

# Wellbeing

Providing extraordinary Wellbeing Programs  
at St Peter's Woodlands



**St Peter's  
Woodlands**

**The difference is extraordinary.**



# Wellbeing at St Peter's Woodlands

## Providing Extraordinary Wellbeing Programs

**At St Peter's Woodlands, wellbeing is at the heart of everything we do. Our holistic approach ensures students feel safe, supported, and empowered to thrive. We embed wellbeing into everyday learning, the playground, and co-curricular activities, ensuring every child develops the resilience and confidence needed to navigate life's challenges.**

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.



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# Wellbeing Programs

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 & 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.



## BounceBack

The BounceBack 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.



## Seasons 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 Curriculum

At St Peter's Woodlands, wellbeing is at the heart of our learning experience. We believe that a strong sense of wellbeing enables students to thrive academically, socially, and emotionally. Our curriculum is designed to foster resilience, confidence, and a lifelong love of learning by embedding social-emotional development into everyday classroom experiences. Through evidence-based programs, pastoral care, and a supportive school culture, we empower students to develop self-awareness, emotional intelligence, and positive relationships, ensuring they are well-equipped for both school and life beyond.



## Units of Inquiry

As part of our Project RISE framework each year students will inquire through the conceptual lens of Identity, Creativity and Wellbeing. These inquiry units provide students the opportunity to really delve into concepts connected to the Australian Curriculum area of Health. Wellbeing is a huge part of the Year 6 DARE program which includes a range of learning opportunities including Self Esteem Week.

## 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"



# Our Wellbeing Team

At St Peter's Woodlands, our dedicated Wellbeing Team plays a vital role in nurturing the emotional, social, and mental wellbeing of our students. Comprised of experienced educators, pastoral care leaders, chaplains, and allied health professionals, our team works collaboratively to provide tailored support for every child.



## Pastoral Care Team

Our Pastoral Care Team is dedicated to supporting the emotional, social and spiritual wellbeing of all students. The team works closely with teachers, parents, and Allied Health professionals to ensure that every child receives the guidance and support they need.

## SWAP Committee

The SWAP Committee – Student Wellbeing and Pastoral Care, is a dedicated team that meets weekly to assess and support the wellbeing needs of students. This team collaborates on intervention strategies, monitors student progress, and ensures every child receives the support they need.



## Wellbeing Support

We have a dedicated Wellbeing ESO who is located in "The Zone". They provide hands on support with activities to help children regulate and re-enter the classroom. This role also provides classroom observations to identify challenges and collaborate with teachers to develop strategies.

## Chaplains

We have a strong partnership with St Peter's Glenelg Church and as such, Parish Priests Andrew Mintern and Deb Jeane, 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.



# Extension of our Wellbeing Team

In addition to our dedicated Wellbeing Team, St Peter's Woodlands partners with a range of onsite external specialists to provide seamless support for students without disrupting their learning. These trusted professionals—including psychologists, speech therapists, and occupational therapists—work closely with our staff to deliver tailored interventions within the school environment. By integrating these services onsite, we ensure that students receive the support they need in a familiar setting, reducing time away from class while fostering their emotional, social, and academic development. This collaborative approach allows us to provide holistic care, ensuring every child can thrive.

## Partnerships

### Allied Health Professionals

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

### Positive Minds Australia

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.



## Wellbeing Dogs

Meet Wilbur, an endearing Australian Cobberdog, a Australian Labradoodle and Banjo the Groodle. These gorgeous boys have the primary purpose of being therapy or service dogs who are an integral part of our school community, contributing to the wellbeing of both students and staff. The Dogs Connect Program, a supportive partner in this endeavour, is guiding us through the careful and considerate implementation of this heartening initiative.

# Wellbeing Spaces: Safe and Supportive Environments

At St Peter's Woodlands, we have dedicated wellbeing spaces designed to support students who may need time to regulate their emotions, manage their behaviour, or navigate social challenges. These calm, welcoming environments provide a safe retreat where students can reset, reflect, and access the support they need. Whether it's a quiet space for self-regulation, a structured setting for social skill development, or a supportive environment for guided wellbeing sessions, these areas play a crucial role in fostering emotional resilience. By offering a safe place to pause and process their feelings, we empower students to develop self-awareness, build positive coping strategies, and confidently re-engage in learning and school life.



## The Hub

The Hub is a lunchtime club for students who are looking for a supportive and fun place to hangout and escape the demands of the school yard. Students can drop in or be referred by their class teacher. Students are supported to find an activity that they enjoy. Through play, students can then build relationships with their peers. An amazing example of this is a current Legoscape that is under construction in the Hub.



## The Zone

We have a dedicated Wellbeing space called "The Zone". The Zone has distinct areas to meet various students needs. One area offers a calming, low-sensory environment with small nooks for students to prepare to re-enter their classrooms. The other area is equipped with tools to help students who benefit from deep pressure and physical movement to be ready for learning. This set up allows our ESOs to take students in need of additional support to The Zone and then return to the classroom to continue assisting with teaching and learning.



## The Library

The Library is available to students at lunch time offering a range of activities to engage in including, reading books independently, with a friend or with a 'reading buddy' (soft toy), browsing the wide selection of books, colouring in, board games and of course, imaginative play with provided activities. The Library offers a calm and comfortable environment for students to play with their friends or independently.



## 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.



### Parent Support Group

We recognise that having a child with neuro-divergence can be a challenging and isolating journey. With this in mind we have a parent support group called "The Village". This is where parents and caregivers of neuro-diverse children can connect over a cup of tea or coffee twice a term and connect with our wellbeing team or hear from a guest speaker.



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## Tour Today

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

E [enrol@spw.sa.edu.au](mailto:enrol@spw.sa.edu.au)



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