

Nurture 4 Wellbeing Programme

About



The Nurture 4 Wellbeing Programme for Junior Cycle & Transition Year Students is a comprehensive suite of Digital Teaching Packs and accompanying Student Journals (workbooks), which helps teachers deliver their Wellbeing lessons with ease and helps schools to reach the Dept. of Education and Skills requirement to deliver 400 hours of Wellbeing in Junior Cycle by September 2022.

Leagan Gaeilge ar fáil freisin!

With **100 hrs of Wellbeing** lessons to choose from it couldn't be easier.

The '**Nurture 4 Wellbeing**' Digital Teaching Packs (Years 1, 2, 3 & TY) provide the following:

- 1st Year Wellbeing Digital Teaching Pack of 66 lessons (**45 hrs of Wellbeing** to choose from)
- 2nd Year Wellbeing Digital Teaching Pack of 38 lessons (**25 hrs of Wellbeing**)
- 3rd Year Wellbeing Digital Teaching Pack of 34 lessons (**22.5 hrs of Wellbeing**)
- TY Wellbeing Modules (**9 hours/module**)
 - ✓ 'Preparing for Senior Cycle' + Digital workbook
 - ✓ 'Cultivating Connection' + Digital workbook
 - ✓ 'Living My Best Life' + Digital workbook

All Teacher Plans, PowerPoints and Student Journal Entries include Learning Goals and Statements of Learning, as per NCCA Guidelines. Teachers are provided with a ready-to-go Subject Department Plan, **fully completed Appendix I**, as well as detailed Schemes of Work. With their planning already done for them, teachers can get on with the business of teaching while also providing their school's management team with these planning documents with a few clicks of the mouse.

The authors, three Cork teaching colleagues Sanchia Connolly, Aran O'Driscoll and Holly Peters, feel passionate about providing teacher-friendly, digital resources that are incredibly **easy to deliver remotely** or in a classroom setting.




As Team Nurture 4 Wellbeing says, "*We've done all the hard work, so you don't have to!*"




Check out our website www.nurture4wellbeing.com for further information & for testimonials from Principals, Deputy Principals, teachers, students and parents or you can contact us at admin@nurture4wellbeing.com to touch base with one of the team!

Good luck!

Team Nurture 4 Wellbeing

Sanchia Connolly, Aran O'Driscoll & Holly Peters

'Nurture - A Teacher's Guide to Wellbeing' (Digital Teaching Packs)		
Year One Also available As Gaeilge! 	Year Two Also available As Gaeilge! 	Year Three Also available As Gaeilge! 
45 Hrs Wellbeing Lessons	25 Hrs Wellbeing Lessons	22.5 Hrs Wellbeing Lessons
66 Lessons to choose from	38 Lessons + 2 bonus lessons!	34 Lessons
66 X Teacher Plans	38 X Teacher Plans	34 X Teacher Plans
66 X PowerPoints	38 X PowerPoints	34 X PowerPoints
66 X Student Journal Entries	38 X Student Journal Entries	34 X Student Journal Entries
Subject Dept Plan	Subject Dept Plan	Subject Dept Plan
Appendix I	Appendix I	Appendix I
Scheme of Work	Scheme of Work	Scheme of Work
Wellbeing Posters	Wellbeing Posters	Wellbeing Posters
Templates	Templates	Templates
Specialised instructions for certain activities	Specialised instructions for certain activities	Specialised instructions for certain activities
Annual subscription €150.00	Annual subscription €80.00	Annual subscription €80.00
Bundle deal! Annual subscription for access to Years 1, 2 & 3 Programmes €300.00		
<i>*Pricing is based on an annual subscription to Digital Teaching Pack(s) suitable for remote or classroom learning, which begins in August & is terminated every June. The programmes are added to and updated annually.</i>		

