

Junior School Parent Session

Positive Relationships and Engagement



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Acknowledgement of Country

Marni naa pudni ngadlu tampinhi ngadlu Kurna yartangka inparrinhi

Artwork by Leon Connop (S&A 2023) and Nathan Spry (S&A 2023)

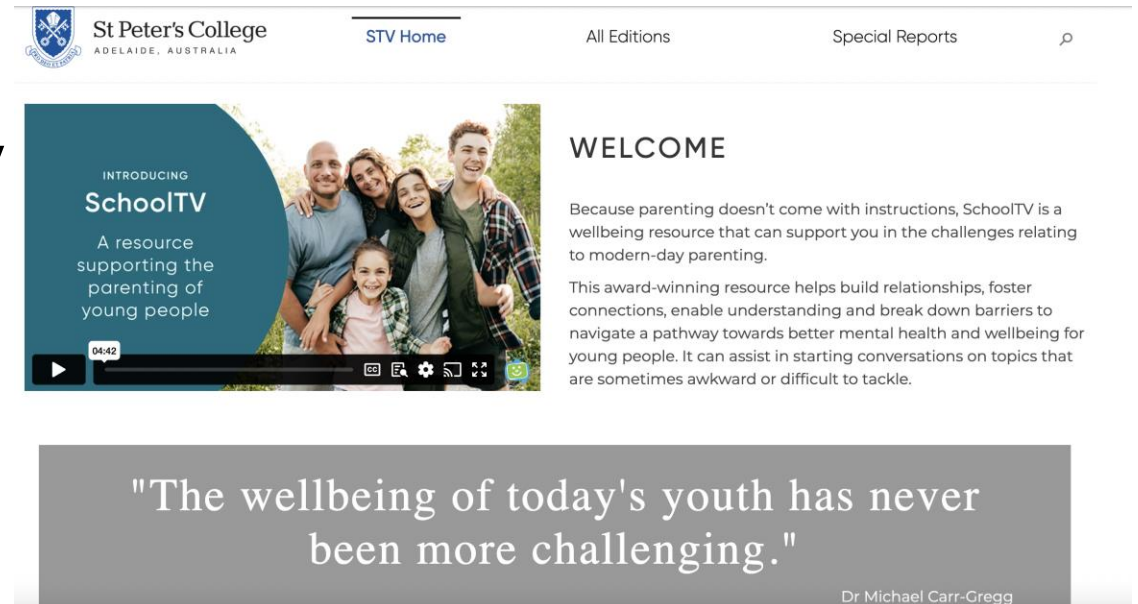


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SchoolTV Wellbeing Barometer – Survey results

Areas of concern:-

- Increased levels of stress and anxiety
- Feelings of sadness and depression
- Access to mental health support
- School refusal
- Worries about the future



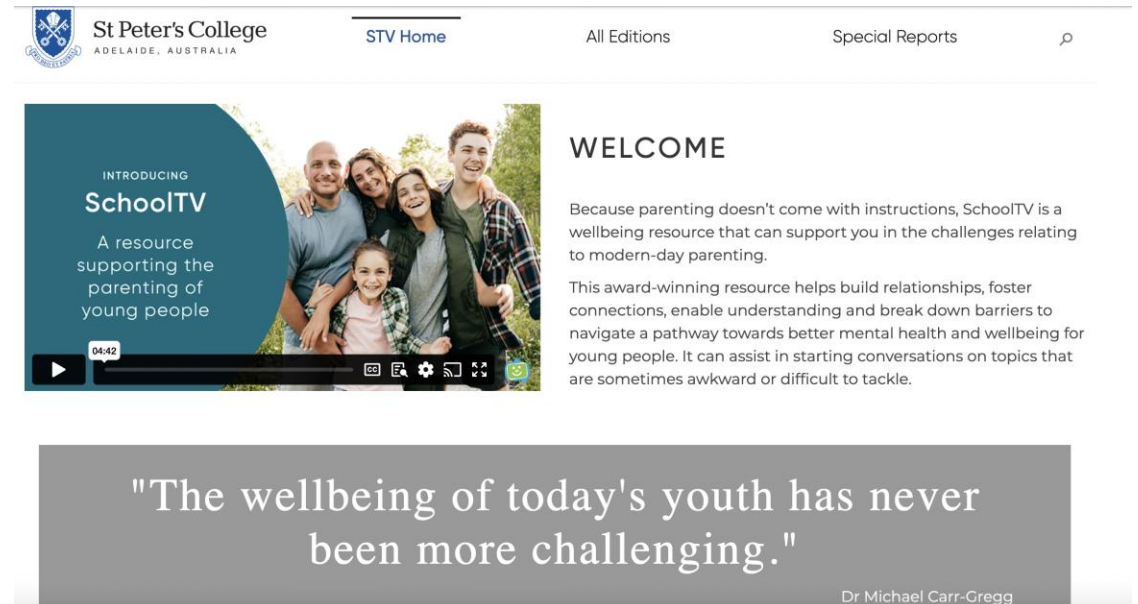
The screenshot shows the SchoolTV website interface. At the top, there is a navigation bar with the St Peter's College logo and name, and links for 'STV Home', 'All Editions', and 'Special Reports'. Below the navigation bar is a video player with a play button and a progress bar. The video player has a dark blue overlay with the text 'INTRODUCING SchoolTV A resource supporting the parenting of young people'. To the right of the video player is a 'WELCOME' section with the following text: 'Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource that can support you in the challenges relating to modern-day parenting. This award-winning resource helps build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It can assist in starting conversations on topics that are sometimes awkward or difficult to tackle.' Below the video player and text is a quote: '"The wellbeing of today's youth has never been more challenging."' attributed to Dr Michael Carr-Gregg.

