

# SILVERTON PRIMARY SCHOOL



## WELLBEING PROGRAMS HANDBOOK 2018

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## INTRODUCTION

The Wellbeing programs handbook is designed to give you an insight into the programs and initiatives run at Silverton Primary school for our school community. The programs are run throughout the year by teachers, students and volunteers. Some of the programs are whole school run programs/initiatives that are compulsory for all and some are directed at specific year levels. The wellbeing of our students is vital and these programs ensure we are catering to the specific wellbeing needs of our students and community.

# #SILVERTONSUPERSTUDENTS

# #SSS

## Silverton Wellbeing Program



## #SSS- Silverton Super Students

### **What the program is**

The #SSS program is designed to recognise positive behaviour in our students and continually acknowledge and reward this. The program helps our students understand their emotions and feelings and attempts to help students regulate their behaviour through the 3 coloured sections with the help of teacher prompts and assistance.

### **How the program works**

The program allows for students to experience a range of emotions and feelings throughout the day (and to know this is normal). To educate the students to learn at our best we need to be in the green (ready to learn). So often students feel like they are not allowed to feel angry or feel upset but rather we need to educate the students on strategies to cope when feeling those emotions and ways in which to get back to the green and ready to learn/play/be a good friend etc. This program offers a range of strategies and brain breaks for teachers to use when trying to get students back to the green.

### **What is a #SSS brain break?**

A #SSS brain break is a variety of different techniques that a teacher can use to reengage the students and move them from the red/yellow, back into the green. A student can also initiate a #SSS brain break when needed.

Green- Students are in the green when they are....

HAPPY  
ACTIVE LISTENING  
READY TO LEARN  
FRIENDLY  
KIND  
CARING  
SHARING  
RESPECTFUL  
CALM

Yellow- Students are in the yellow when they are....

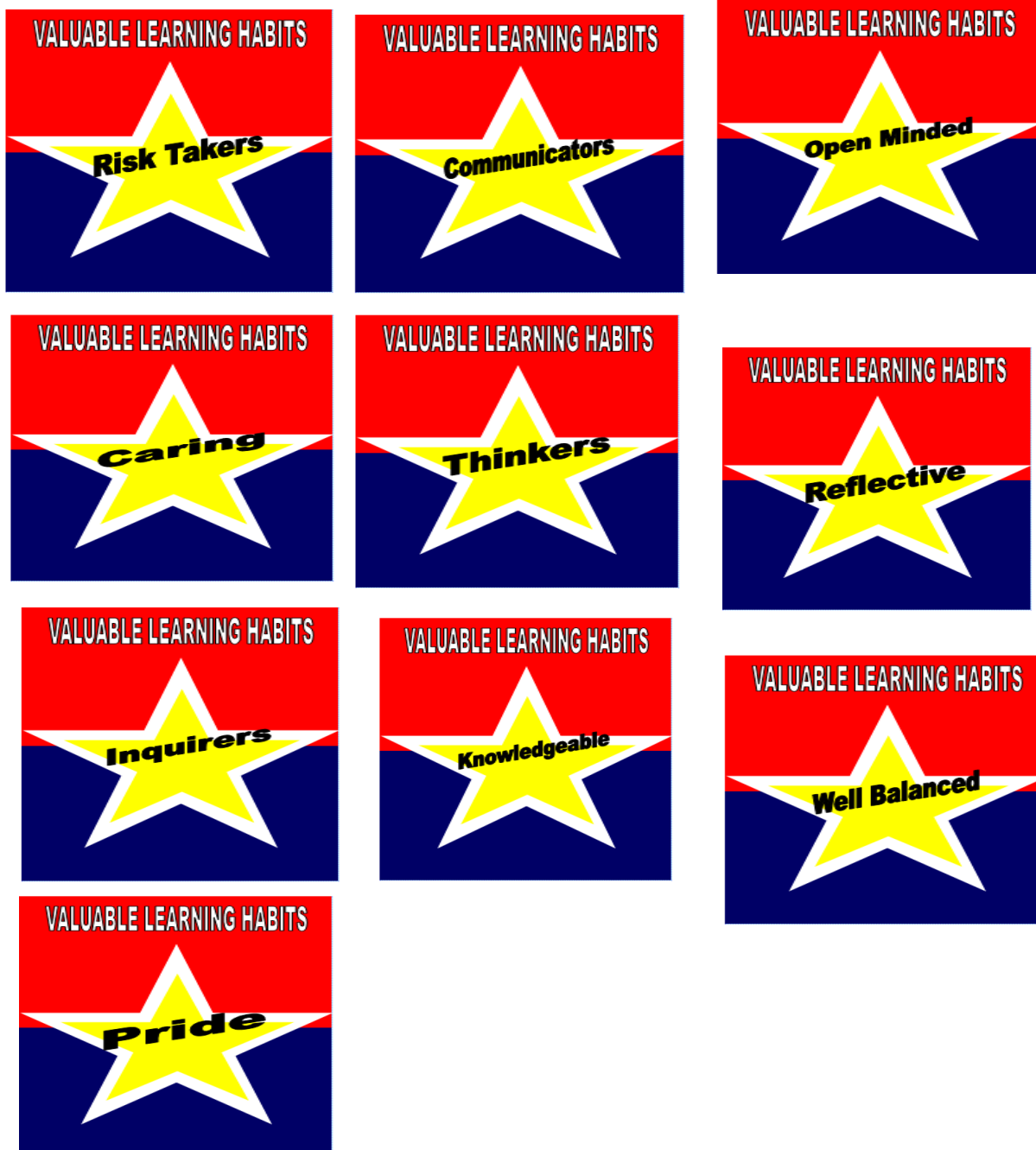
FRUSTRATED  
WORRIED  
SAD  
SICK  
TIRED  
BORED  
SILLY

