



SWPBS & Mindfulness Newsletter

Term 2,
2021

School Wide Positive Behaviour Support:

Our SWPBS matrices can guide and set expectations both in school and within our community. Our school leaders share our weekly and fortnightly foci with the school community, modelling and sharing positive expectations.

SWPBS Matrices

Our SWPBS Matrices outline and set high expectations for demonstrating Respect, Responsibility and Safety. Here are the links to our '[Student](#)', '[Parent](#)' and '[Staff](#)' matrices.

Receiving Tokens & Achieving Milestones

Students modelling and displaying the expectations outlined in the matrix earn a token. Students will receive tokens and cash these in for 'stars' on their classroom Star Chart. Students will be acknowledged at assembly and with a sticker when they reach each milestone.



Respectful Rocky



Responsible Ronnie



Safe Sally

Don't forget... we can still demonstrate the SWPBS behaviours throughout the school holidays. We can, keep our room and belongings tidy, be inclusive of others and resilient in different situations, play fairly by the rules when playing with family and friends, be empathetic of others and show initiative (doing something, even when you may not have been asked).

So... what will you do on the holidays?

SWPBS Foci we have been learning this term:

Week 1/2

I use, return and store equipment properly
(I show Respect)

Week 3/4

I use my own and the school's technology safely
(I am Safe)

Week 5/6

I put effort into my work
(I take Responsibility)

Week 7/8

I report problems I cannot solve to the yard duty teacher
(I am Safe)

Week 9

I allow others to learn
(I show Respect)

Week 10

I am an active bystander when needed
(I am Safe)

Spotlight on... Leading Senior Constable Robbie Nogger

This term, Middles and Senior students were lucky to have Leading Senior Constable Robbie Nogger visit. His informative session shared valuable information in regards to staying safe online, recognising and avoiding dangers that can be present within an online environment. This was timely information to coincide with the student's explicit learning about using personal devices, and school technology, safely.

We hope that our school community found the parent session to contain and share some important and insightful messages.

For more information about staying safe online, emerging safety issues or further resources, look to the eSafety Commissioner - <https://www.esafety.gov.au/>



Practising 'GEM' at Home

Try these 'daily questions' that have been developed by The Resilience Project to "facilitate positive conversations" around the GEM principles of Gratitude, Empathy and Mindfulness.

Gratitude:

- What were three things that went well for you today?
- Who is someone you feel really grateful for today? Tell us why.
- What is it about our home that makes it our home/special family place?
- What is something you are looking forward to tomorrow?

Empathy:

- Who is someone you know who may be experiencing some difficulty currently? What could we do for them as a family?
- Remember someone who has done something kind for you recently. What did they do for you?
- Say something kind to someone in your home.

Mindfulness:

- How did you practice mindfulness today? These are things like meditation, puzzles, spot the difference, colouring.
- What mindfulness activity are you going to do tomorrow?
- What is your favourite mindfulness activity?
- How do you feel after you do a mindfulness activity?

For more ideas and activities, see their website - <https://theresilienceproject.com.au/at-home/everyone/>