



LAMBERT SCHOOL

# Wellbeing

For Lambert School developing student wellbeing and mental health is crucial. We recognise that student wellbeing, including good social, emotional and mental health, is fundamental to student success and learning.

We proactively support student wellbeing and mental health through:

- The development of open, honest and supportive relationships
- Promoting a sense of belonging
- Specialist workshops throughout the year which provide opportunities to facilitate engagement with wellbeing and mental health issues
- Curriculum programs with an explicit focus on understanding and developing wellbeing
- Implementing practices known to support student wellbeing
- Supporting programs to foster social and emotional wellbeing
- Providing staff professional learning opportunities regarding ways to best support the wellbeing of our students.

It is this combination of approaches that puts student wellbeing at the heart of all that we do. It helps to define the philosophy of our school, valuing the intrinsic worth of every person equally, acting with integrity, building community, a desire for peace and justice and living a life of fulfilment.

## **Open, honest and supportive relationships**

Teachers and students at Lambert School address each other using their first names. This reflects our culture where everyone is valued, respected and approachable, and sets a tone and a foundation for the development of supportive relationships throughout the school.

Students are in the same class for all lessons. Teachers and students get to know one another very closely, this helps students to feel confident to seek help or guidance on social, emotional or academic issues. Any issues or concerns relating to a student's wellbeing identified by teachers or parents can be discussed with an open and supportive manner. These open, honest relationships also allow a restorative practice approach to behaviour management.

## **Promote a sense of belonging**

All children need to feel that their world is a safe place where people will care about them, where their needs for support, respect and friendship will be met, and where they will be able to get help to work out any problems. When these needs are met children develop a sense of belonging. (Kids Matter)

In addition to nurturing classroom environments, supportive behaviour management practices and respectful relationships a vast range of Wellbeing programs are offered in the school to enrich wellbeing and build resilience. Students have voted on and selected the five key values that reflect Lambert School: Kindness, Belonging, Creativity, Discovery and Resilience. These values are the building blocks for our approach to promoting student wellbeing and promote a unified sense of belonging and worth.

Throughout the year we respect and promote a variety of events including Harmony Day, Chinese New Year, Bastille Day and various other culturally important events for students. These events include performances, celebrations, visiting guests and preparation of shared meals.

## Engagement with wellbeing & mental health

Our approach to student wellbeing is that learners feel safe, feel supported and are confident, involved learners and effective communicators. The key areas of our wellbeing focus are:

- Being loved and safe
  - Create positive connections with others
  - Safe learning environments
  - Build resilience to challenges
- Having material basics
  - Access to learning materials
  - Resources to function well and actively engage
- Being healthy
  - Physical development
  - Psychological development
  - Mental health needs
  - Resources to support growth
- Learning
  - Support to be curious, creative and empowered
  - Promote a love of life-long learning
- Participating
  - Learners have a valued voice
  - Learners are involved in decision making for their learning
- Having a positive sense of identity
  - Positive sense of belonging
  - Optimistic about their future
  - Feel they can have success in learning

## Curriculum Programs with a focus on wellbeing

At each year level students explore the same five composite skills at developmentally appropriate levels. These five composite skills are:

- Self Awareness – identifying emotions, recognising strengths
- Social Awareness – perspective taking, appreciating diversity
- Self Management – managing emotions, expressing emotions appropriately, goal setting
- Responsible Decision Making – analysing situations, assuming personal responsibility, respecting others, problem solving
- Relationship skills – communication, building relationships, negotiation, refusal.

Additional externally provided programs support this scope and sequence. These include:

- **Bravehearts-** Self Protective Behaviours program for Foundation- Year 2
- **Peaceful Kids-** Mindfulness and wellbeing program Foundation-Year 10
- **The Growing Up Program-** a course on becoming adolescents for Years 5 and 6
- **Project You-** a course on relationships, emotions, boundaries, consent and managing stress Years 7-10
- **Cyber Safety-** a program to support safe and ethical use of digital technologies

All students in the High School participate in Wellbeing lessons as a component of Health and Physical Education and our Wellbeing Initiative. Some of the topics covered in these programs include: drugs and alcohol, resilience, decision making, mental health, risk taking, sexuality, values, relationships, social skills, personal growth and developing mindfulness.

Other ongoing programs to promote wellbeing include:

- Tai Chi
- Family Planning
- Swimming Lessons
- Fire Safety
- Garden Club
- First Aid
- Journal writing
- Life skills

## **Practices to support student wellbeing**

Lambert School strives to embed the practices of differentiation and mindfulness as the two key necessities for successful student learning and wellbeing.

Teachers at Lambert School are committed to differentiating the curriculum. Research has proven that students are more successful when they are taught based on their own readiness levels, interests and learning needs. Differentiated instruction is an approach that accommodates for the diversity of learners in every classroom and the support of all learners with a variety of methods and activities used.

The benefits of mindfulness include – increased focus and concentration, increased resilience and reduced stress, help to manage attention, improved memory, improved quality of life, improved academic results, improved sleep quality, improved mood and an improved immune system.

## **Supporting social and emotional wellbeing**

Integral to the philosophy of Lambert School is the notion that everyone needs additional support in some area at some stage of their life. A variety of supports tailored to meet the needs of individuals are provided by the school.

These may include in-class support, withdrawal, modified timetables, programs to support social and emotional learning, technology modifications, and liaising with professionals such as Speech Pathologists, Physiotherapists, Occupational Therapists, Psychiatrists, Paediatricians, and Social Workers. Communication between parents and teachers in the work being done with students is essential to our success.

## **Staff professional learning**

Recognising the need to cater for increasing levels of stress, anxiety, depression, eating disorders, gender and health problems, all teaching staff have committed to ongoing professional learning in the area of Wellbeing.

- First Aid
- Peaceful Kids
- Bravehearts Child Protection
- Be You Modules

Wellbeing and Mental Health continue to be pressing issues in schools, and will continue to be part of our ongoing focus into the future.