

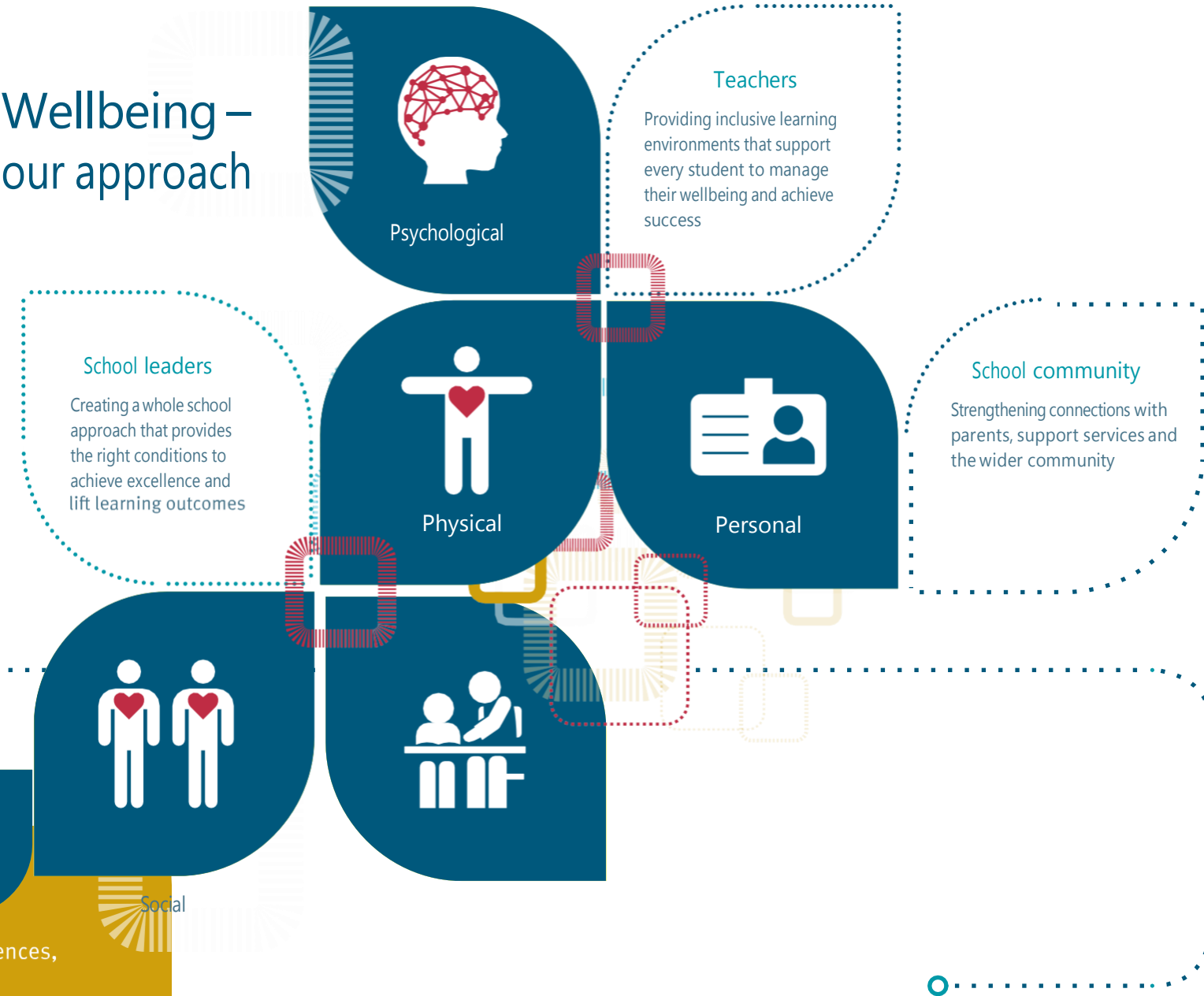
# Mount Crosby State School

## Student Learning and Wellbeing Framework

“Wellbeing is a state in which every individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

– World Health Organisation, 2014

### Wellbeing – our approach



### Wellbeing – connected to learning

Our young people are growing up in a world driven

by new technologies and economic globalisation. Healthy, confident and resilient young people who Their future means they need a new set of cognitive, social and emotional skills for success.

can successfully navigate a more complex world are vital for Queensland’s future.

We know that a supportive environment that combines a focus on wellbeing with a focus on learning is optimal — without one, the other will not happen.

Responding to individual and group differences,

promoting collaborative learning, connecting to the hearts and minds of every student, and teaching students how to manage their wellbeing, are just some of the ways our teachers are making sure students thrive.