Red- Students are in the red when they are....

ANGRY  
MAD

## VALUABLE LEARNING HABITS

The Valuable Learning Habits Program demonstrate the qualities we are trying to instil in our students and the qualities we hope the students try and aspire to. There is a big focus on the Valuable Learning Habits during the Start Up Program and then it is embedded in other programs throughout the year. Each month a student is nominated who has displayed attributes of the Learning Habit chosen and, from the nominees, one student will be selected and presented the award at the whole school assembly.



## Early Bird Reading Program

Our early bird reading program offers students the opportunity to read with other students from Silverton Primary School. The program is designed for the grade 5/6 students to be the experts who listen to the grade P-2 students read. This program runs 5 mornings a week in LC4 (to encourage the Prep students to explore the school and feel comfortable in all Learning Spaces) from 8.40-8.55am. This program is supervised by a teacher each morning.

## Breakfast Club

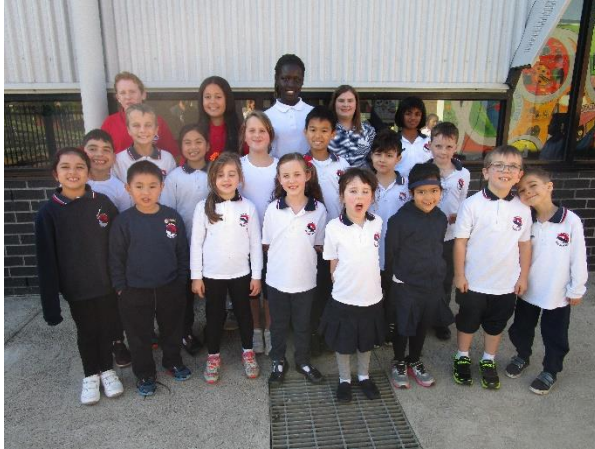
Breakfast Club is run out of Learning Centre 4 Tuesday-Friday mornings from 8.40-9am. The school supplies breakfast which includes cereal, toast, yoghurt and fruit to all students who attend. The school also provides each Learning Centre with a box of food for the term which includes things such as, fruit, muesli bars and sandwiches for students in need. This program is run through the help of volunteers, a Breakfast Club Leader and teachers.





