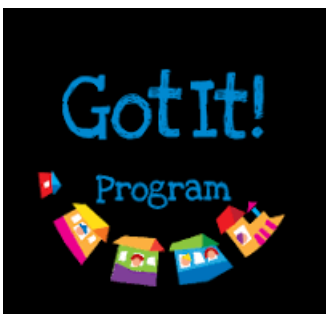


Ungarie Central School

Student Wellbeing Programs

2024

Parent Information



Overview

Ungarie Central School has modified their Student Wellbeing programs in 2024, replacing The Resilience Project with separate Wellbeing programs to be run in Infants/Primary and Secondary. These programs will operate in conjunction with the long-running PBL system, in order to provide improved opportunities for our students to become well-rounded members of our community. Selected Infants students will take part in the Got It! program, all Infants/Primary students will follow the Friends program, while Secondary students will follow the Wellio program. There will also be regular surveys conducted with students to monitor their wellbeing and enable staff to adjust programs as required.

Positive Behaviour for Learning (PBL)

PBL, or Positive Behaviour for Learning, is a school-wide behaviour management strategy, that encourages positive behaviour from students. This strategy has shown improvements in students' self-awareness and motivation to learn, as it is based on clear expectations. Students are explicitly taught what behaviours are expected of them in different settings across the school. Students are then expected to display these behaviours beyond the schoolgate, whether representing the school, themselves or their families. Students displaying positive behaviours are celebrated, while negative behaviours come with consequences. PBL is based around clear values, expectations, rules, routines and procedures.

Our PBL values are:

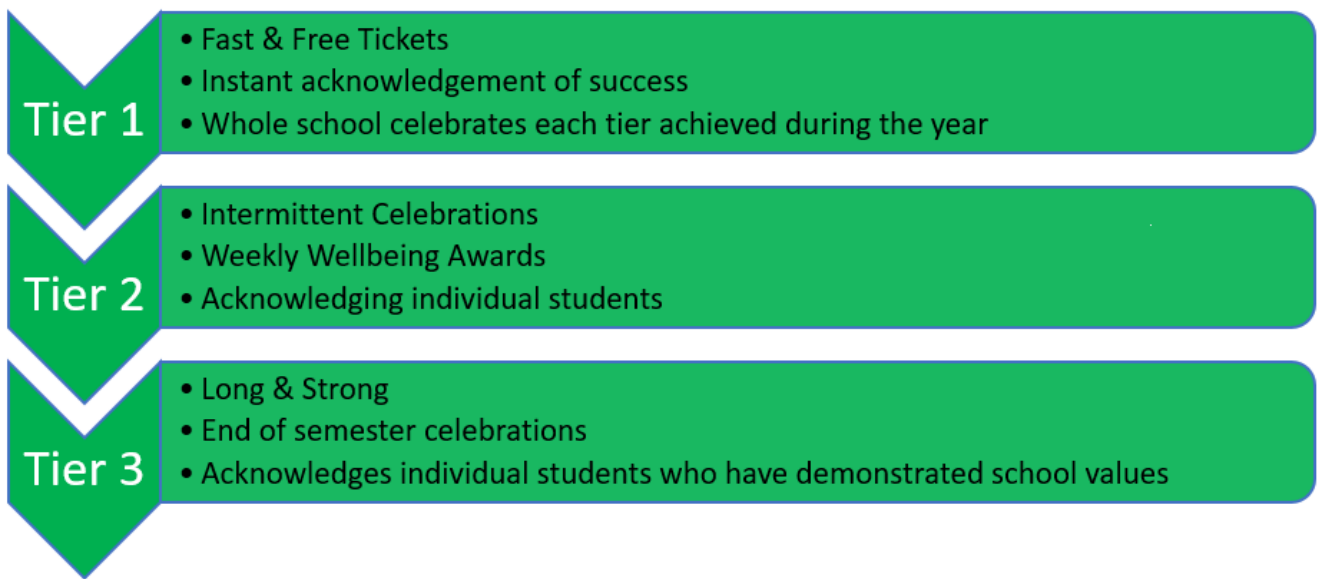


Our whole school expectations are:

