



Parent Information 2023

Ungarie Central School School Wellbeing Programs Handbook



THE
**RESILIENCE
PROJECT**™

Overview

Ungarie Central School expanded their Student Wellbeing programs in 2021, introducing The Resilience Project, to operate in conjunction with the long-running PBL system, in order to provide more opportunities for our students to become well-rounded members of our community.

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 school gate, 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 Values

Ungarie Central School's values are:



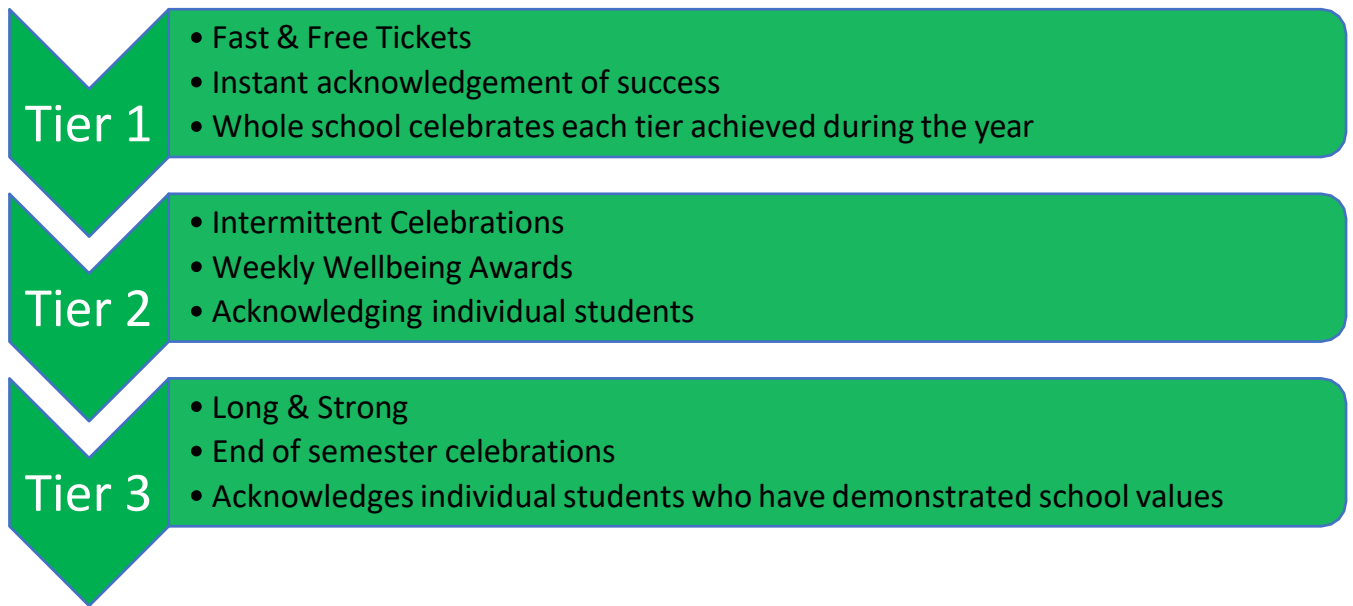
Our whole school expectations are:

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 • 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

