

SILVERTON PRIMARY SCHOOL



WELLBEING PROGRAMS HANDBOOK 2020

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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.

SCHOOL VISION STATEMENT

Silverton Primary is committed to providing a learning environment and educational programs which will motivate, challenge and support students to become life long learners. The school aims to maximise student potential in a safe and caring community in which academic achievement, positive self-esteem, cultural diversity and the rights of all are highly valued and respected.

SILVERTON PRIMARY SCHOOL OATH

I will have pride in Silverton Primary School and obey the school rules

I will be a good citizen and respect others

I promise to protect and care for the environment

I will try to be the best person I can

I will aim for excellence

#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

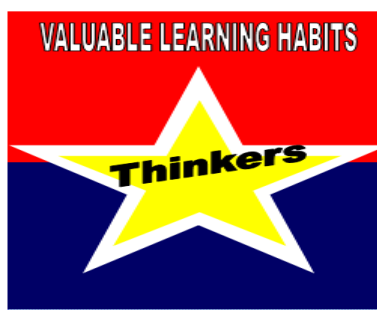
Red- Students are in the red when they are....

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.



#SSS Start Up Program

The first two weeks of every school year are dedicated to building relationships. This includes students building relationships with their peers as well as staff. This time includes a House Day where students will work across year levels and complete a range of activities in their nominated House Group (colour). Students take part in a range of activities aimed at embedding the values of our #SSS Program. Time is spent focusing on Respect, Positive Relationships and Growth Mindset.

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 Foundation – Grade 2 students read. This program runs Tues-Fri in Learning Centre 4 (to encourage the Foundation 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 other Silverton staff.



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 classes 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 Foundation teacher and Grade 5/6 teacher. The buddy program runs several times per term where the Foundations and Grade 5s get the opportunity to meet up and participate in small activities.



Student Leadership Roles

There are many opportunities for the senior students at Silverton Primary School to become involved as a School Leader. In such roles, the students are invited to participate in activities that will assist them in developing their leadership skills.

School Leaders are given the opportunity to develop responsibility and display these skills by;

- respecting school rules and values
- displaying good communication skills with both their peers and adults
- assisting in the facilitation and smooth running of whole school events
- contribute their view point on whole school related issues with the school's leadership team and School Council
- being good role models for other students
- facilitating and leading whole school assemblies
- running lunchtime programs for other students
- representing Silverton at out of School events

The students are identified through a selection process. In their roles they contribute to the school and develop their personal character and leadership skills.

The Silverton Leadership Team includes:

- School Captains and Vice Captains
- House Captains
- Sports Captains
- #SSS Captains
- Visual Arts Captains
- Environmental Captains
- Performing Arts Captains
- Media Arts Captains
- STEM Captains

#SSS Rewards

Students displaying positive behaviour at Silverton are rewarded in a number of ways. Staff can hand out #SSS wristbands to students both during learning time and in the yard. Each week, one student from each class is nominated by their teacher for a #SSS award which is presented at assembly on Monday morning. Each month, we have a whole school focus on one of our Valuable Learning Habits. At the end of the month, one student in the school receives our Valuable Learner of the Month award, also presented at assembly.



Parents Program

At Silverton we encourage our parents and wider community to become involved in our school and programs. We run a literacy program that pairs a student who needs assistance 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 TERM 1 2020		
	RECESS 11.00-11.30	LUNCH 1.45-2.15
MONDAY		Computer Club in LC1: Mrs Birkbeck Sport in Gym: Shae Drawing Club in BER foyer: Mrs Howard
TUESDAY		Computer Club in LC1: Miss Williams Photography Club in Media Centre: Mr Ong Table Tennis in Gym: Mr Tang Outdoor Sports Club Shae: Sport TBC
WEDNESDAY		Computer Club in LC1: Miss McNair Environment Club: Mrs Blake Sport in Gym: Mr Peterson Outdoor Sports Club Shae: Sport TBC
THURSDAY	Chess Club: Library - Miron	Computer Club in LC1: Mrs Parra Chess Club in Library: Miron Outdoor Sports Club Shae: Sport TBC
FRIDAY		Computer Club in LC1: Mr Eilenberg Disco Club on Green Area: Mr Brown Sport in Gym: Mr Blundell and Shae