



# Ungarie Central School

## School Wellbeing Programs Parent Information





## Overview

Positive Behaviour for Learning (PBL) is a school-wide behaviour management strategy. PBL encourages positive behaviour from students, which has been shown to improve their self-awareness and motivation to learn.

The strategy employs a whole-school approach to address problem behaviour and reduce its effects on student learning and the school community as a whole. PBL is based on clear values, expectations, rules, routines and procedures.

Ungarie Central School has modified their Student Wellbeing programs for 2025, extending the reach of the Pulse Check-in down to include Year 3 students up to Year 12, maintaining the use of the Wellio program for secondary students, while utilising the LifeSkills Go program for K/1/2 students.

In secondary, year advisors will continue to spend an hour a week with their year groups, using this time to complete portions of the Wellio program as well as touching base with students about their classes, assessment work and playground interactions.

These programs will run in conjunction with the long-running PBL system, to provide more opportunities for our students to become well-rounded members of our community.

## Our Values

Ungarie Central School's values are:

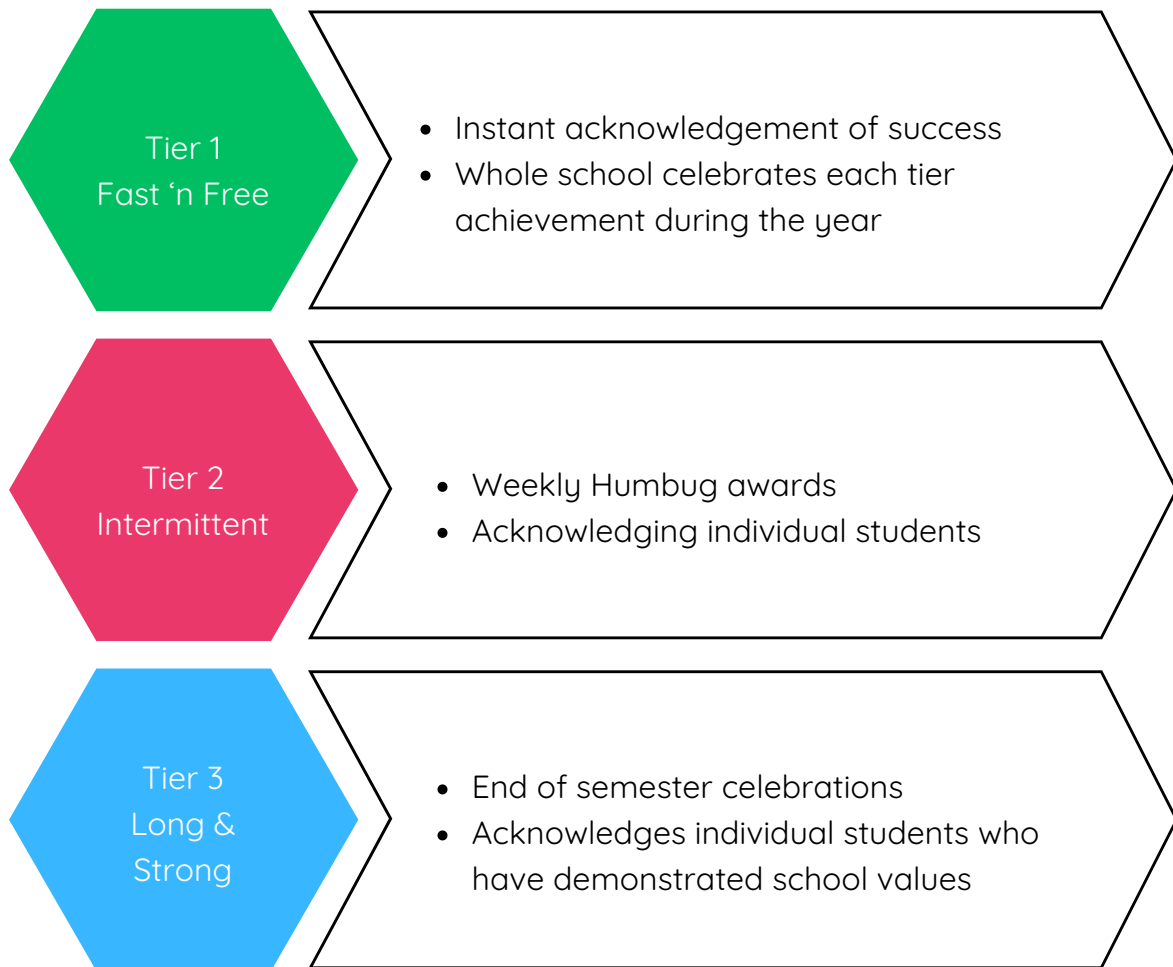


Our whole school expectations are:

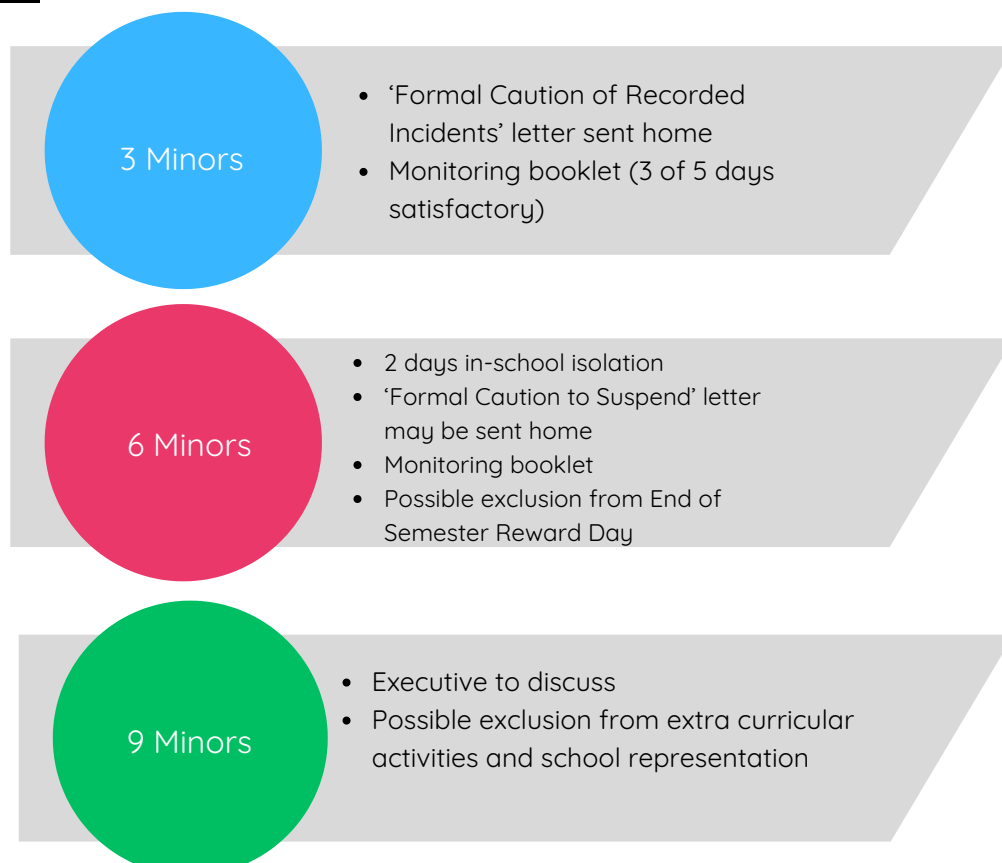
Respect	Responsibility	Learning
<ul style="list-style-type: none"><li>• Use manners and appropriate language</li><li>• Allow students to learn and teachers to teach</li><li>• Look after property</li><li>• Be kind and tolerant</li></ul>	<ul style="list-style-type: none"><li>• Right place, right time</li><li>• Keep yourself and others safe</li><li>• Wear correct school uniform</li><li>• Take ownership of your actions</li></ul>	<ul style="list-style-type: none"><li>• Be resilient</li><li>• Be prepared</li><li>• Be your best</li><li>• Be a problem-solver</li><li>• Be self-reflective</li></ul>

