

Our Objective

To work together to ensure that all Swan View Primary School students have been provided with the skillset to manage their wellbeing*, tackle challenges and thrive in school and life.

Rationale

The increasing numbers and complexity of the mental health and wellbeing amongst our students cannot be ignored. Research suggests that students who convey higher levels of behavioural, emotional and social wellbeing are more successful throughout their school life and beyond.

Our Mission

We want students as well as staff and parents to 'talk about it' and become comfortable having conversations. We aim to develop and maintain a shared understanding to ensure that all students know how to seek support.

Our Focus Areas and Actions

Culture and Values - Our school community's values and culture contribute to the wellbeing of our students.

Action 1 - Create a school environment where students, staff, parents and carers feel safe and comfortable to have conversations about mental health.

Action 2 - Develop a sense of community which values and celebrates diversity, belonging and connection among students, staff, parents and carers.

Knowledge - Our school community has the knowledge to understand the wellbeing of our students.

Action 3 - Improve awareness and understanding about mental health in the school community.

Action 4 - Provide staff and parents with resources and learning opportunities to enhance their ability to understand students' wellbeing.

Action 5 - Identify and execute proven programs that are engaging, innovative and beneficial for students.

Skills - Our school community has the tools and skills to identify and support the wellbeing of our students.

Action 6 - Support students to develop a range of skills to foster positive mental health and wellbeing.

Action 7 - Support students to use their developed skills to manage their levels of stress and emotions to improve their school-life balance.

Support – Our school community ensures our students have access to readily available support for their mental health and wellbeing.

Action 8 - Promote student access to informal and formal support both within the school community and beyond the school community.

For extenuating circumstances personalised Mental Health Risk Management Plans are available to be completed in consultation with the school psychologist, classroom teachers, parents and/or carers.

*emotional, mental, physical, spiritual and social well being