Student Wellbeing

Setting Foundations to Building Strengths
Why Identify Social Skills, Confidence, Anxiety and Resilience at St Rose?

School based scenarios

• Infants

• Middle School

• Seniors
Social Skills, Confidence and Resilience Are Inter-related

• Are influenced by external factors

• Are skills/competencies

• Are not innate

• We learn or develop them
How Are We Teaching These?

Whole School and Community Approach

Groups

Individuals
Whole School and Community Approach

Resilience Doughnut

• Teachers and staff are trained

• All students from Yr 6 – Kindergarten trained in Resilience Doughnut framework

• Training provided for parents
Peer Support Program

• Teachers are trained

• All students from Yr 6 – Kindergarten are trained in applying skills
Groups

Social Skills Groups

• **Games Club** – Tuesdays lunch time

• **Social Skills Games Groups** – focused groups on Mondays and Tuesdays
Additional Groups

- Seasons for Growth
- Rock N Water
- Art Club
- Health Club
- Library Club
- Garden Club
2014 Program Direction

Terms 3 and 4, 2014

• Implement Resilience Doughnut and Peer Support – whole school approach

• Continue current groups

• Provide parent training on Resilience Doughnut in Term 4
Future Directions 2015

• Consolidate Resilience Doughnut training

• Continue current groups

• Introduce Seasons for Parents training

• Introduce Mindfulness Meditation for students

• Introduce Cool Kids Program for students and parents