



# Wellbeing Morning Tea

## Welcome!

Wednesday August 13th 2025

**Miharu Morioka – Assistant Principal**  
**Joanne Weston – Wellbeing and Inclusion Leader**

# Agenda



## WIL Role

What is the role of Wellbeing and Inclusion Leader?



## Wellbeing Goals

What was identified in the school review and next directions for CPS



## Wellbeing Tiers

What supports are in place at CPS?






## Updates

What is currently happening in Wellbeing at CPS?



# School Review

- We recently completed a review of our school - including wellbeing practices.
  - The review highlighted many positive findings and areas of strength.
  - These insights will help guide our next steps as we continue to enhance and develop our wellbeing initiatives moving forward.
  - In Term 3 and 4 we will be planning, preparing and refining our approach for 2026 and beyond.
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# Wellbeing and Inclusion Leader - My role



- Leading the implementation of SWPBS as a whole school program
- Tier 2 support for students in the form of one to one and small group wellbeing sessions
- Lunchtime quiet space twice per week
- Coordinating tier 3 supports
- Supporting the partnership between school and families



# Tier 1: Universal Support for All Students



# Current Tier 1 Initiatives

## **SWPBS: Building a Positive School Culture**

**Promotes positive behaviour** throughout the school.

**Sets clear expectations** for student behaviour in all areas.

Focuses on **recognising and rewarding good behaviour**.

Provides a **consistent approach** to support all students.

## **RRRR**

Stands for: **Respect, Responsibility, Resilience, and Relationships**.

We're **reviewing how we teach and model** these values.

**Ongoing reflection** to ensure they are part of everyday practice.

We use **consistent language** to reinforce these values across the school.





# Current Tier 1 Initiatives

## Zones of Regulation

Helps students **understand and manage** their emotions.

Divides emotions into **four zones** to help students recognize how they feel.

Teaches **coping strategies** for different emotional states.

Students learn when they need **support** to regain control.

## Smiling Mind

**Mindfulness programs** to improve mental health.

Focuses on **resilience**, stress management, and positive thinking.

**Age-appropriate digital programs** for students to access.

Helps students build **coping skills** and manage challenges.

## Lunchtime Clubs

Provides **structured activities** during lunch to encourage socialising.

Focuses on **teamwork, communication**, and problem-solving.

Helps students who may struggle with **social connections**.

Encourages **positive interactions** and a sense of belonging.

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# Tier 2: Targeted Support





# Current Tier 2 Initiatives

## Individual Education Plans (IEPS)

For students with **specific learning needs** to provide tailored goals and supports.

## Small Group Sessions: Wellbeing

Sessions target **social skills**, communication, and emotional regulation

## Behaviour Support Plans

To support students with **behavioural challenges** and outline strategies to help them succeed



## Tutoring

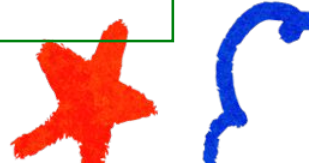
Tailored to **student needs** in subjects such as English and Maths

## Zones of Regulation

Provides **extra guidance** for students needing help to manage emotions

## Literacy Support

Focus on **building foundational reading and writing skills** in English/Japanese.



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# Tier 3: Intensive and Individualised Support



# Disability Inclusion (DI)

- **Individualised support** for students with disabilities.
- Focus on developing **learning goals** and **adjustments** to help students succeed.
- Collaboration with staff, parents, and external specialists to create a **personalized plan**.
- Ensures equal access to learning opportunities and a **supportive environment**.



# Student Support Services (SSS)

- Provides access to Education Department employed specialists (e.g., psychologists, speech therapists).
- Focus on intensive, individualized interventions for students with complex needs.
- Regular reviews and adjustments to ensure optimal support including meetings with the Department Key Contact
- Involves close collaboration between school, families, and specialists to address a range of challenges.



# Integration Aides

- Provides individualized support in the classroom for funded students.
- Aides work directly with students to support their engagement in learning activities.
- Helps students with behavioural, social, and academic needs to integrate fully into the school environment.
- Support is tailored to the specific needs of each student for maximum inclusion.