## Celebrations & Consequences Overview

### Celebrations



### Consequences





## PBL Celebrations System



### Tier 1 Fast 'n Free



The school uses a daily ticket-based system to encourage positive behaviour. Students earn tickets for actions that reflect our PBL values (at teachers' discretion). Each ticket is an entry into the Fast 'n Free ticket barrel. Students work together to fill the barrel, progressing through five celebration levels. As they reach each level, the whole school enjoys a special celebration, with each level bringing a bigger reward.

Every fortnight, two primary and two secondary students are drawn from the barrel. The first primary and secondary students drawn get to spin the prize wheel to win a reward for their class or stage. All selected students also get to choose a prize from the prize pool. Fast 'n Free celebration posters are displayed in classrooms to promote each celebration level.



### Tier 2 Intermittent



The second tier of the celebration system rewards students with the weekly Humbug High Five award, presented at Friday morning assemblies. Award winners are featured in the Humbug newsletter and on the school's Facebook page (for students who have permission to publish). For every 10 awards earned, students receive extra recognition within the school. This tier celebrates individual achievements.

Accolades are found on page 7.



### Tier 3 Long & Strong



The final tier of the celebration system recognises students who consistently demonstrate our PBL values. This special event takes place at the end of semesters one and two and includes all eligible students.

Activities vary each year and are mostly funded by the school, though a small student contribution may be required.

Students may not be eligible if they have two or more major behaviour entries, six or more minors per term, an attendance rate below 80%, or unexplained absences.

Final decisions are made by executive staff.

Fast 'n Free Tickets - handed out by teachers to acknowledge positive behaviour.



Fast 'n Free Ticket Barrel - tickets are placed in the barrel, either by students or staff, to put students in the draw for fortnightly prizes. Tickets build up, and as each celebration tier is reached, the whole school enjoys a celebration activity,



Fast 'n Free Prize Wheel - A primary and a secondary student ticket is drawn from their individual boxes (located on top of the ticket barrel in the Front Office) each fortnight at assembly, and these students spin the wheel to win a prize for their class or stage.

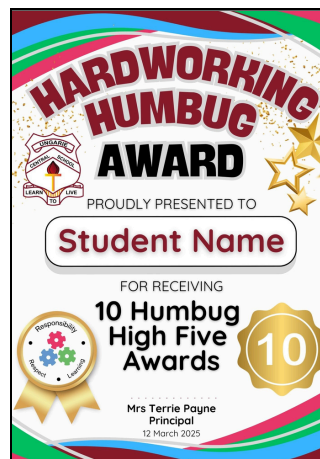
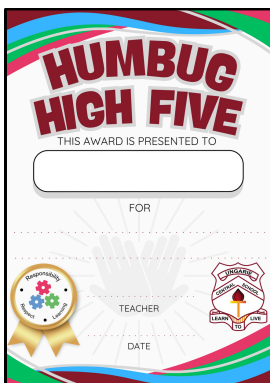


