

Wellbeing Improvement 2024



GOAL FOR 2024 - TO SUPPORT STUDENTS WITH SELF-REGULATION

SUCCESS CRITERIA

- Students will demonstrate active participation and comprehension of the Open parachute program taught during wellbeing lessons.
- Consistent engagement, application of learned concepts, and integration into their daily practices of the fundamentals from the Berry street Education Model.
- Ready2Learn plans and circle time will be embedded in every class for every student.
- Capacity to recognise micro-moments and avoid escalation.
- Consistent language and process across each classroom in relation to regulation and site agreed routines.

TARGETS

Based on the 2023 Student Wellbeing and Engagement survey data our 3 areas of concern were the subdomains for **emotional regulation, worries and wellbeing literacy**.

- To raise **emotional regulation** subdomain from 34% success to 50% success.
- To raise subdomain **Worries** from 28% success to 40% success.
- To raise subdomain **Wellbeing literacy** from 18% success to 30% success.

ACTIONS

TERMS 1 AND 2

ACTION

Ready2Learn plans will be focused on during Wellbeing lessons.

HOW

- Students will be taught the zones of regulation during Wellbeing lessons on Monday.
- Student will engage in self-reflection to construct a plan clearly outlining behaviours and causes as well as personalised regulation strategies to assist in self soothing.

TERMS 2, 3 AND 4

ACTION

All teachers will be up-skilled in circle time and common language to assist in co-regulation

HOW

- Staff will engage in discussions at staff meeting and training around circle time and co-regulation.
- Staff will have targeted PD and time to share their progress with their PLC
- Staff will engage in PD with self-regulation team around co-regulation

TERMS 3 AND 4

ACTION

Ready2Learn plans will be implemented in classrooms and used as a resource to support self-regulation.

HOW

- Staff meeting time to discuss an whole site agreement in how the Ready2Learn plans will be accessed and displayed.
- Shared discussions during PLC time on how teachers will access this information and when.
- Site agreement on how to share this information with Relief teachers.

TERMS 3 AND 4

ACTION

Circle time will be implemented apart of classroom routine.

HOW

- Each teacher will embed Circle time apart of their morning routine
- Reflections each fortnight at staff meeting as to how staff are traveling.
- Staff to be provided with resources to assist in Circle time