Our state schools must continue to provide inclusive environments that nurture the wellbeing of all students so they can thrive in their changing world and respond positively to their changing world and...

### Wellbeing – measuring success

We monitor the school culture and student wellbeing and engagement through:

- attendance rates
- student retention data
- learning days lost due to student disciplinary absences
- School Opinion Survey responses.
- Switch4Schools
- Queensland Student Engagement Survey

# Our approach to student learning and wellbeing across the whole school



Creating safe, supportive and inclusive environments

We do this by:

- providing safe environments where *diversity* is valued, positive social interactions are promoted, and risk of injury or harm is minimized.
- developing an approach to wellbeing that supports the collective action of parents, support services and the wider community.
- demonstrating and communicating positive respectful relationships between staff, students, parents and members of the community.
- explicitly teaching and modelling social and emotional skills, values and expectations for behaviour to support student wellbeing.
- making sure the physical environment and school policies and practices are accessible and inclusive of students and families.
- planning for opportunities to promote and celebrate the traditions, values and cultures of the school community
- providing learning opportunities and environments that promote healthy lifestyle choices.



Building the capability of staff, students and the school community

We do this by:

- providing health and wellbeing learning opportunities for students through curriculum focused on mental health, relationships, food and nutrition, benefits of activity and safety.
- identifying opportunities to build the capabilities of teachers and school leaders to support a whole school approach to student wellbeing and its connection to learning.
- communicating information and advice on the benefits of supporting young people to be healthy and resilient.
- Responding positively to the needs of different groups within the school community.
- strengthening connections with parents to support students whose wellbeing is at risk.
- Supporting staff health and wellbeing and recognizing the resulting benefits for students.
- increasing visibility of local support services to families whose children have higher levels of need.
- committing to continual improvement using evidence-based strategies to improve student wellbeing, seeking ways to develop and share new ideas.



Developing strong systems for early intervention

We do this by:

- planning and documenting school processes to support staff to respond appropriately to students at risk.
- recognising the early signs that a student's wellbeing is at risk and responding appropriately by noticing, inquiring, and planning.
- seeking support from guidance offices and the leadership team as first responders.
- encouraging students and families to access support services.
- using a wrap-around approach for students involving parents, school support services, health professionals and other agencies.
- sharing responsibility for supporting students at risk.

“More learning occurs in a joyous classroom where children feel safe, secure and accepted, and where they feel the teacher sees them for who they really are.”

– Diamond, 2010

1. World Health Organisation 2014, Mental health: a state of well-being. Viewed 21 December 2017, [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)
2. Diamond, A 2010, 'The Evidence Base for Improving School Outcomes by Addressing the Whole Child and by Addressing Skills and Attitudes, Not Just Content'. Early Education and Development, vol. 21, no. 5, pp 780-793.

This will be achieved by:



- A school wide approach to behaviour focusing on building safe and positive environments through the school-wide behaviour approach including:
- ✓ Acknowledgment of positive behaviour in meaningful ways
  - ✓ Regular Behaviour team meetings to reflect on progress and data
  - ✓ Switch4schools expectations of the week explicitly taught in all classrooms
  - ✓ Trauma informed best practice
  - ✓ Regular Student Support Services meetings
  - ✓ Data Conversations

- Recognition and celebration of Diversity including:
- ✓ Creating a culturally safe and supportive environment through a welcoming entry to the school including Local First Nations artwork, and flags.
  - ✓ Acknowledgement of Country at the commencement of meetings and events
  - ✓ Celebration/Recognition of key events including NAIDOC.

School-community partnerships are promoted and encouraged through various events including Under 8s day, Book week, Grandparents’ Day, ANZAC and Remembrance Day and through our P&C and inclusion action team. We engage with Early Education Centres via the Early Years Network.

- Student participation in wellbeing and social programs
- ✓ Switch4schools
  - ✓ Zones for regulation
  - ✓ Calm Games – Brain Breaks
  - ✓ Calming Space in all classrooms

