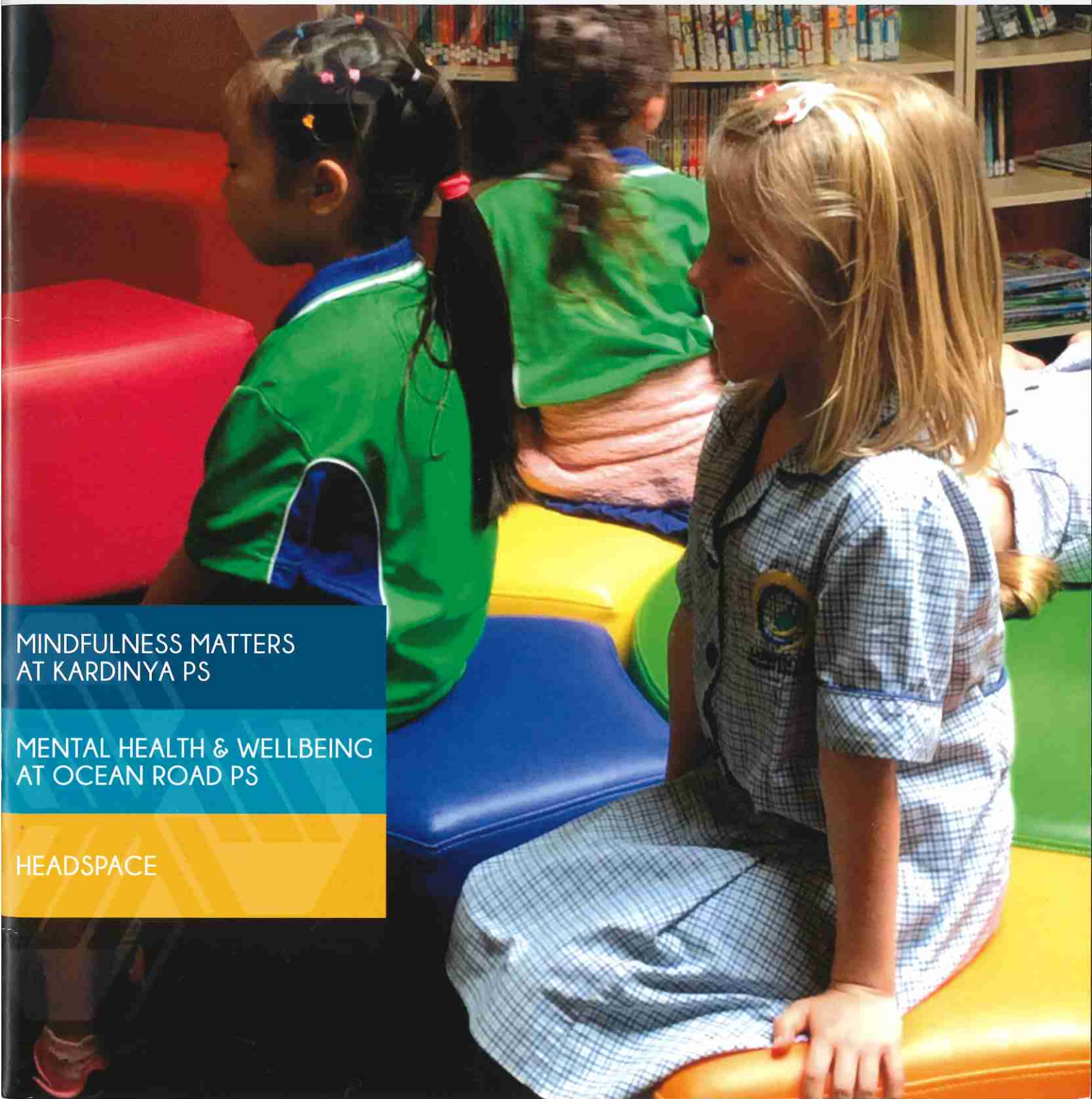


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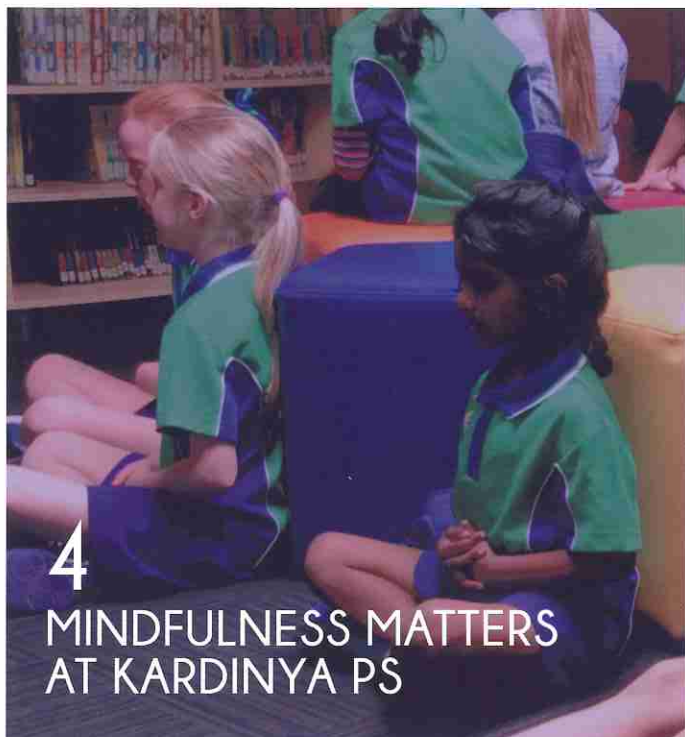
Volume 39 | Edition 3 2019



MINDFULNESS MATTERS
AT KARDINYA PS

MENTAL HEALTH & WELLBEING
AT OCEAN ROAD PS

HEADSPACE



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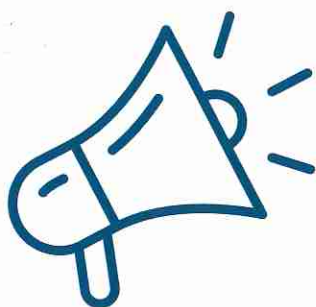
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Ordinary Members TRB Authorisation forms

Each year WAPPA pays the annual TRB fee (\$90.50) for our **Ordinary Members**. Members only have to send the form to us once and then as long as they are a financial Ordinary Member we will pay this on their behalf. We submit our listing before end of term in December for payment of the next year's TRB. Please ensure to have yours to WAPPA by the **first week in December**. **Also note that all other TRB fees are payable by the member themselves.**

Mindfulness Matters at Kardinya Primary School

Julie Simpfendorfer, Principal & Kate Robinson, Wellbeing Co-ordinator Kardinya PS

At Kardinya PS, mindfulness isn't a 'Buzz' word - it is a way of life. In an ever-changing world, children are constantly encumbered by increased anxiety, especially from bullying, disengagement from their peers or their studies and the effects of home concerns. Research shows that one in seven primary students has a mental health issue, so we are actively preparing our students and community to survive and thrive in the 21st century.

Mental Health is on everyone's mind and the Department of Education is supporting this as a priority by providing funds to schools through their Mental Health and Wellbeing Initiative. This support has proved invaluable at Kardinya Primary School to foster expertise and to provide time and resources to start the ball rolling. It has allowed us to make our school a place where the mental health and wellbeing of all community members are valued, considered and supported. Mindfulness promotes calm, improves attention, alleviates anxiety and increases feelings of wellbeing and relaxation.

“ By better regulating emotions and developing strategies to help think through problems more rationally, we hope to find improvement, not only in confidence and overall wellbeing but also in academic progress. ”

Kardinya PS is a school with a background of upheaval and workplace trauma. As a response to this, we have prioritised the wellbeing of staff along with the entire school community. We believe staff wellbeing is central to the wellbeing of the community and students and have used this as a starting point. Staff members are the heart of our school and enhancing their wellbeing is having a ripple effect, reaching out to the students and community beyond. The Staff Wellbeing Toolkit (Nesli) was

undertaken, with a leader chosen and 5 components of professional learning were presented to staff during staff meetings and professional development days. These components encouraged staff to get on board with the mental health and wellbeing journey, giving information and strategies to help them improve their mental health and wellbeing on both a personal and professional level, through building social capital.

