

Kalinda Primary School No. 5121

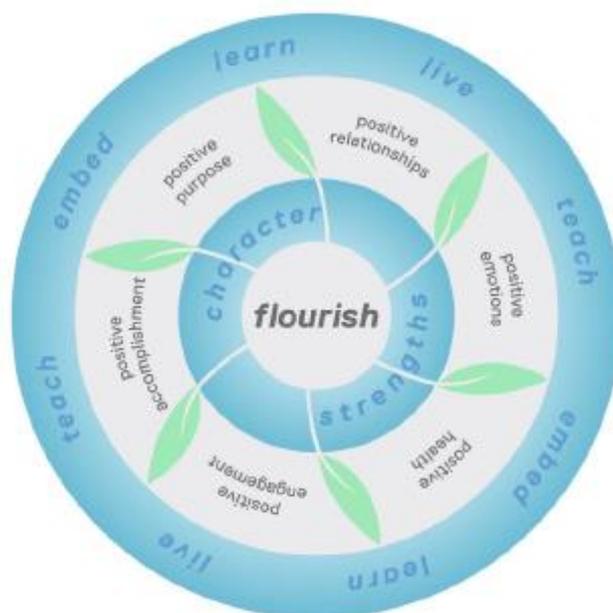
Student Wellbeing Policy

Our Wellbeing Vision

Kalinda Primary School believes that all children can flourish and achieve their personal best when they are supported in their wellbeing and learning. We believe every member of the school community has the right to fully participate in an educational environment that is based on mutual respect and is safe, supportive and inclusive.

We believe parents and teachers are genuine partners in the learning process, ensuring students are encouraged to participate, to strive to achieve their personal best, to be considerate and supportive of others, and to value the learning opportunities presented to them.

At Kalinda Primary School we are committed to developing the whole child and fostering a lifelong love of learning. Our learning community is founded upon quality, mutually respectful relationships underpinned by our commitment to **Positive Education**. Positive Education brings together the science of Positive Psychology with best practice teaching to encourage and support individuals, schools and communities to flourish.



Positive Education is divided into six “domains”:

- Positive relationships
- Positive health
- Positive emotions
- Positive engagement
- Positive accomplishment
- Positive purpose

What follows details our approach to teaching the six “domains”:

Positive Relationships: The **Respectful Relationships** whole-school approach recognises that schools are a workplace, a community hub and a place of learning. Everyone involved in our school community deserves to be respected, valued and treated equally. Carefully planned social and emotional learning activities teach our children how to build healthy relationships, resilience and confidence.



We know that changes in attitudes and behaviours can be achieved when positive attitudes, behaviours and equality are lived across the school community, and when classroom learning is reinforced by what is modelled in our school community.

Play Is The Way is a methodology for teaching social and emotional skills using guided play, classroom activities and an empowering language. Play Is The Way uses physically interactive games, a supporting, consistent language, 5 Key Concepts and a philosophy of behaviour education, not management, to encourage children to be the master, not the victim of their feelings.



Guiding Principles:

- Treat others as you would like them to treat you
- Pursue your personal best no matter who you work with
- Be brave - participate to progress
- Have reasons for the things you do and say
- It takes great strength to be sensible

Positive Health: The positive health domain focuses on supporting staff and students to develop sustainable habits for optimal physical and psychological health that are developed from a sound knowledge base. **Mindfulness**, or attending to the current moment with open and curious awareness, is an evidence-based approach to supporting health and well-being that also has a beneficial impact on student learning. We also encourage students to recognise the relationship between quality of sleep, food choices and the amount of physical activity on their overall health and wellbeing.



