



Evidence based program which supports children's and young people's mental health in early learning services and schools. Its vision is that every learning community is positive, inclusive and resilient to achieve their best possible mental health.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Be You Modules

Staff inducted with the Family Partnership module, Partner

Staff to be inducted with the Family Partnership's final module, Assist

Revisit Zones of Regulation

Explore Be You Communities and find out what other schools are doing

# Kids Community



Kid's Community is made up of two representatives from each class from Year 1-6. The team assists the Kid's Community student leader and the teacher to manage events in the school.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Kids Community

Student Says Board – students have an opportunity to write their feelings and opinions on the focus of the term – resilience, empathy, respect, inclusivity

Promoting the Social and Emotional Learning Vision within the community -

Whole school competition to create a poster, book, iMovie etc. Winners will have their presentations displayed on FB, website and Connect

# Peer Support



The Peer Support team consists of the Year Six leaders. Their role is to support the duty teacher to supervise students who may be experiencing conflict or loneliness.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Peer Support Team

Students wear their high vis vests and lanyards that have restorative practice question cards attached – to be used if students are experiencing problems

Students use the 'Buddy Bench' - Peer Support to manage if students don't have anyone to play with

Team Leaders to create a iMovie to explain and demonstrate their roles and responsibilities

This iMovie will be utilized for the subsequent Year Five students who will be the new leaders the following year

# Good Standing

Students are awarded Good Standing Dojo points for displaying the four school values of: Respect, Responsibility, Citizenship and Commitment.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Class Dojo

Good Standing Dojo points allocated to students each day by classrooms teachers and specialists.

Each fortnight four Good Standing winners receive a canteen voucher

All class teachers and specialists to ensure Good Standing Dojo points are allocated

Good Standing Raffle  
Canteen Voucher to the value of \$2.50



Awarded to:                      Year:                      Room:

Congratulations! Keep on standing....that's Good Standing!



# Champion Life



Champion Life is a school wellbeing program which is available for Years 3-6. Regular movement helps keep our bodies and minds healthy. It helps us become more active, engaged and helps our wellbeing.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Champion Life

Champion Life in the classroom for two purposes:

- . Being active
- . Positive mental health

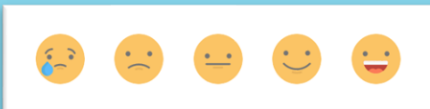
Classes from Year Four to Six:  
Students to check in before school or before fitness each morning  
Students to check in at lunch time whilst they are eating their lunch

Students from Year Three to Six engage in Body Sets in the classroom on non assembly Wednesdays  
Students are encouraged to use the Body Sets and challenges at home

Teachers to check in when the data displays students who are feeling sad

Teachers to implement and monitor Champion Life to review its suitability

Promoting the program at assemblies by the Kid's Community team



# Social Work Students



Sutherland  
Dianella Primary

Champion Life is a school wellbeing program which is available for Years 3-6. Regular movement helps keep our bodies and minds healthy. It helps us become more active, engaged and helps our wellbeing.

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Curtin Social Work students

Support students and families  
Support teachers in classrooms to facilitate Health and Wellbeing lessons  
Participate in whole school initiatives such as Autism Day, NAIDOC  
Work with Kid's Community team  
Peer Support Team – role playing  
Restorative Conversations

Zones of Regulation Professional Learning  
Transition to High School  
Lunch time clubs  
Year 5 leadership program

# Prevention Programs

Gatekeeper Program – Suicide Prevention Program

Trauma Informed Practice - Trauma in children, trauma responses, strategies on how to respond

## EVIDENCE

## JUDGEMENT

## IMPROVEMENT

### WHAT WE'RE DOING

### HOW WE'RE GOING

### FUTURE DIRECTIONS

Gatekeeper Program Training

Ben Matheson and Angela Panting trained and reviewed the process with the school psychologist, Zoe

Inform staff of key indicators

Trauma Informed Practice

Professional Learning provided for staff by school psychologist, Zoe

Investigating the use of Apps to create individual plans for students





# Kid's Community



# Peer Support Mentoring



Sutherland  
Dianella Primary



# Resource Trolley

As part of our Social and Emotional Learning at SDPS we offer our community a Resource Trolley with a variety of informational pamphlets and fact sheets. These include information on a variety of Learning Difficulties, Mental Health and healthy eating. The Resource Trolley will be available to the community at each assembly morning and it is housed just outside the undercover area.