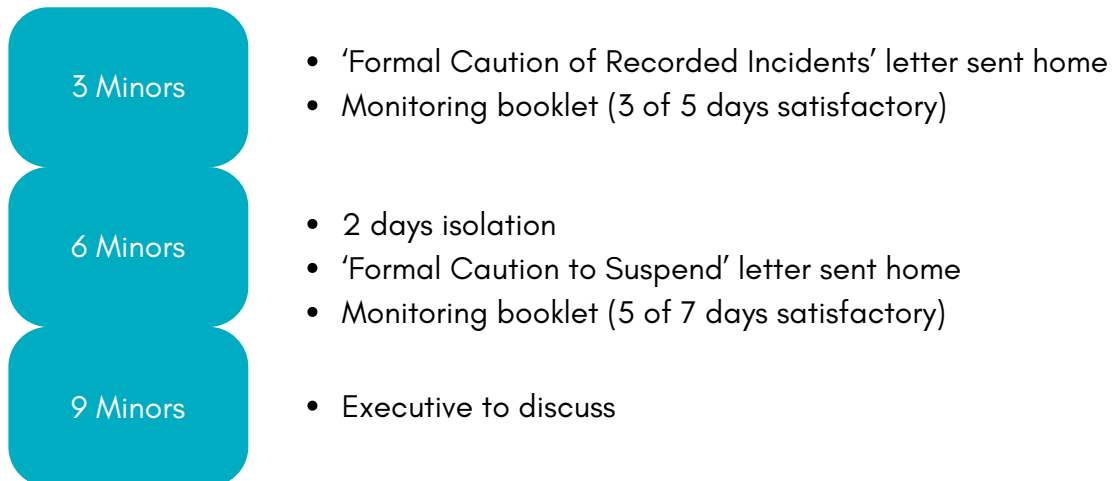
Respect	Responsibility	Learning
<ul style="list-style-type: none">• Use manners and appropriate language• Allow students to learn and teachers to teach• Look after property	<ul style="list-style-type: none">• Right place, right time• Make positive choices<ul style="list-style-type: none">• Wear correct school uniform• Accept responsibility for your actions	<ul style="list-style-type: none">• Be resilient• Be resourceful• Be responsible• Be reflective• Be reciprocal

Celebrations & Consequences Overview

Celebrations



Consequences



Celebrations System



PBL Celebration System



Fast 'n Free

A ticket-based system used daily across the whole school. Students are given a ticket for deeds that uphold the PBL values (at teachers' discretion). One ticket will be one entry into the school's Fast 'n Free ticket barrel. Students all work together to add tickets to the barrel and in turn, they all share in the glory of achieving each celebration level. The barrel has five levels all students will work towards. At each level, a different and bigger whole school celebration will take place. Each fortnight tickets are drawn from the barrel, two primary and two secondary students, with the first primary and secondary students being able to spin the prize wheel to win a prize for their stage/class. Each student drawn will be able to select a prize from the prize pool. There are Fast 'n Free celebrations posters on noticeboards in classrooms to promote each celebration level.



Intermittent

The second tier of the celebrations system, where students work towards a weekly Humbug High Five award, presented at weekly Friday morning assemblies. Students' photos are posted in the weekly "Humbug" newsletter as well as published on the school's Facebook page (assuming publication permission is given). As students earn these awards in groups of 10, they receive different accolades in the school. This tier celebrates individual student achievement within the school. Accolades are found in Appendix 4a.








Long & Strong

The final tier of the celebration system, where students who have demonstrated long-term understanding of our PBL values are acknowledged. This celebration involves all eligible students from across the school and occurs at the end of semesters one and two. The actual activities that students participate in vary from year to year. These activities are heavily subsidised by the school, however, may require minimal payment by students to participate. Any student who has received 2 majors, 6 or more minors per term or has an attendance percentage of less than 80%, or unexplained absences, in a semester is deemed ineligible to attend these celebrations. These are all at the discretion of the executive staff.