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SchoolTV Wellbeing Barometer – Survey results

Recommendations:-

- Promote Social-Emotional Learning
- Relationship support
- Parent involvement
- Physical activity
- Healthy eating
- Create a supportive environment
- Access to counselling
- Teach stress management



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STV Home All Editions Special Reports

INTRODUCING
SchoolTV
A resource supporting the parenting of young people

WELCOME

Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource that can support you in the challenges relating to modern-day parenting.

This award-winning resource helps build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It can assist in starting conversations on topics that are sometimes awkward or difficult to tackle.

"The wellbeing of today's youth has never been more challenging."

Dr Michael Carr-Gregg

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Visible Wellbeing

Designed by Professor Lea Waters, AM, PhD

Combines the science of wellbeing with the science of learning

Build a culture of wellbeing across the school





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Visible Wellbeing™ SEARCH Pathways

Strengths

Emotional management

Attention and Awareness

Relationships

Coping

Habits and Goals



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Social-Emotional Learning (SEL), is defined as: “the process through which children and adults **acquire** and **effectively apply** the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” Collaborative for Academic, Social, and Emotional Learning (CASEL),





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- URSTRONG'S -

4 FRIENDSHIP FACTS!

- #1** NO FRIENDSHIP (RELATIONSHIP) IS PERFECT.
- #2** EVERY FRIENDSHIP IS DIFFERENT.
- #3** TRUST & RESPECT ARE THE TWO MOST IMPORTANT QUALITIES OF A FRIENDSHIP.
- #4** FRIENDSHIPS CHANGE... AND THAT'S OKAY!

URSTRONG.COM

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FRIEND-O-CYCLE!

The normal cycle of a healthy friendship.

URSTRONG.COM

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FRIEND-O-METER!

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Psychology at St Peter's College



Junior School Psychology

Who are we?

- Ebony Stewart-Davis
- Jane Walch
- Shannon DeSilva



Student Wellbeing

- Involves everyone that is a part of the student's life
- Psychologists are involved when a student's well-being begins to affect other parts of their life
- It does not matter what the specific 'issue' is - what matters is how it is impacting on the student
 - i.e., anxiety about getting a good grade can be manageable and normal for one student, and completely debilitating for another
- Psychologists work with the student, their families and teachers to help to alleviate some of this distress



What do we do?