**WHATS NEW?**


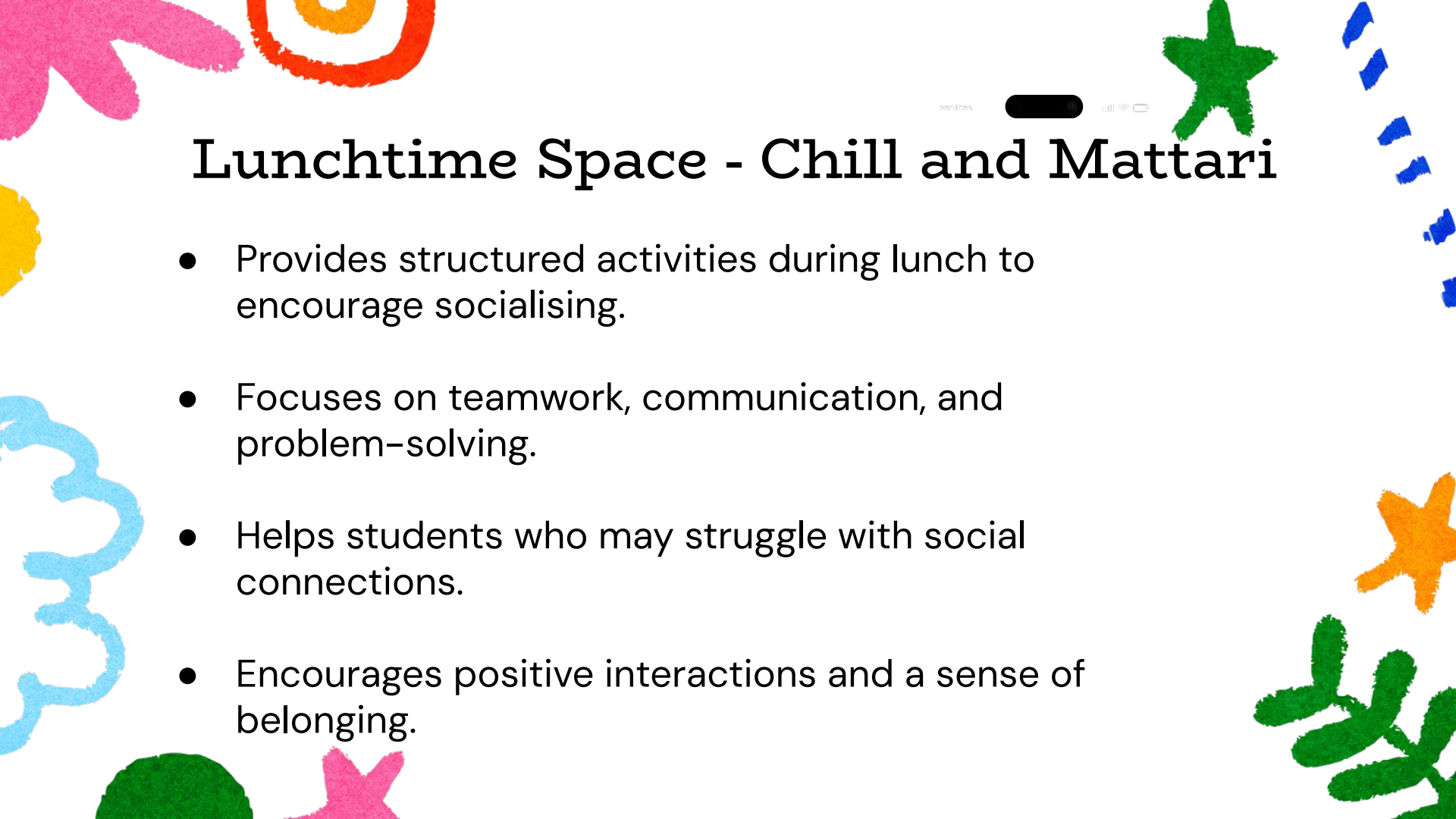
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# SWPBS Updates

- The school is currently redefining the school values as per staff, student and community feedback.
- This term we are working on developing a schoolwide behaviour matrix.
- This will lead into explicit teaching of behaviours as a schoolwide approach.



# Lunchtime Space - Chill and Mattari

- Provides structured activities during lunch to encourage socialising.
- Focuses on teamwork, communication, and problem-solving.
- Helps students who may struggle with social connections.
- Encourages positive interactions and a sense of belonging.



# Extra Curricular

- School Production
- Bullying Prevention Week
- Book Week
- Athletics Carnival



Thank You !

