



Student Wellbeing

Central to learning at St Francis Xavier

Reviewed August, 2015

INTRODUCTION

Wellbeing refers to students' physical, social and emotional wellbeing and development. Evidence suggests that these elements are integral rather than incidental to learning. Listed below are some of the initiatives we have in place in our school, this is not an exhaustive list.

PRIMARY PREVENTION

Primary prevention - building structures that facilitate belonging and promote wellbeing.

Restorative Practices Restorative Practices is an approach to discipline that is based on making things right when there has been damage to a relationship. Key discussion points include, who has been affected & how? What needs to happen to make things right? Consequence is part of this process.

Garden Program The garden program provides students with an opportunity to learn responsibility by caring for plants. They develop self-confidence from achieving their goals and enjoying the food they have grown. They learn to cooperate with others while working in a team. Children develop creativity in finding new and exciting ways to grow food.

Music Program The music program helps underpin and maintain children's well-being and happiness. Group music-making releases energy which can be channelled in creative, productive directions. Children learn about themselves and others by playing music together and by listening to each other.

Volunteers in School Partnerships Our volunteer partners from ARDOCH, St Joseph's College and Sacred Heart College provide many of our students with more good adult role models and one to one mentoring. They read with children, assist them in their study and often build positive relationships.

Bluearth Bluearth is a holistic approach to wellbeing. Students are not told what is right or wrong, rather, through skillful guidance and questioning a range of powerful messages are reinforced. These include: honesty, fair play, consideration for others, cooperation and challenging oneself.

Early Trauma Many of our staff have been trained in the impact on learning early trauma has. Trauma triggers a range of conditions in children. This learning helps staff to provide the right support for these students.

School Celebrations Every year we have a wide range of school celebrations including school disco, school camp, inter-school sport, Literacy & Numeracy week celebrations, student leadership program, Mother's & Father's day celebrations, swimming program and religious celebrations such as Sacraments, feast day Masses and prayer services. These programs all promote general wellbeing.

Bravehearts	This program has been produced in consultation with experts from both child protection and education sectors to develop non-confrontational educational resources that engage children. An essential part of this program encourages children to speak to someone they trust when they feel unsafe or unsure.
Breakfast Club	In partnership with Sacred Heart College, St Joseph's College & St Vincent de Paul Society we run a breakfast program on two mornings each week. Children benefit from the social learning of sharing a meal as well as having a nutritional start to their day.
Best Start Project	St Francis Xavier is a partner in the Corio-Norlane Best Start Project. This project aims to support families having access to local services and programs, feeling a sense of belonging in the community and feeling safe in their community.
Family Partnerships	This project aims to further develop and strengthen our Family-School Partnerships to enhance student learning. We acknowledge the value of working in partnership with families for the benefit of student outcomes, wellbeing and life chances. This is demonstrated through open classrooms, learning expos, family games afternoons, curriculum evenings, school assemblies and social events.
eSmart	We have participated in the national eSmart training program. The eSmart program aims to support students in learning about cyber safety and how to deal with cyber bullying.
Peer Support	The peer support program provides an evidence based, peer led approach to enhance the mental, social and emotional wellbeing of students.
First-Aid	Our staff have completed and maintain up to date training in First-Aid. Staff have completed specific anaphylaxis and asthma training aimed at providing a safe environment for our students.
Life Education Program & Growing Together in Life and Love	This program assists students to acquire age appropriate knowledge to support informed health choices. Students develop and practice skills and strategies to act upon individual decisions, recognise the values and attitudes that may influence lifestyle choices and behaviours.
Mindfulness	Our daily mindfulness program provides students with a calming experience in their day. It enhances relaxation with a focus on breathing and stillness. This program sets students up for a successful day of learning.
Felicity Program	Each term some of our senior students go to Sacred Heart College, accompanied by two of our teachers, to participate in team building activities they would not otherwise experience in a primary school setting.

Reach Rookies	The Reach Rookies workshops focus on exploring and building resilience, co-operation, transition and leadership competencies in children.
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EARLY INTERVENTION

Early intervention - programming and planning interventions that target students identified as 'at risk'.

Three-Way Conferences	These conferences provide parents with an opportunity to discuss their child's learning, ask questions and build upon the essential partnership they have with the school. In these conferences there is opportunity to discuss the child's academic, spiritual and social learning progress, areas of future learning and how we are supporting the child in his/her learning.
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Parent Support Group Meetings (PSG)	For those students identified as 'at risk' in their academic or social learning we have Parent Support Group Meetings each term. In these meetings parents, the student's teacher and school leaders discuss the student's progress and needs.
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Individual Learning Plans	For those students identified as 'at risk' in their academic or social learning we develop and implement an Individual Learning Plan and/or a Behaviour Management Plan. In these plans teachers and parents identify strategies and set goals to support the student in his/her learning.
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Education Support Program	For those students identified as 'at risk' in their academic or social learning we provide further small group and individual support. This support is provided by Education Support Officers, formally known as Integration-Aids.
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Catholic Education Office Support Services	The Catholic Education Office provide specialist Speech Therapy, Education Advisors and Psychology Services. When teachers refer students identified as 'at risk', these specialists assess and identify the student's learning condition and provide advice and support to best serve the learning needs of the student.
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Circle Time	Circle time provides opportunity for children to discuss how they are feeling in a supportive, non-threatening forum. It promotes social skills and positive relationships, encourages positive behavior, helps children to develop their self-esteem and self-confidence and promotes social and emotional development.
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Solving the Jigsaw	The purpose of this upper primary program is to provide opportunities for young people to feel safe and secure, to reflect and consider, to listen and be heard, to feel and show compassion, to feel and show trust and respect, to feel lovable and gorgeous, to have fun, to experience connection and support, to feel optimism and responsibility and to have their uniqueness valued.
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Social Emotional Learning (SEL)	Our SEL project is a whole school process of students acquiring and effectively applying knowledge, attitudes and skills to care for others, make responsible decisions, establish positive relationships and handle challenging situations.
Occupational Therapy	In partnership with Deakin University, we have undergraduate Occupational Therapy students provide support to individual students and advice to teachers.
Learning Intervention	We have a range of intervention programs to further support students 'at risk' in their academic learning. These programs include the Reading Recovery program for Year One students, the Levelled Literacy program for Year Two students, Lets Read and the Early Reading Intervention Knowledge (ERIK) reading program for year three to six students.
Seasons	Seasons is a loss and grief peer support program to help children, cope with the grief and feelings of loss resulting from separation, divorce or death.

POSTVENTION

Postvention - managing 'out of the ordinary' circumstances that require specialist support, management of trauma, limiting impact and restoring relationships.

In these circumstances our practice features the following key elements:

Repairing Relationships	Where there is damage to a relationship our first focus is to support children in repairing that relationship. Staff sit with individuals and small groups, key discussion is based on questions such as: I. What happened? II. Who was hurt? III. What can we do to fix it?
Communication	When a teacher decides that parents should be informed he/she will phone or speak in person with those parents. This is a key element in sending a message to the child that we are working together to support and guide his/her social learning.
Social Learning	<p>The focus of the conversations we have with children centre around learning and improving. Consequence is a key part of social learning. When determining an appropriate consequence, teachers consider the actions of the child as well as his/her age, behaviour patterns and social and emotional needs.</p> <p>After the initial learning experience teachers provide ongoing support and advice to children. This follow up helps them to understand that they are supported and holds them accountable for their commitments.</p>