

Wellbeing

Providing extraordinary Wellbeing Programs at St Peter's Woodlands



**St Peter's
Woodlands**

The difference is extraordinary.



Wellbeing Program

Providing extraordinary Wellbeing Programs

Wellbeing at St Peter's Woodlands is defined as a state of positive attitude, enabling students and our community to succeed and flourish through evidence-based practices and programs, enabling students to be healthy, safe and learn to be comfortable in the uncomfortable.

St Peter's Woodlands approach to wellbeing is holistic, embedding implicit and explicit concepts and activities into everyday learning, across the classrooms, playgrounds and in co-curricular activities.

At St Peter's Woodlands we run a range of targeted wellbeing programs and initiatives to support our students' wellbeing – many of which have shown to have

a positive impact of attitudes, behaviours and academic outcomes. Wellbeing is the foundation for everything at school. For students, if they're not feeling that sense of wellbeing in themselves, it's hard for them to perform at their best in their learning, peer relationships, trying new things...that sense of wellbeing is at the heart of everything



Understanding Wellbeing

Wellbeing helps children navigate day-to-day life and feel a sense of belonging and safety, all of which are key to setting your child up for success.

According to the Australian Government's Institute of Health and Welfare, when a child's wellbeing is fostered, it can also help build their resilience – necessary to help them work through challenges they're bound to face in their lives.





Wellbeing at St Peter's Woodlands

St Peter's Woodlands understands the various dimensions of overall wellbeing and through a variety of programs aims to teach children skills and the importance of each facet.

1. Physical health
2. Emotional health
3. Intellectual health
4. Social health
5. Environmental health
6. Spiritual health
7. Occupational health

Positive Psychology and Positive Education

Threaded throughout the school curriculum is Positive Education, which is developed directly from the principles of Positive Psychology. At the core, Positive Psychology is an evidence-based preventative model focusing on teaching tools and methods that promote resilient thinking which children can use during negative and challenging times.

Stemming from this Positive Education approach, SPW has chosen to adopt an evidence-based framework, blending academic learning with character strengths and wellbeing. Simply put, the purpose of Positive Education is to create a learning environment that fosters wellbeing and for students to flourish as future global citizens.

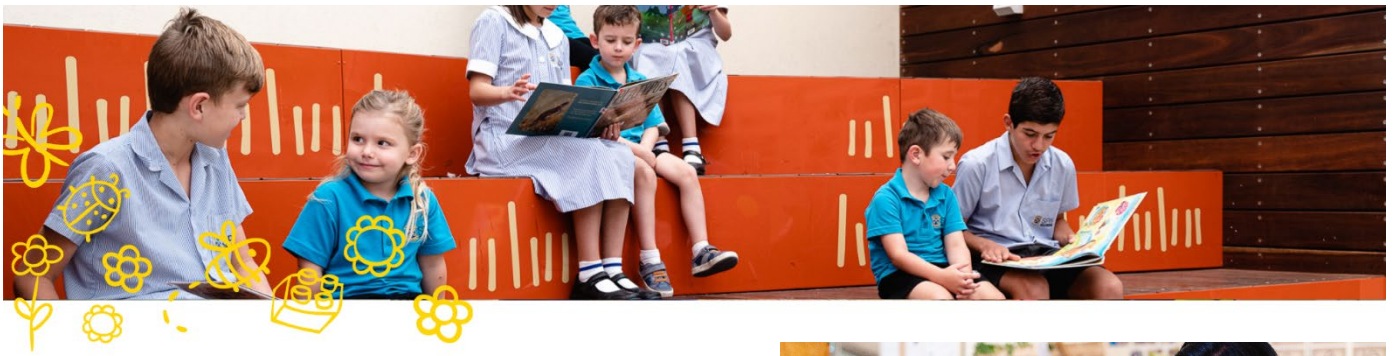


BounceBack

The Bounce Back Program is designed for Reception to Year 6 students and incorporates lessons that encourage relationship building, development of social and emotional skills. Furthermore, it provides children with a language to use when talking about their own wellbeing and development.

