## **WELLBEING – GENERAL NOTE**

Wellbeing supports children's social, emotional, and physical development now and into the future. It enables children to develop self-awareness and knowledge, build life skills, and foster a strong sense of connectedness to their school, their community, and wider society.

National and international research emphasises the importance of wellbeing for success in school and in life.

Here at Gortnor Abbey, we take a very proactive, innovative approach to promoting wellbeing within our school community.