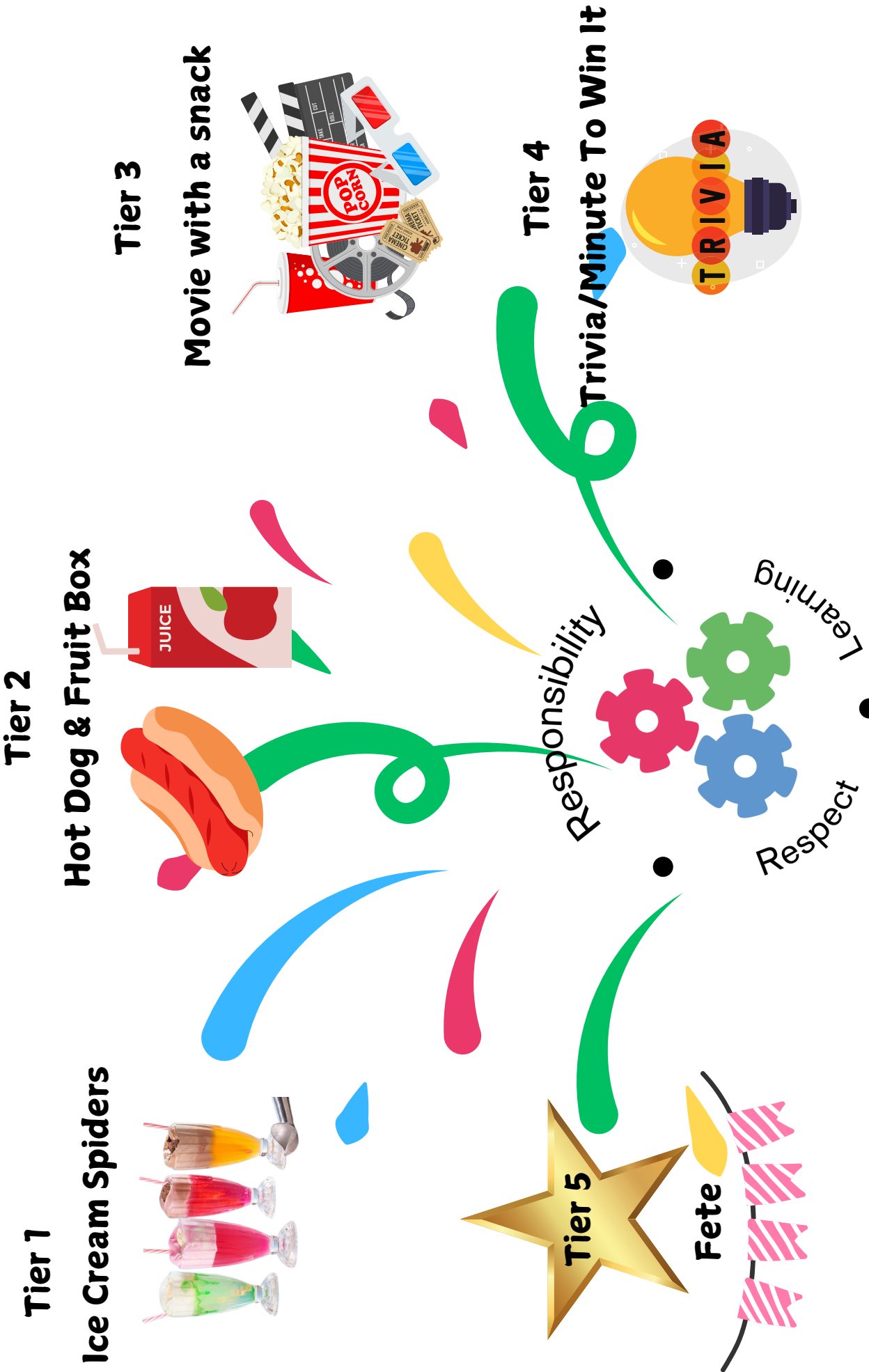


## Intermittent Celebrations

Number of Merits	What You Will Receive
10	<ul style="list-style-type: none"> <li>Hardworking Humbug award at a Friday Morning assembly</li> <li>Profile in the Humbug Weekly newsletter</li> </ul>
20	<ul style="list-style-type: none"> <li>Humbug Hotshot aware at a Friday morning assembly</li> <li>Profile in the Humbug Weekly newsletter</li> <li>Free Wednesday BBQ lunch book voucher (book includes x 5 sausage / rissole sandwiches and a drink)</li> </ul>
30	<ul style="list-style-type: none"> <li>Humbug Hero award at a Friday morning assembly</li> <li>Profile in the Humbug Weekly Newsletter</li> <li>\$20 gift voucher (student's choice)</li> </ul>
40	<ul style="list-style-type: none"> <li>Humbug Hall of Fame award at a Friday morning assembly</li> <li>Profile in the Humbug Weekly newsletter</li> <li>\$50 gift voucher (student's choice)</li> </ul>

Examples of Intermittent Celebration awards received at Friday morning assemblies.





