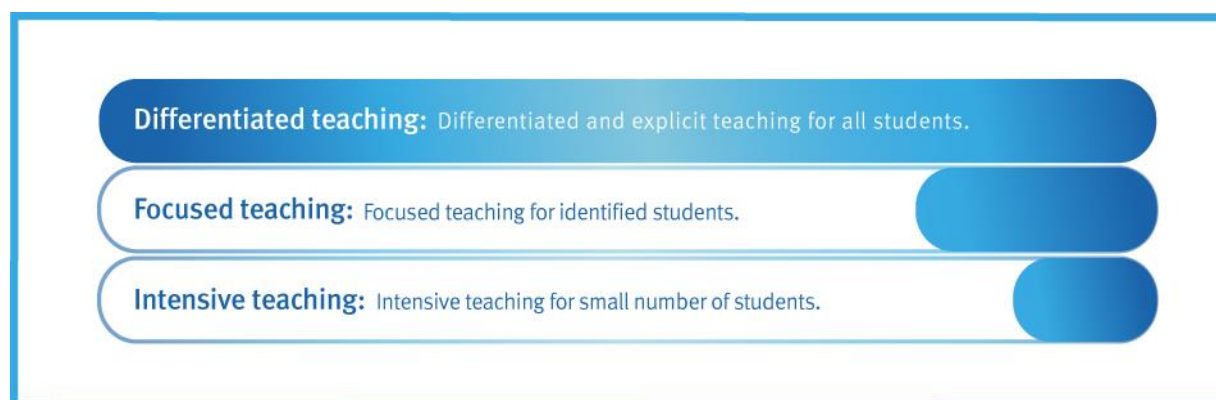


Health & Wellbeing

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



	Students	Staff	Parents
Differentiated	<ul style="list-style-type: none"> • Take 5 • Think 5 • Bounce Back • Interschool Sports • Pre-Prep transition • High School Transition • Respectful Relationships Programme • Cyber Safety scope and sequence • Lunch Clubs • Wellness Room 	<ul style="list-style-type: none"> • Choice Theory training • Essential Skills Training • Class Profiling • Workforce wellbeing program • MAPA- Managing Aggression and Potential Aggression training 	<ul style="list-style-type: none"> • Information sessions Choice Theory • Meet and Greets for families • Information sessions on SEL programmes • Newsletter, Facebook, website information about SEL programmes • Parent information sessions on SEL programs
Focused	<ul style="list-style-type: none"> • Rock and Water • Empower (Yr 5) • Choice Theory • Class Meetings • Lunch Clubs • Individual class support on request • Play Skills Program • Friends Program • <i>Beauty- The real picture</i> • Zones of Regulation 	<ul style="list-style-type: none"> • Teacher aide Playground Management Skills Training • De-escalation and personal safety training 	<ul style="list-style-type: none"> • Parenting with Choice Theory • Parent Cyber/Online Safety workshops • SAS Parent Meetings
Intensive	<ul style="list-style-type: none"> • Secret Agent Society • Counselling for self management • Individual Behaviour Support Plan (IBSP) 	<ul style="list-style-type: none"> • Individualised Support • Reality Therapy Counselling on request (personal or work life) 	<ul style="list-style-type: none"> • Individual Intensive family support • Linking families with external support providers • Guidance Officer – Wellbeing

	<ul style="list-style-type: none"> • Individual Self-management Support Plans • Guidance Officer - Wellbeing • Personalised Behaviour Plan (D/E plans) • Resilience Programs • Supported play Program • Student Support Referrals • Restorative Justice • 1:1 Wellbeing support 	<ul style="list-style-type: none"> • Linking staff with DETE or external support providers • GROWTH coaching • 	<ul style="list-style-type: none"> • Guidance Officer
--	---	---	--

References:

- Departments Student Health and Wellbeing Framework
<https://education.qld.gov.au/student/Documents/student-learning-wellbeing-framework.pdf>
- Health and wellbeing policy, procedures and guidelines
<http://education.qld.gov.au/schools/healthy/wellbeing-guidelines/index.html>
- Be You
<https://beyou.edu.au/>
- Supporting Students' Mental Health and Wellbeing
<https://ppr.qed.qld.gov.au/pp/supporting-students-mental-health-and-wellbeing-procedure>