## Silverton Student Committee (SSC)

The SSC is a committee elected by students. Every class in the school has one representative on the committee to voice that particular class's opinions and thoughts. The SSC meet either during recess or lunchtime, once a week to discuss issues such as how to improve the school, fundraising ideas, feedback from their class, or whole school events. Two teachers are given the role each year to oversee and help facilitate this program.



## Buddy Program

The buddy program is designed to help give our grade 5 students leadership experience, be a role model and take on responsibility. It also allows our new Preps to have someone to look up to, a good role model and another 'friend' to start their journey at Silverton. The buddy program is run by a Prep teacher and grade 5/6 teacher. The buddy program runs several times per term where the Preps and grade 5s get the opportunity to meet up and participate in small activities.



## #SSS Squad Captain Peer Mediator Captain Role

The #SSS Captain and Peer Mediator Captain are responsible for the #SSS squad. The #SSS squad is a leadership role taken on by grade 5-6 students. The #SSS Squad are rostered on at recess and lunch, where their main focus is to look for and reward positive behaviour in the yard (through stickers, recognition and #SSS reward bands). Each week they also take out a piece of sporting equipment (skipping rope, balls, etc.) to play with and engage students who might not have anyone to play with. They #SSS squad meet at the rotunda so everyone knows where to find the students. The students also wear green vests so the other students can identify them easily.



## Parents Program

At Silverton we try and include our parents and wider community in our school and our programs. We run a literacy program that pairs a student who needs help in reading, with a Literacy Assistant who wants to make a difference in a student's life. With help from Literacy Assistants, students receive the extra attention and encouragement they need to become better readers and writers.



## Lunchtime/Afterschool Activities

Silverton prides itself on the variety of extra curricula activities we offer to our students both during school and after hours. These activities are designed to help teach our students new skills, build on skills they already have, make new friends, try new things and teamwork. These programs are run by teachers, students and volunteers. The activities offered at Silverton change every term so please see the website for a current timetable.

SILVERTON PRIMARY SCHOOL RECESS & LUNCH CLUBS TEREM 1 2018		
	RECESS 11.00-11.30	LUNCH 1.45-2.15
MONDAY		<b>Computer Club:</b> LC1 - Miss Saunders <b>Sport:</b> Gym - Mr Peterson <b>Gr 1 &amp; 2 Drama:</b> Mrs Vaccaro <b>Chinese Fan Dancing:</b> Music Room - Miss Cheng
TUESDAY		<b>Computer Club:</b> LC1 - Miss Tyme <b>Library Club:</b> Mrs Luong <b>Animal Club:</b> Mrs Yates <b>Knitting Club:</b> LC5 - Mrs Maryanovsky & Helen
WEDNESDAY		<b>Computer Club:</b> LC1 – Miss Kovac <b>Environment Club:</b> Mrs Blake <b>Library Club:</b> Mrs Rickard <b>Board Games Club:</b> Miss Moyle
THURSDAY	<b>Chess Club:</b> Library - Miron	<b>Computer Club:</b> LC1 – Mrs Parra <b>Chess Club:</b> Library - Miron <b>Environment Club:</b> Mrs Blake <b>Library Club:</b> Carl <b>Fitness Club:</b> Mr Blundell <b>Netball:</b> Netball Court - Mrs Kittle
FRIDAY		<b>Computer Club:</b> LC1 – Miss Vines <b>Chess Club:</b> Library - Mr Tang <b>Disco Club on the Green:</b> Miss Degering <b>Orienteering Club:</b> - Mrs Kittle & Mr Blundell