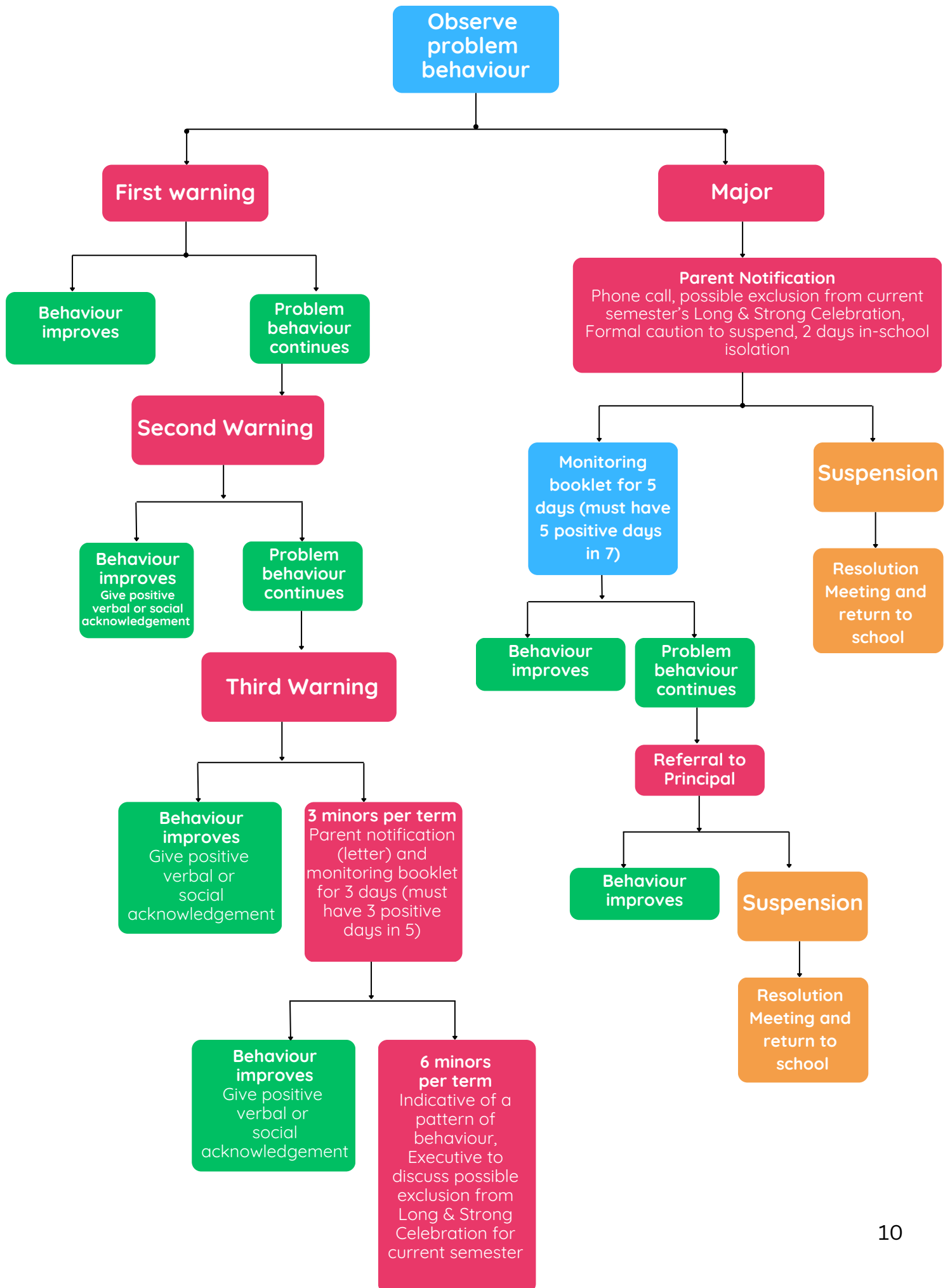
2025 Fast 'n Free Celebrations

## Consequences Process

Appropriate behaviour from students is always expected. If a student has demonstrated a minor or major behaviour as set out in the school's consequences chart, the discipline process, as set out in the flow chart, will be implemented.

School Values	What did I do?	
	Minor	Major
Respect	<ul style="list-style-type: none"> <li>• Inappropriate language or gestures</li> <li>• Mild disruptions</li> <li>• Incomplete task or off task</li> <li>• Deliberately not following instructions</li> <li>• Property misuse</li> <li>• Physical contact</li> <li>• Intrude personal space</li> <li>• Deliberately late to class or bus lines</li> <li>• Out of bounds</li> <li>• Littering - deliberate</li> <li>• Speaking disrespectfully</li> <li>• Dress code violation</li> <li>• Unsafe behaviour (minor)</li> </ul>	<ul style="list-style-type: none"> <li>• Abusive or derogatory language</li> <li>• Severe disruption</li> <li>• Deliberate property damage - substantial</li> <li>• Physical aggression</li> <li>• Harassment/intimidation</li> <li>• Truancy/absconding</li> <li>• Criminal behaviour</li> <li>• Bullying</li> <li>• Unsafe behaviour (major)</li> </ul>
Responsibility		
Learning		

# PBL CONSEQUENCES CHART





## **K-6 Wellbeing**

All primary students participate in weekly wellbeing lessons as part of the Second Step program. This program is designed to develop the basic skills and strategies needed to develop their resilience and support wellbeing. During these sessions, students learn essential social-emotional skills, including self-management, self-awareness, social awareness, relationships skills and responsible decision-making. Through a variety of hands-on and role play activities, students practice these strategies in real-life scenarios, empowering them to face challenges confidently. These programs equip our students with the tools they need to thrive and prepare them for their transition to high school.

