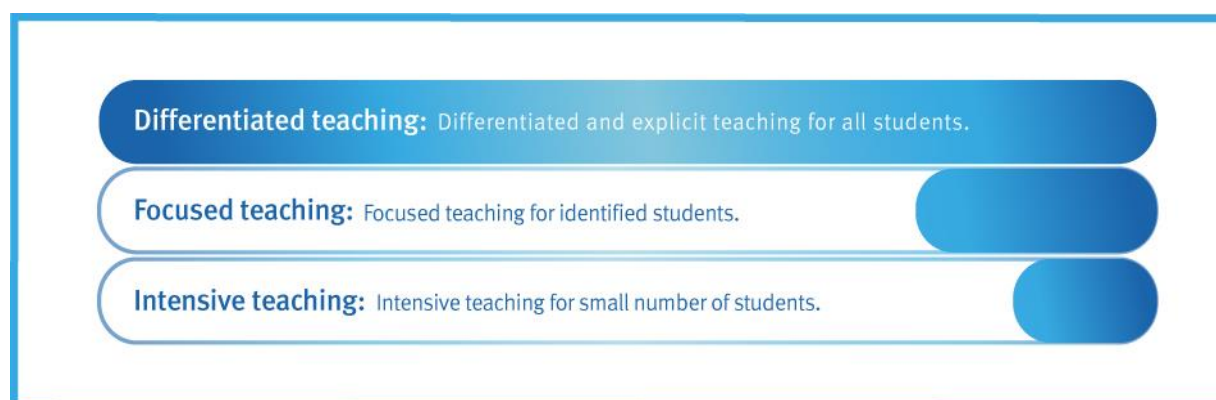


## Health & Wellbeing

*Learning and wellbeing at PSSS are inextricably linked - students learn best when their wellbeing is optimized. They develop a strong sense of wellbeing when they experience success in learning. Wellbeing is both central to learning and an outcome of learning. It is multidimensional and characterised by feeling well and functioning well*

Peregrin Springs State School is committed to wellbeing by: -

- Creating a positive school culture
- Maintaining a safe and positive learning environment
- Embedding student wellbeing in all aspects of school life



Education Qld – A Whole School Approach to Student Learning 2014<sup>1</sup>

	Students	Staff	Parents
Differentiated	<ul style="list-style-type: none"> <li>• Take 5</li> <li>• Bounce Back</li> <li>• Interschool Sports</li> <li>• Pre-Prep transition</li> <li>• High School Transition</li> <li>• Respectful Relationships Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Choice Theory training</li> <li>• Essential Skills Training</li> <li>• Class Profiling</li> <li>• Workforce wellbeing program</li> </ul>	<ul style="list-style-type: none"> <li>• Info sessions Choice Theory</li> <li>• Meet and Greets for new families</li> <li>• Information sessions on SEL programmes</li> <li>• Newsletter, Facebook, website information about SEL programmes</li> </ul>
Focused	<ul style="list-style-type: none"> <li>• Rock and Water (Yr 5)</li> <li>• Empower (Yr 5)</li> <li>• Choice Theory</li> <li>• Class Meetings</li> <li>• Lunch Clubs</li> <li>• Individual class support on request</li> <li>• Play Skills Program</li> <li>• Friends Program</li> <li>• <i>Beauty- The real picture</i></li> </ul>	<ul style="list-style-type: none"> <li>• Teacher aide Playground Management Skills Training</li> <li>• De-escalation and personal safety training</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting with Choice Theory</li> <li>• Parent Cyber/Online Safety workshops</li> <li>• SAS Parent Meetings</li> </ul>
Intensive	<ul style="list-style-type: none"> <li>• Secret Agent Society</li> <li>• Counselling for self management</li> <li>• Individual Self-management Support Plans</li> <li>• D/E plans</li> <li>• Resilience Programs</li> </ul>	<ul style="list-style-type: none"> <li>• Individualised Support</li> <li>• Reality Therapy Counselling on request (personal or work life)</li> <li>• Linking staff with DETE or external support providers</li> <li>• Restorative Justice</li> <li>• GROWTH coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Individual Intensive family support</li> <li>• Linking families with external support providers</li> <li>• Restorative Justice</li> </ul>

<sup>1</sup> Dept of Education, Training & Employment 2016 – A Whole School Approach to Support Student Learning  
PEREGIAN SPRINGS STATE SCHOOL SUPPORTING DIVERSE LEARNERS - 2016

- |  |  |  |  |
|--|--|--|--|
|  | <ul style="list-style-type: none"><li>• Supported play Program</li><li>• Student Support Referrals</li><li>• Restorative Justice</li><li>• 1:1 Wellbeing support</li></ul> | <ul style="list-style-type: none"><li>• Non-Violent Crisis Intervention training</li></ul> |  |
|--|--|--|--|



## References

- Supporting Student Health & Wellbeing Policy Statement  
<http://education.qld.gov.au/schools/healthy/student-health-wellbeing-policy-statement.html>
- Learning & Wellbeing Framework  
<http://deta.qld.gov.au/initiatives/learningandwellbeing/>
- Health and wellbeing policy, procedures and guidelines  
<http://education.qld.gov.au/schools/healthy/wellbeing-guidelines/index.html>
- Kids Matters  
<https://www.kidsmatter.edu.au/>
- Supporting Students' Mental Health and Wellbeing  
<http://ppr.det.qld.gov.au/education/learning/Pages/Supporting-Students'-Mental-Health-and-Wellbeing.aspx>