



**Pittwater House**

## 6.2 Junior School Wellbeing Policy

### Introduction

The aim of the Pittwater House Junior School Wellbeing policy is to support our school in providing every student with the strongest foundations possible for them to reach their aspirations in learning and in life. The framework is evidence-based and requires a strong association between safety, wellbeing and learning. The Junior School wellbeing framework is in addition to the HEROIC values of the School and supports students in their ability to uphold the School's Core Values.

'The wellbeing of children and young people is enhanced and their learning outcomes optimised when they feel connected to others and experience safe and trusting relationships' (Australian Student Wellbeing Framework). The students at Pittwater House feel connected, safe and secure enabling them to actively participate in their learning to achieve better physical, emotional, social and educational outcomes. The staff at Pittwater House feel valued and supported which enable them to engage positively with students and build stronger connections with parents and the wider school community.

### Purpose

The Pittwater House Junior School Wellbeing policy consists of an overarching vision, key elements, guiding principles and effective practices to support the entire school community.

- affirms children's rights to education, safety and wellbeing under the United Nations Convention on the Rights of the Child
- is informed by relevant legislative frameworks
- aligns to the NSW Curriculum and the Australian Professional Standards for teachers, leaders and principals
- aligns with the school's principles of Deep Learning
- supports the School's core values of Honesty and Integrity, Excellence, Respect, Origins, Innovation, Community (HEROIC)
- emphasises the importance of student voice in decision-making matters that affect them.

### Five Key Elements

**School Culture** of inclusivity and connectedness

All members of the Pittwater House community are active participants in building a welcoming school culture that values diversity, and fosters positive, respectful relationships.

**Staff and Support** for positive behaviour and wellbeing

Pittwater House staff share and cultivate an understanding of wellbeing and support for positive behaviour and how this supports effective teaching and learning.

**Family** effective and positive partnerships with families and the community

Pittwater House families and the wider community collaborate as partners with the school to support student learning, safety and wellbeing.

**Student** authentic student participation

Students at Pittwater House are active participants in their own learning and wellbeing, feel connected and use their social and emotional skills to be respectful, resilient and safe

**Leadership** that is visible and inspires a positive school community

**Wellbeing and Deep Learning**

The aim of the Pittwater House School is to develop life-long learners by developing student agency in all students. The elements of a successful life-long learner are character, citizenship, collaboration, communication, creativity, critical thinking. The two elements of deep learning that relate to our wellbeing program are Character and Citizenship; enabling students to go on to communicate more effectively, collaborate with their peers and teachers, enabling them to think critically and creatively.

**Character**

The students at Pittwater House Junior School are supported to have strong social and emotional character traits that enable students to engage in deep and meaningful learning. Students at Pittwater House engage in meaningful character development programs that focus on grit, tenacity, perseverance and resilience.

Relevant resources and programs that are available to the entire Junior School are the Personal Development programs, written specifically for Pittwater House students, the use of the Bounce Back program which focuses on resilience and the Friendology program which equips students with the skills to deal with conflict and friendship issues. Students who require more targeted support to develop in this area have access to programs such as the Brave Program (both early anxiety intervention). The three School Psychologists and the Learning Support team offer individualised intervention when required. The entire Junior School attend a dedicated 'Strengths and Reflections' assembly targeted at development of specific character traits such as courage, creativity, enthusiasm, fairness, forgiveness, friendship, generosity, gratitude, honesty, hope, humour, kindness, leadership, love, love of beauty, love of learning, modesty and openness.

**Citizenship**

The students at Pittwater House Junior School are encouraged to think like global citizens, considering individual and societal wellbeing. We hope to instill in students an understanding of diverse values that are explored with a genuine interest, empathy, compassion and the ability to solve complex real-world problems that impact equity, human rights and environmental sustainability.

All students at Pittwater House Junior School engage in authentic problem-solving learning experiences in all subject areas and participate in a range of learning opportunities such as participation in the Just Like You program run by the Variety Children's charity that seeks to dispel common misconceptions children have about people who have disabilities. Students who exhibit strong leadership qualities at such a young age are given the opportunity to participate in the Junior School's Representative Council (SRC). The SRC builds and foster relationships with rural communities and various charity organisations that they choose to support. Fundraising initiatives are often organised by students. The older students in the school are all involved in the 'Pittwater House Buddy Program'. This program exists within the entire school but is particularly strong between our oldest and youngest students. In the final year of the Junior School, students are also given the opportunity to represent the school as a part of the School's leadership team.

**Whole School Wellbeing Programs**

In addition, teachers use the following resources in the classroom to support the wellbeing of all students. The following programs are school-wide and help us to ensure that all students hear the same important and consistent messages throughout their time at Pittwater House. It also provides students with a vocabulary to help them understand and express their issues and concerns.

## Bounce Back!

Bounce Back! Is a multiple award winning positive education approach to wellbeing, resilience and social-emotional learning for primary school children. The Bounce Back program supports the teachers at Pittwater House in their efforts to promote positive mental health, wellbeing and resilience for both students and teachers and build safe and supportive class and school learning environments. Why do we focus on resilience in the Junior School? *Resilience is the capacity to cope well in times of adversity or hardship. Resilience is the ability to bounce back from difficult times while retaining a positive sense of self. These skills are important for dealing with the realities of life and must be developed early.*



## URStrong - Friendology

The Friendology program explicitly teaches Pittwater House children how to develop healthy friendships and manage conflict in a positive way is at the heart of helping them flourish. These important social skills are the key to bullying prevention, creating safe, caring learning environments, and inspiring kinder, happier children. The friendology curriculum has been specifically designed for educators to be effective, fun, and current.



## Intensive/Small Group Programs

At Pittwater House Junior School, we understand that many students will require extra support and intervention at various times throughout their primary school journey. We provide specific and intensive intervention for students who may require support with the social skills or managing their worries.

### Brave Program

BRAVE is an online, psychological program for the treatment of childhood and adolescent anxiety. BRAVE is based on **cognitive behavioral therapy** (CBT), the most effective method for overcoming anxiety in children and teenagers.

The Program was developed by a team of researchers at the University of Queensland. As a result, the Program is based on research evidence and parents can rest assured their child is receiving a high quality treatment program.



BRAVE also has a parent program so that parents are able to learn more about how to support their children and to also support what their children are learning at school.

### Secret Agent Society

Secret Agent Society (SAS) Small Group Program is an evidence-based, multimedia curriculum to help children improve their social and emotional resilience.

Pittwater House is using SAS to help guide the writing and implementation of individual learning plans – clear goals, child motivation, strategies and resources to support many students.

This breakthrough social skills approach is used with 8 to 12-year-old children with a range of social and emotional challenges.



## Specialised Programs

### Amazing Me

Year 6 parents and students are invited to participate in the Amazing Me program about sex and puberty. Amazing Me works in partnership with Pittwater House parents and children offering different day and evening programs that sensitively meet the ethos our school. The Amazing Me program works towards reinforcing the important message that we are all incredible, unique, diverse.



### Just Like You

Pittwater House Junior School has a long-standing relationship with the Variety Children’s Charity. Variety’s Just Like You program is a series of fun disability awareness workshops, which aim to build understanding, acceptance and inclusion of those living with a disability. The Just Like You workshops are delivered by professional facilitators who have a disability. Meeting and spending time with a person who has a disability helps to build empathy in children.



Version	Revision Details	Revised by:	Authorised by:	Date:
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3	New K-6 focus	A. Tickle	JSW	30 Aug 2023