

Woolsthorpe Primary School prides itself on being the **hub** of the community; with supporting data identifying high levels of 'felt' connectedness; and reported as a place for help seeking.

As part of the school review process, we identified the changing dynamics of our school community, posing the question:

Drawing from our current strengths; local context and community 'felt' needs and student, parent & teacher survey data- the whole of school community supports a strength based approach, identifying **3** key 'felt' areas for action as the focus for our **Health and Wellbeing Plan**.



HOW DO WE
BUILD STUDENTS
CAPACITY TO COPE
 IN AN INCREASINGLY
CHANGING WORLD?



Key action	Objective	How?
<p>Action 1</p> <p>Build resilience</p> 	<p>Build resilience at an organisational, pedagogical and relational level; by building positive social norms and strengthening the sense of belonging/ connectedness to the school.</p>	<ul style="list-style-type: none"> • Providing a safe, inclusive, supportive and positive learning environment • Promotion of positive teacher-student relationships • Promotion of positive peer relationships • Provision of explicit social and emotional skills programs • Providing tailored support for those with additional needs • Engaging students and families in decision making.
<p>Action 2</p> <p>Physical activity</p> 	<p>Increase whole of school physical activity; by promoting and building social norms around living active lifestyles; and providing access to adequate resources.</p>	<ul style="list-style-type: none"> • Ensuring an inclusive and safe learning and teaching environment where all children feel supported to be active. • Draw on existing resources, partnerships & programs to support and enhance physical activity. • Ensuring the schools physical environment is well maintained. • Strengthening relevant school policy to support physical activity. • Enabling student leadership. • Involving students and families in decision making.
<p>Action 3</p> <p>Build mental health promotion capacity</p> 	<p>Build mental health promotion capacity to promote and support the mental health and wellbeing of all students; recognise early changes in wellbeing; respond appropriately; and link with community support. We acknowledge the significant role that teachers play in student social and emotional development.</p>	<ul style="list-style-type: none"> • Enabling a safe, inclusive and empowering learning and teaching environment • Recognising the existing resource level of our teachers in promoting mental health. • Ensure adequate resource & support for staff to gain appropriate knowledge, skills and attitudes to promote mental health. • Enable physical and mental wellbeing of staff. • Ensure clear framework and referral pathways; to support school professionals in responding to children requiring mental health support. • Actively strengthen and maintain school-community partnerships; to appropriately assist students requiring additional support; and address the educational needs of staff or parents. • Engage students and families in health decision making.



