



# SWPBS Newsletter

Term 2  
2017

THIS TERM'S FOCI



Respectful Rocky

## INTERVIEW WITH MIDDLES STUDENTS

We approached some students from the middle department and asked them what they learn from SWPBS at Mano.

**What is your favourite SWPBS character and why?**

Aleisha... Respectful Rocky because it is always important to be respectful to friends, family and strangers.

Phoebe... Responsible Ronnie because he's always taking initiative and responsibility is very important.

Lillian... It is always important to be safe because of these reasons e.g around the roads, on the internet and in hot weather. That's why I choose Safe Sally.

**What is your favourite positive behaviour on the matrix?**

I show initiative because it is everything in one.

**Why is our school a SWPBS school?**

Because our school is respectful, responsible and safe. We always have a focus for each week

**Why do we follow the SWPBS?**

If we didn't we would not be a responsible, safe and respectful school and no one would like to come to our school.

**Why do we have tokens?** We have tokens because when we do something good we earn them and when we get 25, 50, 75, 100 and 150 we get prizes.



Responsible Ronnie



Safe Sally

### What you can do at home to help support your child build their resilience

Please use the key words to help build positive minds;

**Empathy**  
**Gratitude**  
**Mindfulness**

Using this language alongside actively positively modelling these will support your child and build up their resilience!

#### **Activities you can consider to do at home:**

Dinner table reflection: at the dinner table everyone shares 1 not so great thing about your day 1 positive thing about your day and 1 thing you're grateful for.

Appreciation wall: create a wall in the house that you can all write down what you appreciate once a day and reflect on it at the end of the week as a family.

Family bucket lists: when you spot someone in the family doing an act of kindness, write it down and acknowledge it!

Exercise: Get together and do a fun activity that gets your heart pumping! The Gonoodle website listed below has some great ideas.

#### **Websites that are children friendly and great fun!**

[Calm.com](http://Calm.com)

[Gonoodle.com](http://Gonoodle.com)

[Smilingminds.com](http://Smilingminds.com)

Why not practise building resilience as a family daily?

### Resilience Project

The Resilience Project is about inspiring students, empowering teachers and engaging parents.

Did you know that all it takes to start feeling good and thinking positive thoughts is;

Listening to music-7 seconds

Laughing-instant

Exercise-30 seconds

As teachers we have learned through the Resilience Project the importance to practise what you preach. We participate in mindfulness activities with our students daily and model positive thinking.

**Daily activities you will see happening at Mano are:**

#### Preps

- Kimochi characters and stories
- Discuss the weekly focus and role plays

#### Juniors

- Cut and paste the value of the week and record any vocabulary, sentences or pictures about the value
- Mindfulness writing in our Mindfulness books
- Creating dialogue and plays based on the value
- Peers acknowledging others displaying the value

#### Middles

- Discuss the weekly foci and use it apart of our handwriting practise.
- Act of kindness tree/garden
- Gratitude box/ Gratitude journals
- Games on middles blog
- Visualising by listening to peaceful scripts

#### Seniors

- Bucket filling and dipping
- Turn and talk about the foci of the week

Did you know that classes around the school have been carrying out random acts of kindness?

SG made sure the middles were well hydrated on a sizzling hot day with a cold bottle of water and a warm message.

Balloons for the preps- each student from ML created a poster with a message of kindness welcoming the Preps to Mano. They delivered the messages with a colourful balloon.

Surprise notes for Anna-each student from MW wrote what they appreciate about Anna. Then they read their note to Anna one by one.

All of the random acts of kindness had a message to pass the random act of kindness on. I wonder who will be pleasantly surprised next!

Reward shop is open every Tuesday at lunchtime in the old canteen. Bring your certificate and cash in your tokens for a reward.

**25 tokens:** lcy pole or stationary

**50 tokens:** 20 minutes of flexi-time (to be decided with classroom teacher) or \$1 canteen voucher

**75 tokens:** Tennis/down ball or diary

**100 tokens:** \$3 canteen voucher

**150 tokens** Principal/teacher for an hour.

Did you know that some students have already received 50 tokens and have been announced at the school assembly? Some of those students had reflected on their behaviour and set themselves individual SWPBS learning goals to focus on daily.

Zahlia Foley: My learning goal is 'I use strategies to solve problems' I try to achieve this goal by taking initiative and having a go.

Holly Nankervis: My learning goal is 'I keep my belongings tidy' I try to achieve this goal buy stacking my books under my pencil case neatly.