'Nurture - A Teacher's Guide to Wellbeing' (Digital Teaching Packs)		
TY Module 1 	TY Module 2 	TY Module 3 
7-week Wellbeing Module	7-week Wellbeing Module	7-week Wellbeing Module
'Preparing for Senior Cycle'	'Cultivating Connection'	'Living My Best Life'
7 X Double Lessons	7 X Double Lessons	7 X Double Lessons
7 X Teacher Plans	7 X Teacher Plans	7 X Teacher Plans
7 X PowerPoints	7 X PowerPoints	7 X PowerPoints
7 X Digital Student Journal Entries	7 X Digital Student Journal Entries	7 X Digital Student Journal Entries
Subject Dept Plan	Subject Dept Plan	Subject Dept Plan
TY Planning Document	TY Planning Document	TY Planning Document
Scheme of Work	Scheme of Work	Scheme of Work
Wellbeing Posters	Wellbeing Posters	Wellbeing Posters
Templates	Templates	Templates
Specialised instructions for certain activities	Specialised instructions for certain activities	Specialised instructions for certain activities
Annual subscription €50.00	Annual subscription €50.00	Annual subscription €50.00
Bundle deal! Annual subscription for access to all three TY Modules €140.00		
<i>*Pricing is based on an annual subscription to Digital Teaching Pack(s) suitable for remote or classroom learning, which begins in August & is terminated every June. The programmes are added to and updated annually.</i>		

'Nurture - A Student's Guide to Wellbeing' (Workbook)

Year One

Also available As Gaeilge!

Nurture **1**
A Student's Guide to Wellbeing
Year One

Sancha Connolly, Aran O'Driscoll, Holly Peters



Year Two

Also available As Gaeilge!

Nurture **2**
A Student's Guide to Wellbeing
Year Two

Sancha Connolly, Aran O'Driscoll, Holly Peters



Year Three

Also available As Gaeilge!

Nurture **3**
A Student's Guide to Wellbeing
Year Three

Sancha Connolly, Aran O'Driscoll, Holly Peters



Cothaigh **1**
Treoirleabhar an Dalta ar Fholláine
Bliain a hAon

Sancha Connolly, Aran O'Driscoll, Holly Peters



Cothaigh **2**
Treoirleabhar an Dalta ar Fholláine
Bliain a Dó

Sancha Connolly, Aran O'Driscoll, Holly Peters



Cothaigh **3**
Treoirleabhar an Dalta ar Fholláine
Bliain a Trí

Sancha Connolly, Aran O'Driscoll, Holly Peters



- Parents can order 'Nurture – A Student's Guide to Wellbeing Year One' (& Two & Three) or 'Cothaigh - Treoirleabhar an Dalta ar Fholláine Bliain a hAon' (nó a Dó nó a Trí) online or in local bookstores.
- You can find the latest stockists on our website www.nurture4wellbeing.com
- Schools can place bulk orders by contacting us directly at admin@nurture4wellbeing.com
- TY Programme includes a **FREE** Digital Student Journal.

How To Sign Up

1. Choose which Teaching Pack(s) you want.



Year One



Year Two



Year Three



Year Four

2. Create an account on our [website](#).

Once you have an account, you can subscribe to the teaching packs you have chosen for your school. You can add the email addresses of all the other Wellbeing Teachers in your school. They will receive an automatic email with their own unique login details to your school account. Subscriptions expire in June each year to allow programmes to be updated, added to & improved.

If you cannot complete payment, please contact us at admin@nurture4wellbeing.com & we will issue you with payment details to pay by cheque or bank transfer.

3. Student Journals - Bulk Orders.

If you would like to place a bulk order of Student Journals at a discounted price, email us at admin@nurture4wellbeing.com & we will provide you with a book order form to be completed and returned (minimum order 30 copies). Upon receipt of your form, we will process your order, issue you with an invoice for payment & dispatch Student Journals as soon as possible for delivery direct to your school.

One free Student Journal will be provided for every class set of Student Journals ordered.

4. Student Journals - Book List.

Parents can purchase the Student Journals in local bookstores and online.

For a list of stockists, please check out our [website](#).

We provide a list of all the Student Journal Titles with ISBN numbers so that you can simply copy and paste your chosen titles into your school booklist.

5. Pricing

	Year One	Year Two	Year Three	Year Four
Teaching Pack	€150.00	€80.00	€80.00	€50.00/module
Bundle Order	€300.00			€140.00/3 modules
Student Journal RRP	€11.50 each	€11.50 each	€11.50 each	Digital version included in Teaching Pack!
Bulk Order Price	€10.00 each	€10.00 each	€10.00 each	