



St Joseph's Catholic Primary School
CLERMONT

Faith in Christ - Our Teacher

**St Joseph's Catholic
Primary School
Clermont**

**Student Wellbeing
Plan 2022/2023**

St Joseph's Clermont – Wellbeing Support Plan

1. Policy Statement

St Joseph's Clermont will promote a safe, supportive, respectful and inclusive school environment. The school promotes positive behaviours that are strongly grounded in the key principles of Catholic Social Teaching, the virtues that inspire us and support our school's vision and mission statement. The St Joseph's school community aims to create a positive school climate that values and accepts all, by treating each other with respect and dignity.

2. Description

The St Joseph's school community is responsible to support the wellbeing for its community; parents, students and staff by including mindfulness into the school routine to ensure that it provides a safe, caring, respectful and calm learning environment for all.

3. STAFF

Two staff members to be part of a Student Wellbeing Engage teacher with the BEYOU modules for an understanding of 'Trauma Aware Schooling'.

Encourage self-mindfulness routines.

Introduce strategies at regular staff meetings.

4. STUDENTS

Monday's of each fortnight explicitly engaged in a wellbeing/mindfulness focus lesson, LEARN, PRACTICE and DEBRIEF using the Smiling Minds program.

Tuesday – Friday the weekly meditation (PRACTICE) focus and debrief.

Yoga lessons every 4th Friday.

5. COMMUNITY

Address the following through the school newsletters.

What is mindfulness?

How will it help your child?

What is Smiling Minds?

Why are we using this program?

How you can use this at home with your family.

Keep the school parent community informed and regularly updated on fortnightly focus and how wellbeing is working in the school. Variety of platforms include; school newsletter, school facebook page, posters and information sessions. Inform community of Smiling Mind app and encourage them to download and use at home.

6. Positive behaviour support plan to align with the wellbeing and mindfulness program for an individual approach to creating positive behaviours within the school.

2023 school year.

Parent information session at the Welcome and Information Evening

Smiling Minds on a fortnightly focus with explicit learning activities every Monday morning.

Yoga every 4 weeks inviting parents to participate with their children

Mindfulness outdoors and indoors area for students to use daily.