Intermittent Celebrations

Name of Award	Frequency	Award
Humbug High Five	Weekly award given out by teachers to acknowledge student's achievements and behaviour in the classroom and playground	 <p>A certificate with a red border and a black scalloped inner border. It features a hand giving a high-five in the top left corner. The text reads: 'HUMBUG HIGH FIVE', 'THIS AWARD IS PRESENTED TO', a blank line for a name, 'FOR', another blank line, 'Teacher', a small school crest, and 'Date'.</p>
Hardworking Humbug	Awarded when students have received 10 Humbug High Five awards. Student's profile will feature in the Humbug newsletter.	 <p>A certificate with a dark red border. It features a thumbs-up icon in the bottom left corner. The text reads: 'Hardworking Humbug Award', 'THIS CERTIFICATE IS AWARDED TO', a blank line for a name, 'For receiving 10 Humbug High Five awards', 'Term Name', and 'Date'.</p>
Humbug Hotshot	Awarded when students have received 20 Humbug High Five awards. Along with featuring in the Humbug newsletter, students will also receive a BBQ lunch voucher book (5 free lunches, including a drink).	 <p>A certificate with a white background and red and yellow geometric accents. It features a star in a red circle in the top right corner. The text reads: 'HUMBUG HOTSHOT AWARD', 'IS PRESENTED TO:', a blank line for a name, 'For receiving 20 Humbug High Five awards', and 'Teacher Name'.</p>
Humbug Hero	Awarded when students have received 30 Humbug High Five awards. In addition to the newsletter profile, students will receive a \$20 gift voucher (for a store of their choice).	 <p>A certificate with a white background and a blue and red border. It features a gold star in a circle at the top center. The text reads: 'HUMBUG HERO AWARD', 'THIS CERTIFICATE IS AWARDED TO:', a blank line for a name, 'For receiving 30 Humbug High Five awards', 'Term Name', and 'Date'.</p>
Humbug Hall of Fame	Awarded when students receive 40 Humbug High Five awards. Students who achieve this number of awards will feature in the Student Profiles in the Humbug newsletter and receive a \$50 gift voucher (for a store of their choice).	 <p>A certificate with a gold and red border. It features a gold star in a red circle with the number '40' in the top left corner. The text reads: 'Humbug Hall of Fame', 'THIS AWARD IS PRESENTED TO:', a blank line for a name, 'For receiving 40 Humbug High Five awards', 'HUMBUG PLAYER', and 'Date'.</p>

Awards are given out to students during Friday morning assemblies.



Fast 'n Free Tickets

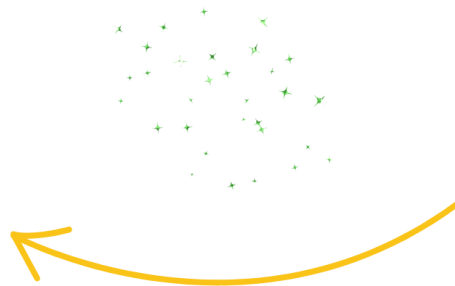
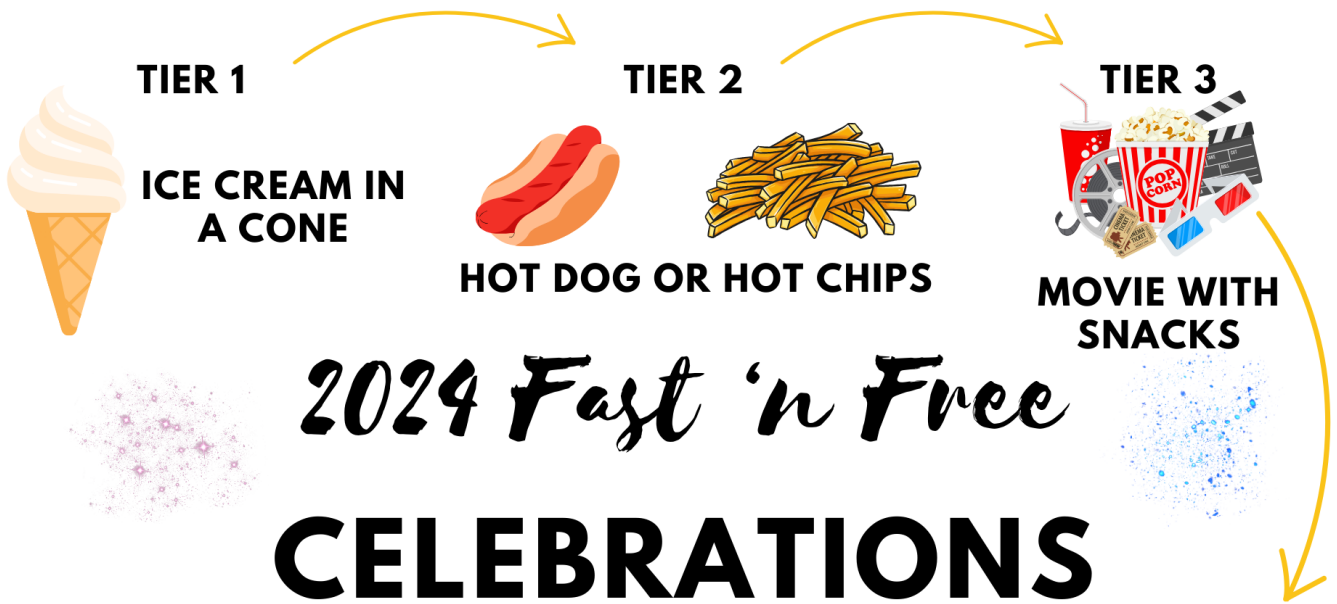


