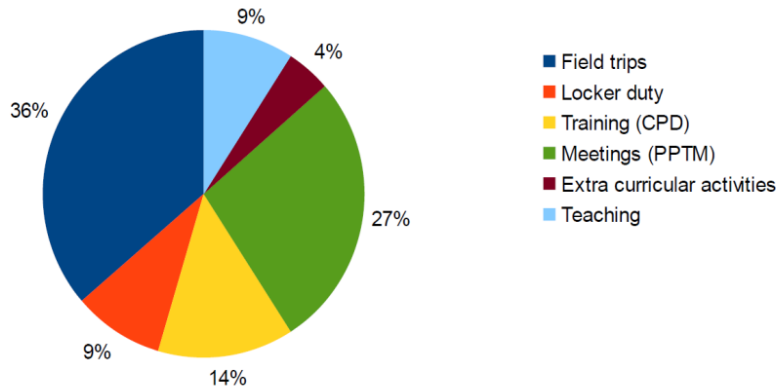
Reasons for feeling safe/unsafe

Raisons de se sentir ou non en sécurité



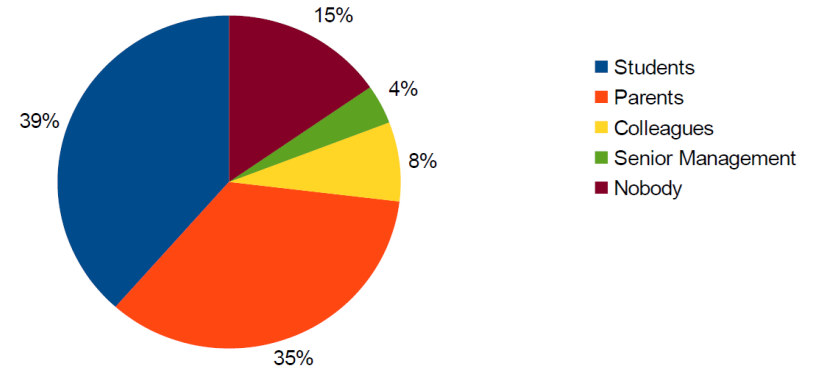
Least comfortable situations

Contexts les moins confortables



People you feel the least comfortable with

Les gens avec qui vous êtes le moins à l'aise



Why

- More variables & chances for things to go wrong during a field trip
- More difficult to deal with discipline issues outside the classroom
- The students are more excited
- Because of cramped space
- Isolation/no one to bounce ideas off.

Why

- Lack of experience
- Difficulty to communicate on specific subjects
- Pupils and some parents are very sensitive and difficult to talk to
- Lack of manners
- Students/parents can be confrontational
- Some parents/students may feel omnipotent
- Prejudices

Sources of unease at school

Lack of time

Meetings

Recognition

Communication

Equipment (IT)

Clear definition of
everyone's mission

Changing
room

Extra work

Reports, paper
work

State of the
infrastructure (heating)

Number of
students per
class

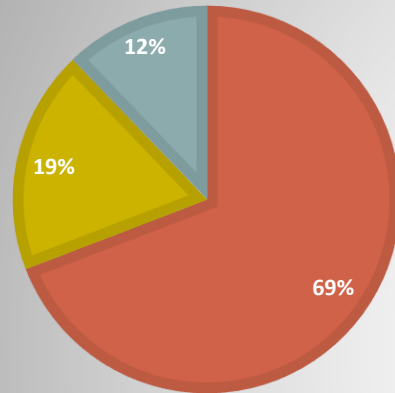
Croke Park
Agreement

Behaviour of the
students

Results of the questionnaires at RSC (107 students)

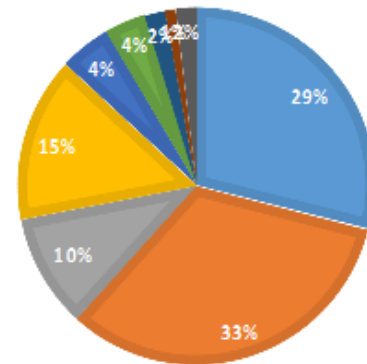
FROM 0 TO 10 HOW DO YOU FEEL AT RSC

■ I feel 7 to 10 ■ I feel 4 to 6 ■ I feel 1 to 4



FROM 0 TO 10 HOW SAFE DO YOU FEEL

■ I feel 10 ■ I feel 9 ■ I feel 8 ■ I feel 7 ■ I feel 6 ■ I feel 5 ■ I feel 4 ■ I feel 3 ■ I feel 1



Origin of some feelings of
insecurity :
Bullying

People you do not feel comfortable with :

1. The other students
2. Some teachers
3. Some of the Senior management

Why :

Intimidating

Pressure

Difficulty to communicate

Places you do not feel comfortable in :

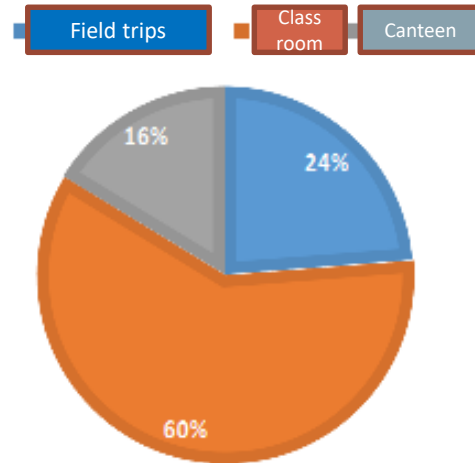
1. The toilets
2. The lockers' room
3. The corridors

Why :

Too many people

Too much hustle & bustle

Situations where you feel the least comfortable



Why:

Bullying

Work

Demanding teachers

Sources of unease at school

Teachers

Heating

Equipment (IT)

Timetables

Behaviour of
schoolmates

Boredom

Work

Stratégies mises en place pour surmonter les difficultés

Croke Agreement (2013) : 33hours/year dedicated to supervising, replacement

Actions taken by the students to raise funds to finance their projects, improve the school furniture, ...

Improved communication : the meetings are included in the timetables, not added, everyone knows the various members of the community

Mobile phones are forbidden in the school for all the students

Multiplication of committees, of meetings, ...

Efforts to keep the students at school at all costs

The upshot...



This might sweeten the pill...
.....or not...



Aren't we beautiful... ?

We have not solved anything yet but are thinking about the challenges...

Thanks a million for having us with you, taking some of your time to answer our questions and to share with us.

To be continued ...?