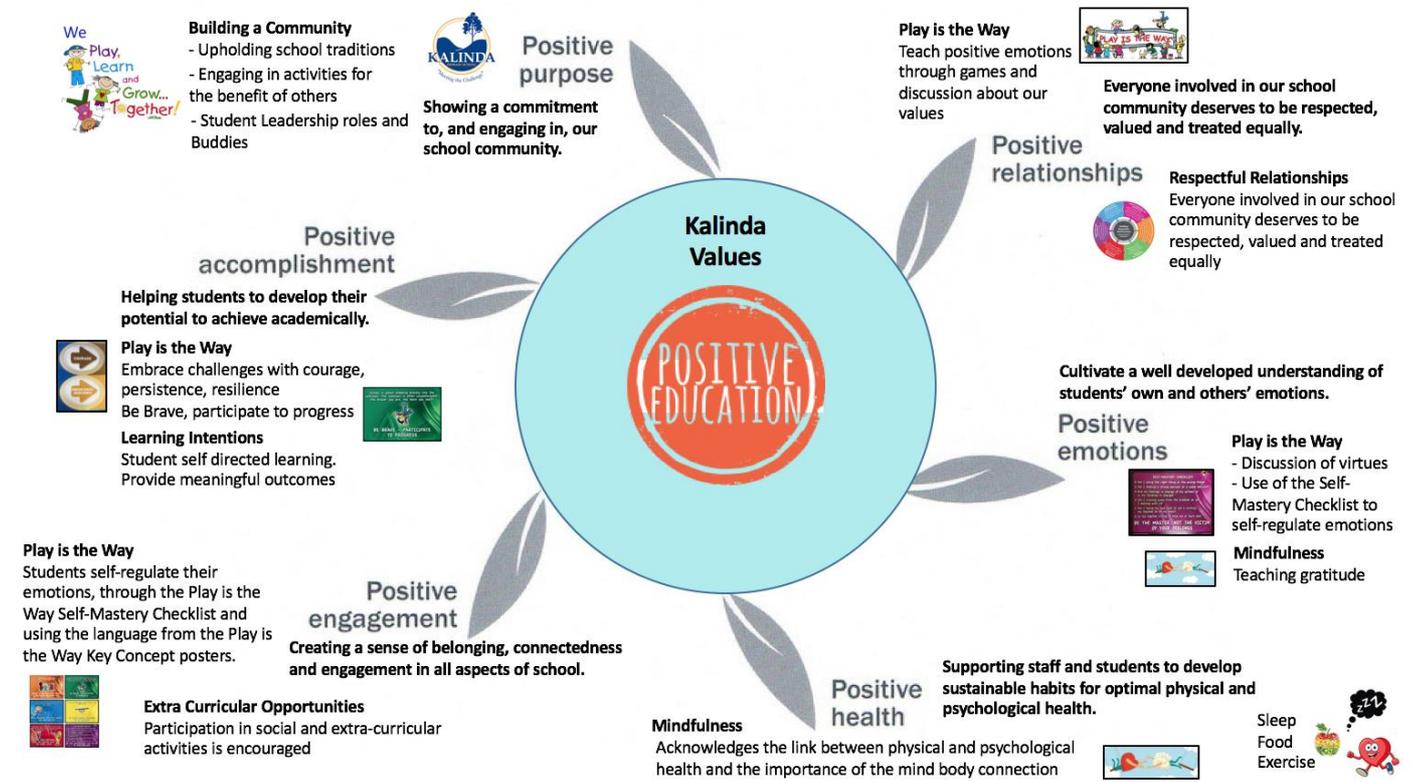
Positive Emotions: The positive emotions domain aims to cultivate a well developed understanding of students' own and others' emotions. Taking moments to focus on gratitude and developing habits of saying and doing things to raise the spirits of another are regularly practised and celebrated at Kalinda through gratitude diaries during Mindfulness sessions, reflection on the PITW Self Mastery Checklist to self regulate emotions and discussion of virtues during Play is the Way.

Positive Engagement: The positive engagement domain focuses on behavioural, emotional and cognitive engagement, developing a sense of belonging and connectedness to the school. Student participation in social and extra-curricular activities is encouraged. Intrinsic motivation is prioritised and students are taught to self-regulate their emotions, through the Play is the Way Self-Mastery Checklist and using the language from the Play is the Way Key Concept posters.

Positive Accomplishment: The positive accomplishment domain aims to develop individual potential through striving for and achieving meaningful outcomes. At Kalinda there is a strong focus on supporting members of the school community to embrace challenges with courage, persistence and resilience (our Play is the Way virtues) and with an understanding that we need to *be brave and participate to progress*, one of our Play is the Way Key Concepts. Students are scaffolded to develop skills to self direct their learning, identify when they are successful in achieving a Learning Intention and to be able to identify their next steps in their learning journey.

Positive Purpose: The positive purpose domain focuses on a commitment to and engagement in our school community, consciously engaging in activities for the benefit of others. At Kalinda our student leadership roles focus on students utilising their strengths for the benefit of others, similarly our senior school students are encouraged to model our school values as they fulfill their roles as Buddies to our Foundation students.

The diagram below summarises our Wellbeing Policy at Kalinda and how our programs link in with each of the Positive Education domains.



Approved by School Council 19th November 2019

Date of Review November 2022