

## Student Wellbeing at MKPS

- Introduction: LaST and the role of LaST
- Wellbeing at school: Schools play a very important role in supporting, enhancing and building the wellbeing of all students. Whole school approaches contribute to the growth of the individual and collective wellbeing. The Department of Education has identified 3 main concepts for student wellbeing – for our students to Connect; Succeed; Thrive.
- Working together: Support from home
- Working together: Support from school

# LaST: Learning and Support Teacher

- To support teachers, parents and students to achieve the best for our students
  - Liaise with parents, teachers and specialists
  - Recommend strategies and services

1. Identify area of concern: this may be from parents or teacher. It may be academic, social, emotional, behavioural
2. Document behaviours or issues of concern
3. Assessment for further information
4. Plan the Intervention
5. Do the intervention
6. Review and monitor

This is a collaborative approach. There is no judgement made and it is no reflection of you or your parenting. We are all unique, with different strengths and challenges, however we all want the students of MKPS to be happy, reach their potential, and become contributing members of society. This aligns with the Department of Education Wellbeing Framework.

# **The Wellbeing Framework and Student Wellbeing**

NSW Department of Education identifies the overarching wellbeing goal is for our students to

- \* connect**
- \* succeed**
- \* thrive**

The Wellbeing Framework for Schools is a framework we follow which contextualises wellbeing for individual students, school settings and local school communities, and takes an approach that acknowledges people's strengths and supports our students to be strong, confident, achieving contributors to our community. Schools play a very important role in supporting, enhancing and building the wellbeing of all students.

**Wellbeing is integral to learning**

**And that's where we need to work together..... So how can parents and families help...**

## Working together..... Support from home

- Timetables, routines and consistency at home and at school
  - Sleep and screen time
  - Healthy Lunchboxes and allergy awareness
- Regular hearing and eye sight check ups (before school, year 2 to 3 and year 6 to 7)
- Involvement in your local community (the school – sharpen pencils, help in the library, read with children, help with the uniform shop, scripture, P&C, as well as outside school - peer friendships & play dates, local sporting and community groups)
- Mindfulness at home with children, especially if you work from home. Being available.
  - Appearance – haircuts, school uniform, hygiene
- Being on time for school (and allowing time to play with friends before the bell)
  - Resilience and boundaries for children – saying no.
  - Empowering students by having them pack and carry their own bag
- Joint relationship – respect and communication between home and school
- Support services: psychologists, speech therapists, occupational therapists. Sharing reports and information

# Working together.... Support from school

- Wellbeing journal: Positive Psychology
- PATCH: Playground Activities That Create Happiness
- CLUBS: art, dance( senior and junior), choir (senior and junior), debating later, gardening
- Specialists:
  - Class teacher (every day)
  - Learning and Support Teacher (Gail McCloghry every Tuesday, alternate Wednesdays, every Thursday)
  - Assistant Principal
  - School counsellor
  - Student Learning Support Officers (SLSOs)
  - Principal
  - Allied Health Professionals like Speech Therapists, Occupational Therapists, Physiotherapists
  - Psychologists
  - Authority to Exchange Information Form