Fast 'n Free Ticket Barrel



Fast 'n Free Prize Wheel

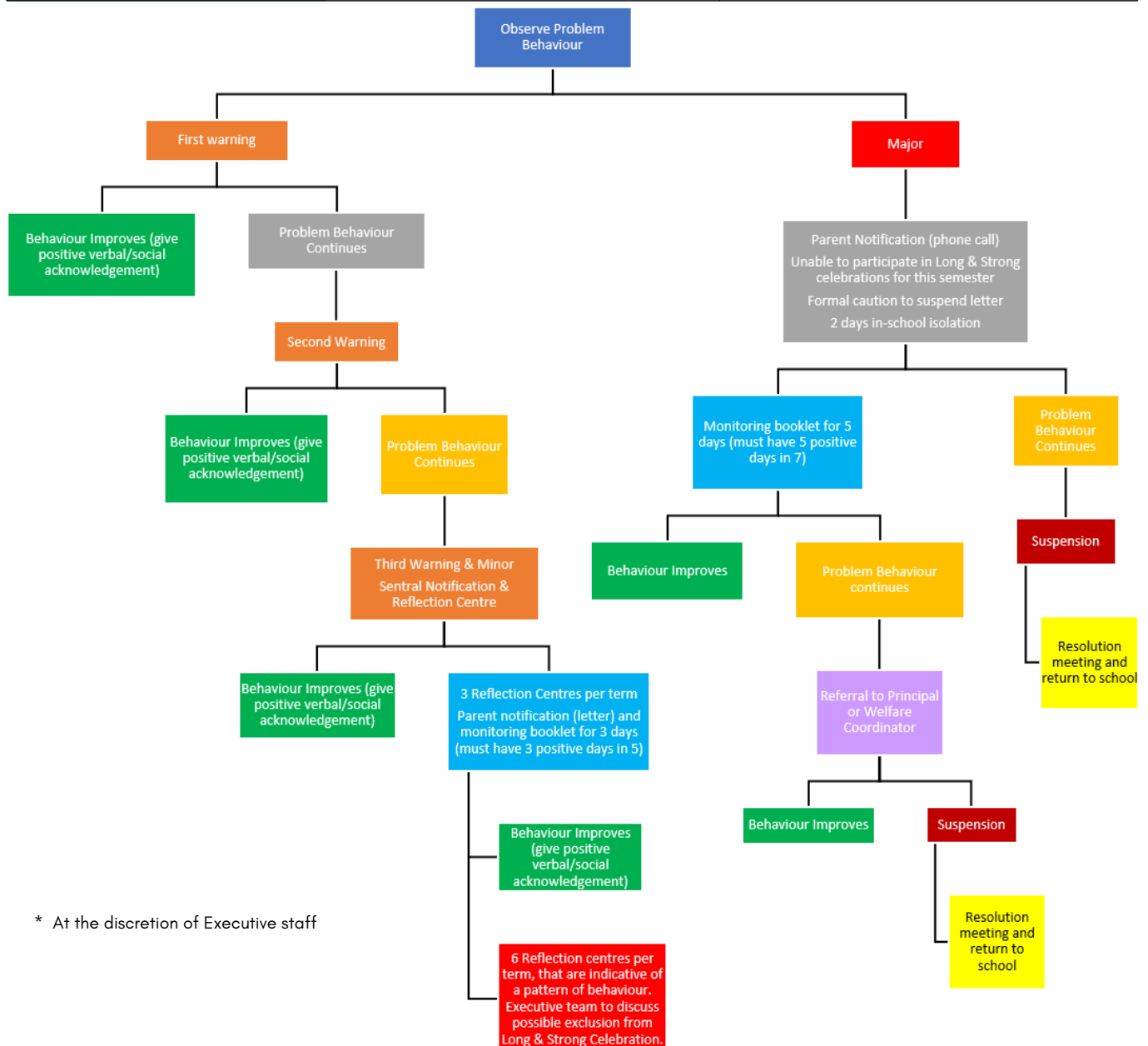
Fast 'n Free Celebrations



Consequences Processes

The behaviours that are considered Minor and Major are shown below. The Consequences Flow Chart outlines the consequences and correction of Minor and Major behaviours.

School Values	BEHAVIOUR What did I do?	
	Minor	Major
Respect	<ul style="list-style-type: none"> Inappropriate language/gestures Mild disruption Incomplete task/Off task 	<ul style="list-style-type: none"> Abusive language Severe disruption Deliberate property damage Physical aggression
Responsibility	<ul style="list-style-type: none"> Deliberately not following instructions Property misuse Physical contact Deliberately late to class/bus 	<ul style="list-style-type: none"> Harassment Truancy Criminal behaviour – smoking, alcohol, drugs, road rules
Learning	<ul style="list-style-type: none"> Out of bounds Littering 	



Infants Wellbeing Got It! Program

Got It! is a specialised mental health early intervention program for children in Kindergarten to Year 2 (K-2) aged 5-8 years who display emerging conduct problems such as defiant, aggressive and disruptive behaviours. It is conducted in schools across two terms with a combination of whole school and targeted interventions. It begins with parent and teacher screening for child conduct problems and includes specialist assessment, referrals and a 10-week targeted clinical program for children with identified problems and their parents/carers. The targeted program is supported by a whole school intervention designed to enhance parenting skills and to build capacities in schools to respond effectively to emerging conduct problems.

Infants/Primary Wellbeing Friends Program

The Fun FRIENDS curriculum helps build the social and emotional skills of young children by using fun, play-based group activities. By learning resilience skills early in their development, children build confidence to facilitate a smooth transition into school life. Fun FRIENDS nurtures positive relationships with family and peers, encouraging children to thrive. This level of the program is aimed at students aged 4-7 years.

FRIENDS for Life is a social skills and resilience curriculum that has been recognised by the World Health Organisation as an effective tool set to prevent anxiety for children. It is proven to reduce anxiety and provide participants with strategies to rise to life's challenges, and bounce back from setbacks and adversity. FRIENDS for Life also improves social-emotional skills, the ability to focus, confidence, the capacity to relax, regulate emotions, and develop empathy. This level of the program is aimed at students aged 8-9 years.