We also engaged the services of Michael Broadbridge from Green Eleven to facilitate a High Performing Teams program to assist with the achievement of an actively engaged, high-performance culture within the Kardinya PS team. This process aimed to connect staff with the direction of the school and create a united front focusing on our core values and a collaboratively decided school mantra – “Be Your Best”. This has been adopted across all areas of the school and has provided consistent vocabulary and focus for improvement in all areas. We include mindfulness at the start of every staff meeting and staff members are acknowledged by their colleagues by way of a 'Staff Shout Out Board' and a 'Be Your Best Award'. These are displayed then collected for a random draw (prizes involved) before being handed to the recipient. After recently completing a staff survey on health and wellbeing, several other activities are being trialled, such as an after school walking group and fitness activities, mindfulness and meditation two mornings a week, social functions each term and a healthy breakfast morning.

At Kardinya PS mindfulness is becoming commonplace for staff, students and parents. We have introduced 'Mindfulness



KARDINYA PRIMARY SCHOOL
Learning for Life

& Meditation Mondays' (M&M Monday), where students come to the library for 10 to 15 minutes of mindfulness, meditation or yoga before going out to play. 'Thoughtful Thursday' has recently been added to our week. The library is opened for the whole of lunchtime, with calming music and mindful colouring sheets galore. This has proved very popular with our students.

“ Once a month we also have 'Wellness Wednesday' - fifteen minutes of mindfulness for parents just before pick up time. Attendance is building for this initiative where we use simple guided meditations, body scans or chair yoga as strategies to empower our parents. ”

Every fortnight we have buddy class activities. Each class has a buddy class of a different year level and they join forces on a Thursday morning to do fun activities together, building strong relationships across the school and ages. The teachers share the load of organising the activities, cooperating and sharing resources. Sometimes activities involve mindfulness, sometimes just chatting, reading, creating, or experimenting. Sometimes they play games colour pictures or share thoughts and feelings.

The children love going to Buddy Class and enjoy seeing their buddies in the playground. Our Chaplain also organises great activities to encourage inclusion and wellbeing.

We are currently working with the year 5 and 6's to create a 'Chill-out Zone' in their shared open space to be a place where they can retreat to when necessary. The students are proud of their area and enjoy the feeling of ownership of the area. We are a Be You (Headspace) school and in 2020 we are also embarking

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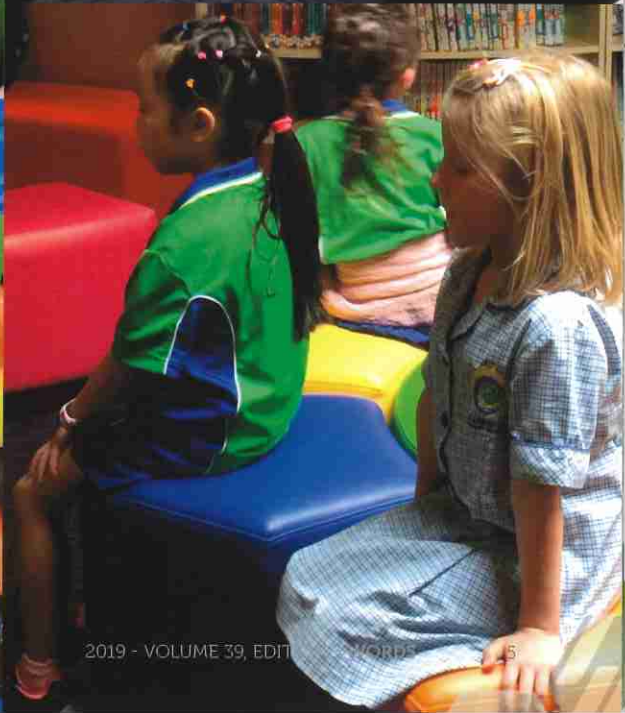
At Kardinya Primary School we are proud of the work we are doing to prepare our young students for real life and all it brings.

”

on the Aussie Optimism program.

At our school, we place as much importance on mental health and wellbeing as academic achievement. Our students are encouraged and supported to be mindful, respectful and non-judgemental.

At Kardinya PS, mindfulness isn't a buzz word, it is a way of life. ☞



M&M Mondays

Meditation and Mindfulness

If you would like to join in, come to the library from 1.30 - 1.45

(straight after eating your lunch)

Remember this is a **NO TALKING** event.