

Wellbeing Report 2021

Wellbeing was again a major focus for the 2021 school year with many initiatives being continued and refined and new ones implemented. We continued to grapple with the difficulties of COVID in the community and made it a priority to ensure staff, students and parents were supported with a range of resources, self-help ideas and links to further support services. These included:

Raising Children Network

Student Wellbeing Hub

Mindfulness strategies

Nature Play SA

Kids Helpline



Classroom Pulse Check-in Survey

The purpose of the *Classroom Pulse Check In* is to find out how students are feeling about their experience of school. Students are asked some simple questions about:

- Identity
- Learning
- Relationships
- Belonging

The aim is simply to “check in” with our students and measure how they are feeling. This valuable tool for monitoring and wellbeing of our students was administered across all classes each term in 2021. Staff and leadership looked at the results of these surveys to inform their teaching and support of students social and emotional learning need across the school.

What's the Buzz

In 2021 we continued to implement the What's the Buzz social education program across the school. This valuable program teaches students social and emotional intelligence in an explicit, roleplay-based manner. The program consists of 16 lessons taught within three leveled programs- Early Learners (R-2), Primary (3-5) and Teenagers (6-12). In 2021 I also put together some parent resource folders for parents to access all of the WTB Parent Information Sheets which are located in the front office for parents to access at any time.



Three-way conferences

Staff, students and parents participated in three-way conferences at the beginning of the school year. These conferences provide the opportunity to develop and strengthen relationships with parent and student to promote wellbeing within all members of the community.

CTK Matters

Across the first three weeks of the 2021 school year, we implemented our CTK Matters initiative as a way of getting to know our students, building relationships, developing coping strategies, and gaining an understanding of all students in our classes. There is also a focus on developing student understandings of the five dispositions of CTK; *Creative Learners, Curious Learners, Independent Learners, Respectful Learners and Resilient Learners.*

Harmony Week

In Term 1 we held our Harmony Week initiative- a weeklong look at ways we can ensure we all have a sense of belonging at CTK, tolerate, accept, and celebrate the cultural diversity of our school community. We participated in various activities throughout the week to promote this valuable learning.






Bully Busters Day

During Harmony Week we also implemented our annual Bully Busters Day – to coincide with *National Day of Action Against Bullying and Violence*. On this day all staff and students are involved in sessions about bullying and learn strategies to respond to bullying behaviours. Dealing with bullying strategies was again revisited in Term Four and is referred to on a continual basis as needed in class.

Incredible Five-point Scale

All classes worked on implementing a class version of the Incredible Five Point Scale as a tool for measuring and regulating emotions or BIG feelings. Students then look at strategies personal to them that they can use to get themselves back to a 1 and self-regulate. In 2021 we ensured a version of this chart was displayed in all learning areas including support spaces and offices, for easy reference.

The Incredible 5 Point Scale

5		I've lost control
4		Upset Cross
3		Nervous Worried
2		OK
1		Happy

Wellbeing Week

In Term four we held our annual Wellbeing Week to coincide with Mental Health Awareness Week. The staff and students participated in a range of activities through out the week to promote positive mental health and wellbeing. This year we looked at a different focus across the five days including; *Connect, Get Active, Be Mindful, Keep Learning and Give to Others*. I provided staff with Wellbeing Packs which included an array of resources to implement valuable learning within each of the five topics.



Staff Fun

In 2021 we looked at ways to further promote positivity and fun amongst the staff including a staff building PD day in Term Four- Scavenger Hunt, Good News Board, staff fun, staff games, wellbeing week activities, and shared lunches.

Michael Lincoln Collaboration

We were fortunate to work alongside Michael Lincoln in the 2021 school year which included support for my role in wellbeing, whole staff professional development and a parent workshop. Parents were invited to an informative and inspiring workshop in September which covered aspects of neurobiological development of young people and the family's role within this, foundations of emotional regulation and strategies for maintaining peer relationships and engagement with learning and the promotion of resilience in children. In Term 3 he worked with staff on Positive Behaviour Support, including regulation scales, emotional/engagement check ins, VIA character strengths, zones of regulation and mindfulness strategies for the classroom.

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Coffee Mornings

In 2021 we continued our Friday morning coffee and conversations which was a great success and a great way for families to make connections with others in the community. Unfortunately, this was unable to continue due to COVID restrictions but we hope to return to coffee mornings in 2022.

Jacki Daws-Van Deventer

POR Wellbeing 2021