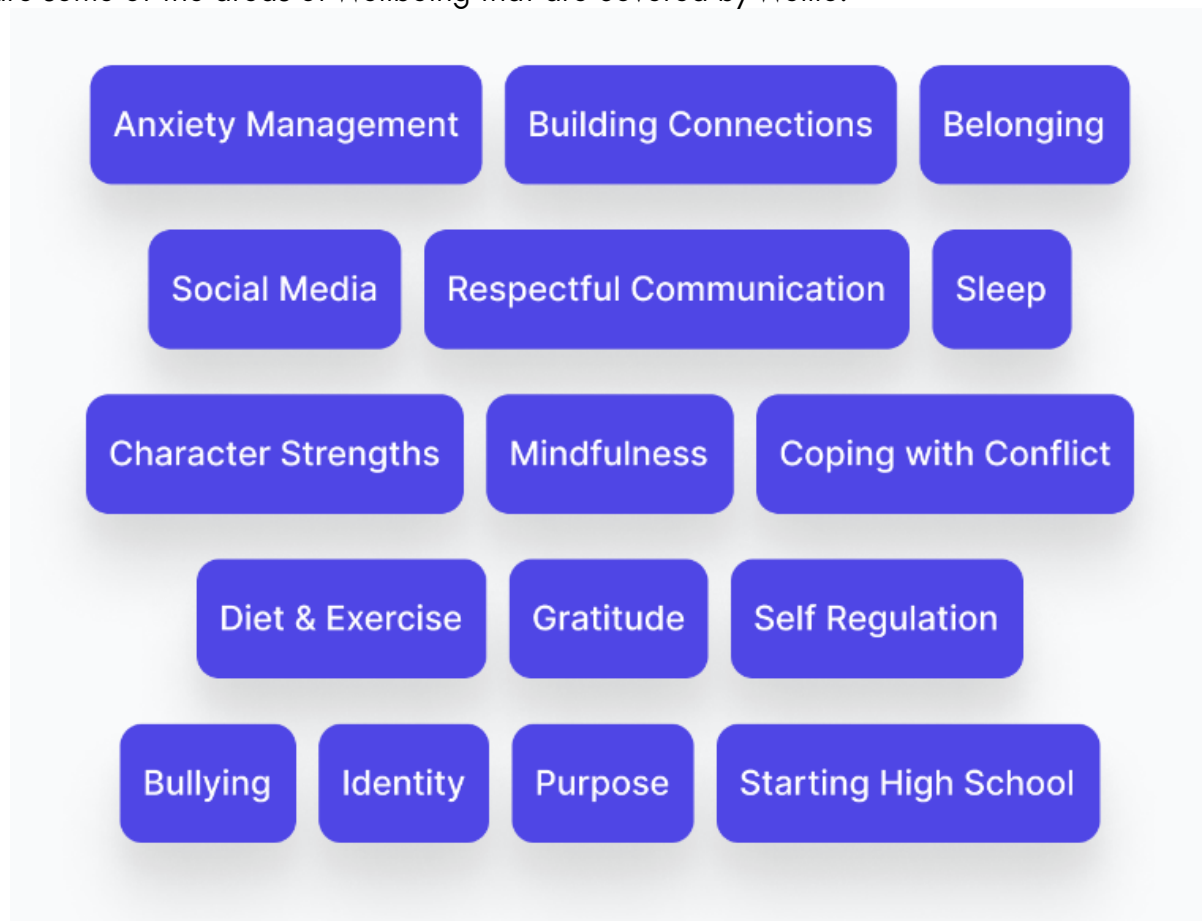
My FRIENDS Youth is a comprehensive curriculum that empowers young people with the necessary tools to overcome life challenges, in positive ways. The skills learnt empower youth to deal with stressful situations by normalising the state of anxiety, and teaching self-regulation. It also helps develop self-confidence and problem solving skills. My FRIENDS Youth is evidence-based, and has been proven to increase resilience, and decrease anxiety and depression. This level is aimed at students aged 10-15 years.



Secondary Wellbeing Wellio Program

Wellio is a digital platform aimed at proactively improve student wellbeing. The program will allow staff to build a bespoke scope and sequence, run engaging wellbeing lessons and measure their impact in one powerful tool. There is a library of lessons that can be used to deliver relevant information, aimed at our current cohort, and data is collected in real-time and analysed to help ensure that our students are receiving the support they need. Wellio's reports and dashboards rigorously identify which areas students are struggling with and measure the impact of the programs. Their unique Wellbeing Index allows staff to compare data across students, classes and year levels.

Below are some of the areas of Wellbeing that are covered by Wellio:



Each secondary year group will spend an hour a week with their year advisor, who will deliver the lessons for each Wellio module as laid out by the scope and sequence for UCS.