## **Infants Wellbeing Lifeskills Go Program**

Lifeskills Go is an interactive blended learning online solution for teachers and students across Australia and New Zealand to develop and measure the social, emotional and physical learning skills of primary school children aged 5 to 12 years.

The program aims to improve school wellbeing and academic results, increase resilience, self-regulation and problem-solving skills, foster growth mindsets, build self-awareness and emotional intelligence, and establish positive-relationship skills. Lifeskills Go provides guided activities, lesson materials, animations and assessments.

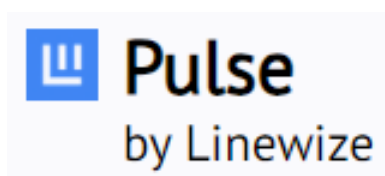


## **Pulse Check-in Years 3-12**

Pulse is a tool for measuring student and staff wellbeing and engagement week-to-week. By 'checking in' with Pulse, our school can track the wellbeing of individual students or staff so that staff can respond to those who request help.

Pulse allows students and staff to anonymously share their feelings about being part of our school. This helps the school make improvements to better connect with students and staff.

Once a week, Pulse will send participants an email (or push notification on the Pulse app) to complete a 'Check-In'. The check-in consists of 5 to 6 straightforward questions. Check-ins generally take less than 5 minutes to complete.



## Wellio

### Secondary Wellbeing Program

Wellio is a digital platform aimed at proactively improving students' wellbeing. The program allows 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.