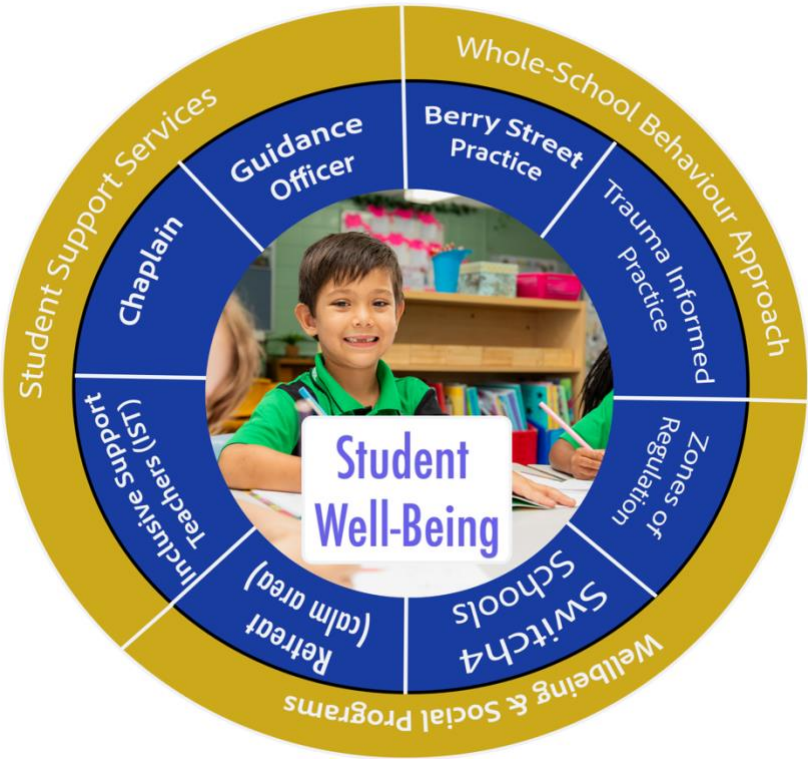
- Ongoing, up to date staff learning opportunities to develop skills in supporting student wellbeing
- ✓ Mental health workshop and professional webinars for staff
  - ✓ Professional development and coaching/support for staff on inclusive learning Trauma Informed Practice workshop and Berry Street training for all staff
  - ✓ Health specific training e.g. anaphylaxis
  - ✓ Self regulation

As needed, school support staff will be prioritised and may include: Guidance officer, and or Chaplain.

“Happiness can always be found, even in the darkest of times, if only one remembers to turn on the light.”  
- Albus Dumbledore



- Extra-Curricular activities and programs:
- There will be a number of different extracurricular activities and programs available at Mount Crosby State School. These include things such as school camps, district sports and beyond, instrumental music, mental health week activities, breakfast club, chaplaincy program. Religious instruction, pastoral care program, access to school guidance officer, interschool sport, student representative council program, Dance club, and teacher verse student lunchtime gam
- Transition days for students in Prep and Year 6 to support smooth and successful transitions to the new setting.
- Develop strong systems for early intervention through:
- ✓ Sharing responsibility for supporting students at risk by seeking support from Guidance Officer and the leadership team as first responders.
  - ✓ Linking students and families to support out of school including online support organisations as listed in the additional resources.
  - ✓ Wrap around approach with external agencies, health professionals and school support services.



## Additional Resources supporting student wellbeing:

For tips on how to stay safe and happy and information about services that can support you, check out the following fact sheets:

- [feeling happy and safe fact sheet \(for younger students\) \(PDF, 279KB\)](#)
- [feeling happy and safe fact sheet \(for younger Aboriginal and/or Torres Strait Islander students\) \(PDF, 687KB\)](#)
- [student wellbeing and safety fact sheet \(for older students\) \(PDF, 153KB\)](#)
- [wellbeing activities for students including mindfulness, gratitude, guided imagery, physical and self-care activities.](#)

There are many trusted organisations that are specifically available to support children and young people’s mental health. Whatever is going on in your life, you can talk to someone who cares and will help you to feel better. View the links below to find out more about each organisation and how to get in touch.

- **Kids Helpline** provides information and advice for children and young people. This site is linked to the telephone counselling service.
- **Bullying. No way!** provides a range of useful information to assist students create a learning environment where every student and school community member is safe, supported, respected, valued and free from bullying, violence, harassment and discrimination.
- **eheadspace** is a confidential and free online service where young people aged 12 to 25 can talk to a qualified youth mental health professional. eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.
- **Beyond Blue** provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.
- **Youth Beyond Blue** is a dedicated site for young people that provides information, resources and support for young people dealing with depression and/or anxiety.
- **headspace** provides tailored and holistic mental health support to 12-25 year olds. headspace has a focus on early intervention, working with young people to provide support to help get them back on track and strengthen their ability to manage their mental health in the future.
- **Smiling Mind** is a mindfulness app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity.
- **Student Wellbeing Hub** provides high quality, age-appropriate information and resources targeted specifically to educators, parents and students to support student wellbeing and safety

