

**Waikerie Lutheran Primary School knows that student, staff and community well-being is essential and signed up to be a part of 'Be You' in 2020.**



## What has WLPS being doing to support student, staff and community well-being?

- We created a well-being team in 2020 - Mrs Burns, Mrs Paschke, Mrs Canney and Mr Borgas (In 2021 this now includes Mrs Smith)
- We conducted an audit of what we were already doing as a school to find the gaps and our needs are and how can address them
- After the audit we meet with our Be You representative and made a plan of where to next.

## Well- being implementations at WLPS:

- Employing a pastoral care worker and well-being staff member
- Breaky club
- STEM Shed
- Growing with Gratitude program
- Various other rooms open before school and during break times eg Library and Art room
- Development of the SWEL centre as a sensory space for students throughout the day
- Head space visits to Upper Primary students
- Relationships Australia visiting, using our premises and working with families of WLPS
- Food bank hampers
- Who we are Units of Inquiry - at various year levels relating to mental health and well-being (eg. food /nutrition, looking after ourselves physically and emotionally, relationships)
- 2 staff members on duty each break time (one to specifically focus on well-being aspects)
- 30 minute block set aside each morning in classrooms specifically for well-being
- Workshops for parents (just started in Term 2 2021)
- Interschool Well-being hub group (just started in Term 2 2021)
- Smiling Mind program - staff training Term 2 relating to classes implementation
  - student small groups running 2x week
  - staff group running weekly
- Secret Angel meals/packs (supplied by Lutheran Church)
- Well-being team members undertaking Youth Mental Health First Aid