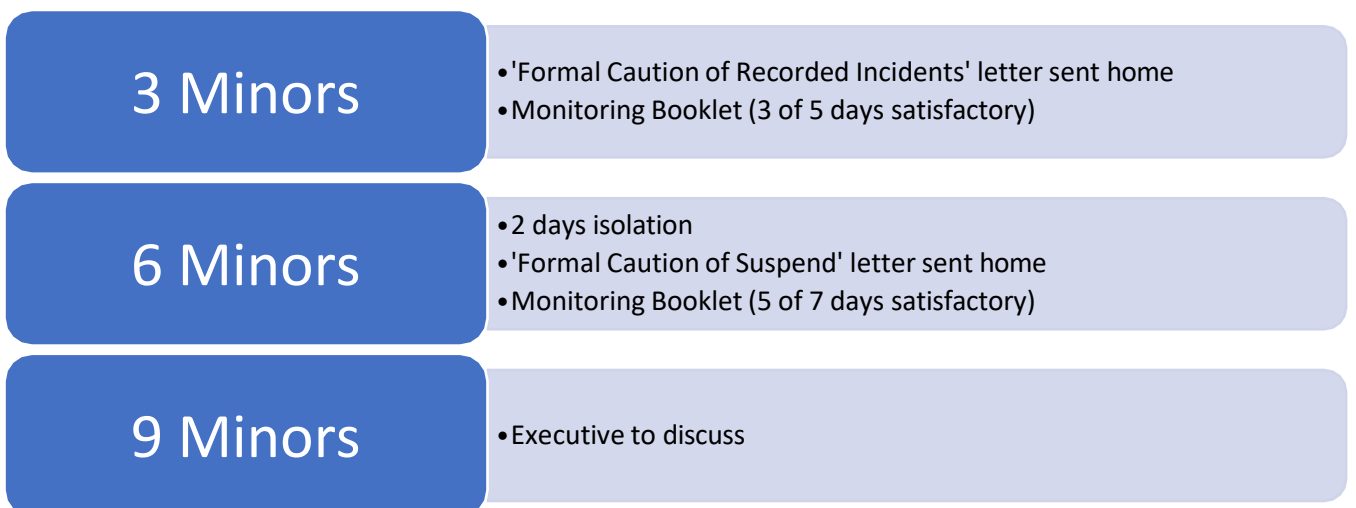
Celebrations & Consequences

Overview

Celebrations



Consequences



Celebration Systems



PBL Celebration Systems



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 the teacher's 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, with students whose names are drawn getting to select a small prize, while one primary and one secondary student will also get to spin the prize wheel for a class prize. There are Fast 'n Free celebration posters on noticeboards around the school to promote each celebration level.



Intermittent

The second tier of the celebration system where students work towards a weekly Humbug High Five award, presented at our Friday morning assemblies each week. Student's photos are posted weekly in the school newsletter, The Humbug, as well as on our school Facebook page. As students earn these awards in groups of 10, they receive different set of accolades in the school. This celebrates individual achievements within the school. Each group of awards will be displayed in classrooms to illustrate accolades for each level.








Long & Strong

The Long & Strong tier is the final celebration level where students have shown long-term understanding and demonstration of our PBL values. This celebration involves all eligible students from across the whole school and happens at the end of each semester (Term 2 and 4). Each year the destination and/or events change. These activities are heavily subsidized by the school but may require minimal payment by students. At the end of each semester, students who have been suspended or received 2+ Majors or have more than 12 Minors are deemed ineligible to attend. Students who have attendance rates of less than 80% or who have unexplained absences are deemed ineligible to attend, at the discretion of Executive.



Intermittent Awards Outline

All awards will be given out to students at Friday assemblies.

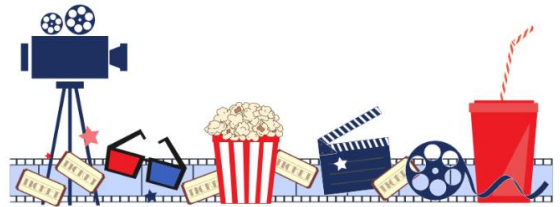
Name of Award	Frequency	Award
Humbug High Five	Weekly award given out by teachers to acknowledge student's achievements and behaviour in the classroom and playground	 <p>A certificate with a red border and a black scalloped edge. It features a hand holding a white card with 'HUMBUG HIGH FIVE' written on it. Below the title, it says 'THIS AWARD IS PRESENTED TO' followed by a blank line. Underneath that is 'FOR' followed by another blank line. At the bottom, there are fields for 'Teacher' and 'Date', each with a small logo to its right.</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 has a small logo in the top left corner. The text reads 'Hardworking Humbug Award' followed by 'This Certificate is awarded to' and a blank line. Below that, it says 'for receiving 10 Humbug High Five awards.' At the bottom right, there is a signature line for 'Terrie Payne' and a small logo.</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 shapes on the sides. It features a gold star in a red circle in the top right. The text reads 'HUMBUG HOTSHOT AWARD' followed by 'IS PRESENTED TO:' and a blank line. Below that, it says 'for receiving 20 Humbug High Five awards.' At the bottom right, there is a signature line for 'Terrie Payne' and a small logo.</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 decorative top border. It features a gold star in a red circle at the top center. The text reads 'HUMBUG HERO AWARD' followed by 'This certificate goes to' and a blank line. Below that, it says 'for receiving 30 Humbug High Five awards.' At the bottom, there is a signature line for 'Terrie Payne' and a small logo.</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 white background and a gold border. It features a gold star in a red circle with the number '40' inside, on the left side. The text reads 'Humbug Hall of Fame' followed by 'THIS AWARD IS PRESENTED TO' and a blank line. Below that, it says 'FOR RECEIVING 40 HUMBUG HIGH FIVE AWARDS.' At the bottom, there is a signature line for 'TERRIE PAYNE' and a small logo.</p>

