



WELLBEING ACTION PLAN

Riverton Primary School believes that the Wellbeing of each individual student is essential to achieving the best learning outcomes. Children and young people with good wellbeing are more engaged and successful learners.

To foster student wellbeing at Riverton Primary School we:

- Undertake a termly wellbeing audit during staff meeting to provide an overview of our student wellbeing across the school.
- Take part in the National Day of Action Against Bullying and Domestic Violence in March each year.
- Apply wellbeing info into school newsletters at least twice a term for parent awareness
- Each class takes part in wellbeing learning activities each week including mindfulness activities, mental health check ins, thankfulness journals, compliments box and relaxation time.
- Teach students about wellbeing aligned with the Australian Curriculum - Health and Physical Education and the Personal and Social Capabilities across Curriculum Priority including age appropriate teaching about in-person bullying and cyber bullying.
- Daily Interoception in all classes is expected and access to the Interoception room when required by students.
- The PCW checks in weekly with identified students.
- Breakfast Club run by local volunteers.
- School supported by Parents and Friends provides fruit and lunch to students who don't bring any from home.

At Riverton Primary School we believe positive teacher wellbeing contributes to improved health and wellbeing for not only teachers but also students, and ultimately, to positive learning outcomes. Teachers do their best teaching when they feel positive within themselves.

To foster staff wellbeing at Riverton Primary School we:

- Use the "Staff Shout out" wall to give compliments to staff about their positive work or actions.
- Implementation of a "Get Staffed" photo board to share photos of staff together or achievements.
- From 2023 plan 1 staff meeting per term that has a staff wellbeing focus.
- Personal recognition from principal in verbal or written form.
- All staff have responsibility of maintaining our culture and the trusted collaboration with PLCs
- Ensure staff are comfortable to ask for help when required and are supported.
- Advocate for each other and ourselves to manage workload and after school commitments eg STAR/PAC

Policy ratified by staff	Term 1 2023
Endorsed by Governing Council	Term 2 2023
Review date	Jan/Feb 2024