This program is linked to the Australian Curriculum, with a strong literacy focus and lessons are timetabled weekly.





Kimochi Program

The Kimochi Program (KEY.MO.CHEE means “feeling” in Japanese) is a program specifically for the ELC children.

Kimochis are a playful way to help children learn how to identify and express feelings. This program provides children with a tool to communicate their feelings effectively and develop positive social skills.



Season for Growth

Seasons for Growth offers children a safe space to come together and share their experiences of change and loss.

It is an innovative, evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing.



Pivot Program

Pivot Program is for students in Upper Primary (Years 3 to 6). Each student completes a survey to measure, track and support their wellbeing.

Students respond to five questions on belonging, resilience and safety and are asked to rate responses to questions like ‘how are you feeling?’, ‘have you felt safe at school?’, or ‘my friends take care of me’.

It enables students to reach out and ask for help. They can click a button that says, ‘I am struggling, and I’d like to talk to someone’.





Elevating Wellbeing through our Curriculum

Units of Inquiry

As part of our Project RISE program, a number of units focus on different elements of wellbeing. These Units of Inquiry give students the opportunity to really delve into the specifics of a subject, examples of these include Friendship – Year 4 and Puberty and Self Esteem – Year 6.

Keeping Safe Program

The Keeping Safe: Child Protection Curriculum is a child safety and respectful relationship curriculum for children and young people from age 3 to Year 6. It provides age and developmentally appropriate strategies to help children keep themselves safe.

What's the Buzz?

What's the Buzz? Is a social skills enrichment program for students with structured role-play and play-based lessons designed to teach children how to think socially and how to make friendship work. Lessons from this program are taught as needed throughout Junior Primary classes in conjunction with role plays from Archie's Big Book of Friendships".





Positive Minds Australia Partnership

St Peter's Woodlands has joined with the Positive Minds Australia Team to provide weekly visits onsite to focus on individual and small group emotions coaching, social skills, resiliency and confidence building.

Positive Minds Australia are specialists in Counselling and Professional Development, whose focus is centred around reducing disconnection, stress and unhappiness in children. With a team of qualified and experienced professionals, the team pride themselves on delivering consistent and compassionate care.



Onsite School Psychologist

The primary role of the School Psychologist is to support and up-skill teachers to assist students with learning and behavioural needs. This may involve matching evidence-based interventions to the needs of the individual child and their family, including identifying proactive and practical strategies to be incorporated into existing routines at school.

Students will be referred to the School Psychologist through the Whole School Student Support Team.

Chaplains

SPW has a strong partnership with St Peter's Glenelg Church and as such, Parish Priests Andrew Mintern and Tracey Gracey, are the school's Chaplains. Both Chaplains are available for students should they seek their counsel and can assist teachers with topics of faith that may be taught in the classroom.

Allied Health Professionals

Many Allied Health Services can be accessed on site including Speech Therapy, Occupational Therapy, Child Psychology, Counselling and Physiotherapy.

Wellbeing Dog

St Peter's Woodlands will be introducing a Wellbeing Dog in 2023. Dogs provide emotional support, give people an opportunity for connection and can help with stress and anxiety.



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Whole School Student Support Team

The Whole School Student Support Team is an extension of the pre-existing Pastoral Care. The team comprises of the Principal, Heads of School, Chaplains, Head of Learning Support and the School Psychologist. Together they work to ensure a holistic approach in meeting children's individual academic, spiritual and emotional needs are identified and supported.

Wellbeing at Home

There's an interdependence between the role that school and home play when it comes to supporting your child's wellbeing. We need to work as a community, in partnership to support children with open communication. There are many things you can do to support your child's wellbeing at home:

- Never underestimate the importance of a good night's sleep and making sure your children are eating well.
- Find opportunities for gratitude in your day, don't always be focused on what's coming next, appreciate what you have now.
- Quality relationships and being able to spend time together.





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Tour Today

To learn more about the literacy and numeracy programs on offer at St Peter's Woodlands book a personal tour with our Enrolments Manager.

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