2023 Fast & Free Celebration Tiers

2023 FAST 'N FREE CELEBRATIONS



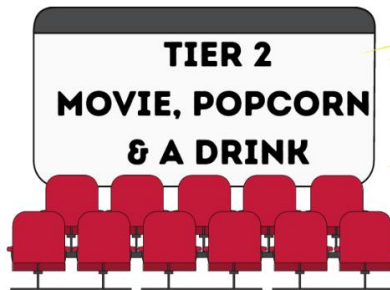
**Tier 5
Interest
Groups**



**TIER 4
MOVIE & PARTY FOOD**



**TIER 1
ICE CREAMS/BLOCKS**



**TIER 2
MOVIE, POPCORN
& A DRINK**



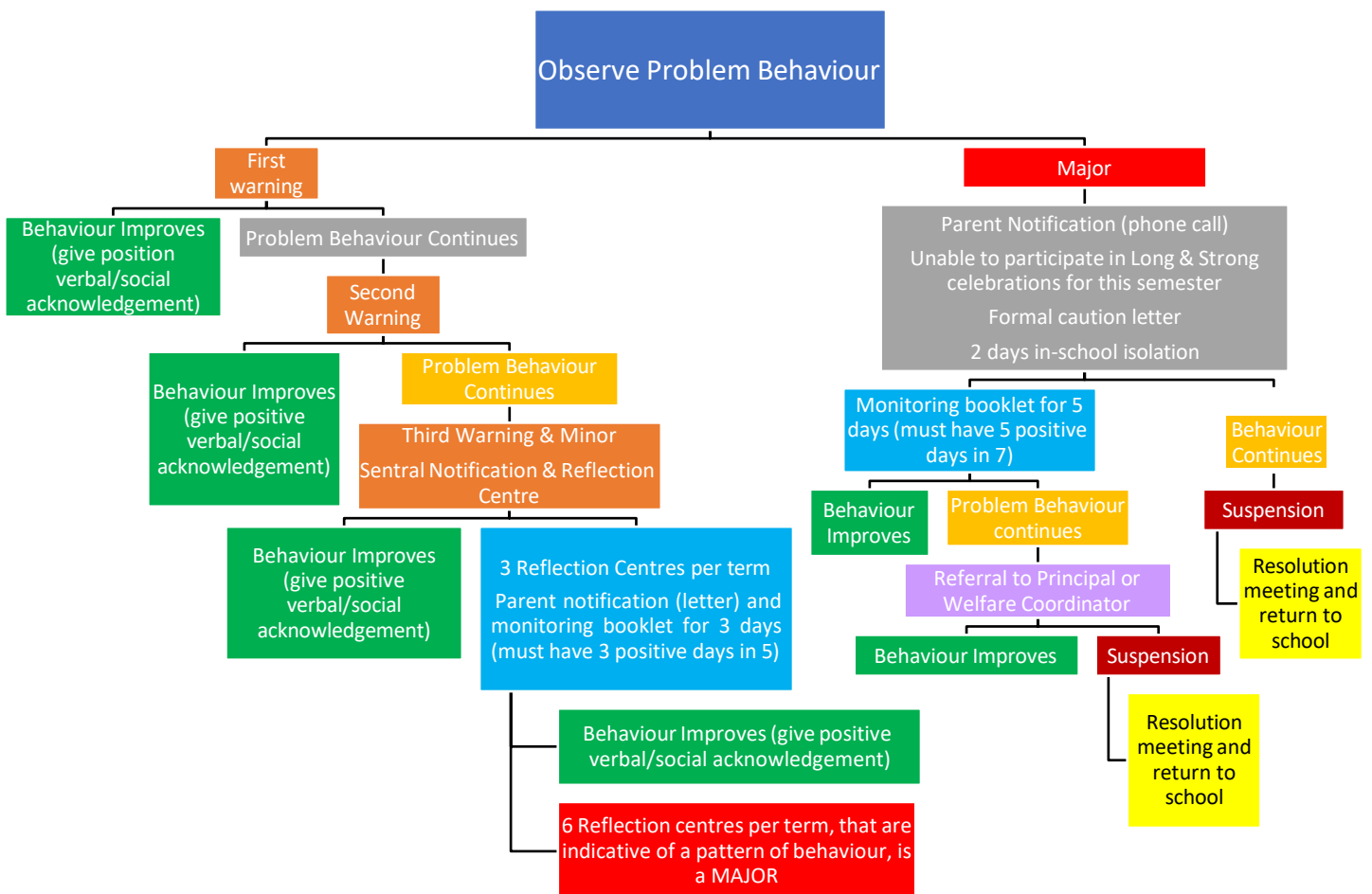
**Tier 3
Colour Run**

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	Inappropriate language/gestures Mild disruption	Abusive language Severe disruption Deliberate property damage
Responsibility	Incomplete task/Off task Deliberately not following instructions Property misuse Physical contact	Physical aggression Harassment Truancy
Learning	Deliberately late to class/bus Out of bounds Littering	Criminal behaviour – smoking, alcohol, drugs, road rules

Consequences Flowchart



*at the discretion of the Executive

The Resilience Project

What?

(GEM) Gratitude, Empathy, Mindfulness and Emotional Literacy

TRP supports young people to **form evidence-based habits now that will increase their capacity to deal with challenges, changes and stressors in the future.**

The lessons in The Resilience Project curriculum are focussed on four evidence based positive mental health strategies:

Gratitude

Paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Empathy

Putting ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and present at any given moment. We practice this through slowing down and concentrating on one thing at a time.

gratitude

empathy

mindfulness

Emotional Literacy

Our ability to label our emotions as we experience them. Labelling our emotions helps us to manage our emotions (soften negative emotions and find positive emotions). We practice this by labelling our emotions as we experience different parts of our day.

Students participate in The Resilience Project lessons once a week as a class group, completing structured activities aimed at promoting the four resilience themes and building students skills in these areas. There is also a fortnightly segment in The Humbug, that highlights what students have been learning about, so that families can discuss it at home.

If you have any questions about our Wellbeing programs, please do not hesitate to contact us via the Front Office on 02 6975 9030.