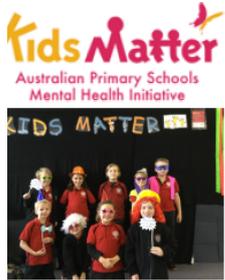


Student Wellbeing

At Watsonia Heights Primary School we understand the importance of developing a child holistically. To best support our students, our wellbeing program offers a range of initiatives to develop our students into confident and happy children. As well as the programs listed below, we also run a variety of recess and lunch time clubs such as Cosmic Kids Yoga, Smiling Minds club and social skills club.

Kids Matter



At Watsonia Heights Primary School our kids matter! KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of children. It provides methods, tools and support to help schools work with parents and carers, health services and the wider community, to nurture happy, balanced kids. At Watsonia Heights Primary School we have had KidsMatter celebration days where the whole community is involved, as well as incorporating activities into classrooms that support the framework and its message that every face has a place.

Wellbeing Program

Our Wellbeing program is based on the 4 main areas that make up our wellbeing: social, emotional, physical and mental health. Our students are given weekly opportunities to practise the skills of self-management, self-awareness, responsible decision making, social awareness and relationships skills. As well as incorporating daily mindfulness practice into our school day, all students are taught specific skills and strategies that foster the development of a healthy body and mind such as:

- The ability to recognise, understand and regulate their emotions
- A range of positive coping skills and stress busters
- The importance of a positive support network and help-seeking strategies
- Ways to maintain a positive outlook on life and how to 'bounce back' when life feels challenging
- Displaying gratitude and empathy towards others
- The importance of a growth mindset and how our brain can stretch and grow when it is challenged
- A variety of ways to problem solve and navigate social situations
- The importance of maintaining healthy and respectful relationships
- Understanding the impact that nutrition, sleep routine, screen time and exercise have on our wellbeing



'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. It is run by a trained facilitator at the school. The 8-week program gives children the skills, practice and support to utilise coping strategies and helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them. The sessions include learning a range of mindfulness strategies and meditations, effective coping strategies and positive psychology exercises. Children learn a new meditation each week and then practice at home on a daily basis.



Watsonia Heights Primary School have worked closely with The Austin Hospital to implement the CASEA program. The program has been designed to assist schools and families to support primary school-aged children with their social, emotional and behavioural development. It aims to enhance skills in understanding and expressing feelings, as well as getting along with others. At Watsonia Heights Primary School we run this as a small group program once a week for 8 weeks.



Mindfulness has been scientifically proven to decrease stress and anxiety. To ease their minds and practise being present in the moment, all classes participate in daily mindfulness activities. Some of the activities include guided meditations, mindful colouring while listening to relaxing melodies and yoga. Mindfulness benefits the children by allowing them to clear their head, slow down their thoughts and overcome internal worry or anxiety. The children look forward to mindfulness time each and every day!



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