



# Student Wellbeing Policy

## Rationale:

At Holy Spirit we prioritise the physical, social and emotional well-being of our community. We understand that students are best placed for learning and success (emotional, social, academic and physical) when they feel safe, respected and connected to their community.

This policy complies with Child Safe Standards and should be read in conjunction with Child Safe policies.

## Aims of Policy:

- To foster a community that is inclusive and welcoming to all, while utilising the great knowledge and skills that are available to us
- Provide an engaging curriculum that engages and challenges students
- Explicitly teach students social and emotional skills, especially the development of resilience and a positive mindset
- Empower parents and carers to support their children's mental health
- Identify and provide intervention for students who may need extra support

## Implementation:

### *KidsMatter*

KidsMatter is a flexible, whole-school framework which works towards improving children's mental health and well-being. It is a cyclical project in which four areas are audited and focused upon with an action team that is built of leadership, staff, parents and a psychologist. There components are:

1. Developing a Positive School Community
2. Social and Emotional Learning
3. Working with Parents and Carers and
4. Supporting Students with Mental Health Difficulties.

### *Parent Support*

We aim to empower parents and carers to support their children's well-being. Some initiatives are:

- Parent support evenings run by the School Psychologist and Student Wellbeing leader covering a variety of topics
- Information included as a regular part of the newsletter around developing social emotional competencies in children e.g. developing resilience in children, developing a positive mindset, parenting courses.
- Providing a parent library where parents can access the latest in parenting resources.



### *Promoting Positive Behaviour*

At Holy Spirit we implement the School Wide Positive Behaviour strategy. For more information on this please see our supporting student behaviour policy.

### *BounceBack*

We continue to support student's social and emotional development by implementing weekly lessons using the curriculum, 'BounceBack'. BounceBack focuses on developing social-emotional skills in the students through the use of literature, discussion, role-plays, songs and circle time.

### *Buddies*

The Prep/1 and Senior Students are involved in a fortnightly 'Buddies program'. This program encourages positive relationships and assists junior buddies to become comfortable with the school (knowing they have a Senior Buddy looking out for them). Additionally, it promotes leadership skills for the senior buddies who assist in the design and implementation of the fortnight social-emotional learning activities.

### *Student Leadership*

Students participate in a unit of work focusing on what it means to be a leader. The Principal work with a Student Representative Council in order to discuss and address issues around the school. Students are also involved with the running of assembly. Senior School Leaders attend an annual state-wide conference which focuses on developing young leaders.

### *Social Justice Team*

The student Social Justice Team consists of Senior students who meet weekly in order to promote social justice within the community. They do this through running awareness, solidarity and fundraising campaigns. Organisations they have supported in the past include, Caritas, The Good Friday Appeal, Asylum Seeker Resource Centre and World Vision through the 40 Famine.

### **Evaluation:**

The Student Wellbeing Policy will be evaluated and reviewed as part of the 4 year School Review cycle or as required

Date of last review: May 2020