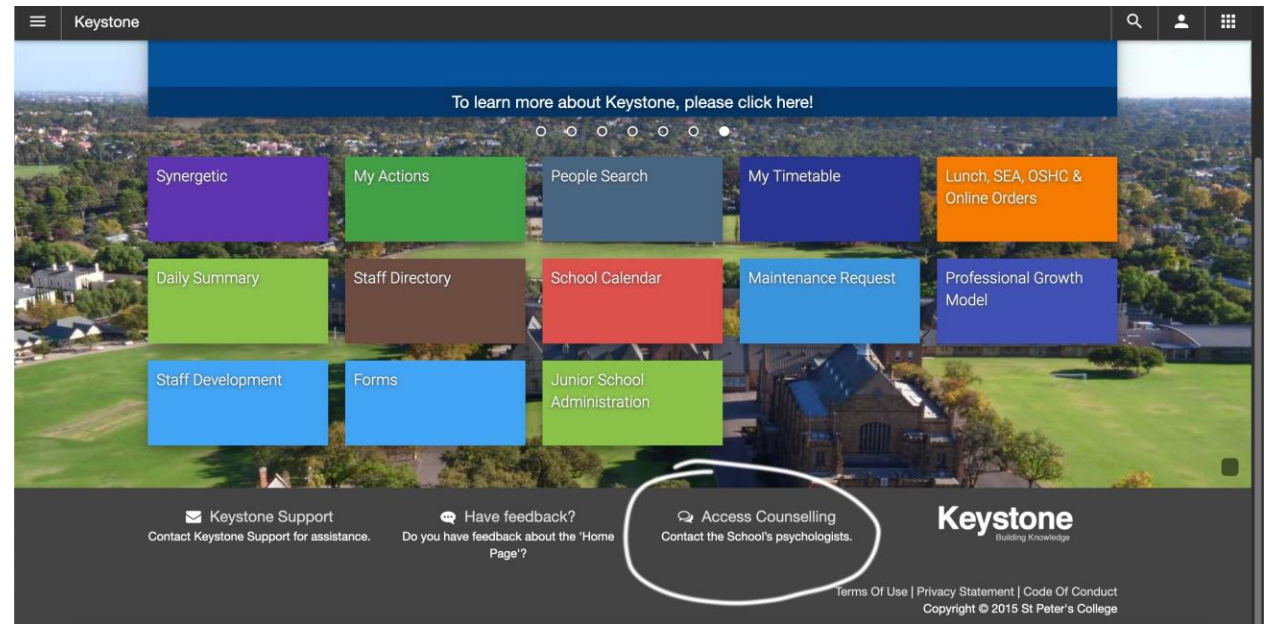
- Ongoing individual therapy for issues affecting your child's engagement and achievement at school
- Consult with teachers and leadership on how particular students can be supported and accommodated
- Develop and run workshops for students, parents and teachers
- Provide single session or short-term counselling for students following significant life events
- With school leadership, plan and provide feedback on the well-being program of the college

Consent and Confidentiality

- Psychologists require your consent in order to speak to teaching staff about your child, and to share information with other parties.
- If your child is seeing a psychologist, then the information discussed in that session is confidential and is not shared with their teacher or other school staff members without the child's permission.
- It is mandatory for a psychologist to breach this confidentiality if they receive information suggesting that the child is at risk of harm (to themselves or another person)
- As a parent of a child who is unable to give consent you are allowed to request access any documentation that is recorded regarding your child. What this looks like can be discussed with you should your child be accessing psychology services at St Peter's college.

How does your child access Psychology?

- As a parent you are able to seek support for your child by talking to your class teacher, Ben Storer, about a psychology referral
- Your child's classroom teacher may contact you about whether they can speak to psychology about your son.





How can you help?

It is beneficial to let your child's classroom teacher know if there are any significant changes in your child's world. Some things that you might like to advise your child's teacher:

- If they're not sleeping well
- Having difficulties with their friendships
- Are worried about their learning
- Unexpected events affecting the student or your family
- Social relationships with siblings, friends and other adults (i.e. coaches etc)

How can you help?

On a day-to-day level, the best ways you can support your children to have a good day of learning are:

- Sleep
- Breakfast
- Movement before school
- A balanced lunch box / snacks



Developing good sleep routines in children and adolescents



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A good night's sleep is how to best set your child up for a day of learning



Sleep is one of the most important factors in improving the behaviour and academic achievement of young children. Our challenge is getting children to go to sleep at an appropriate time (and stay asleep).

- Factors that improve sleep
- 3 small changes you can make that will help your child sleep regularly
- Myth busting about sleep





How much sleep is enough sleep?

Every child is different – and will have different ideal sleep and wake times

- Reception – Year 2's generally need around 11-14 hours
- Yr 3 – yr 6 student's generally need 9-11 hours





Factors that improve sleep

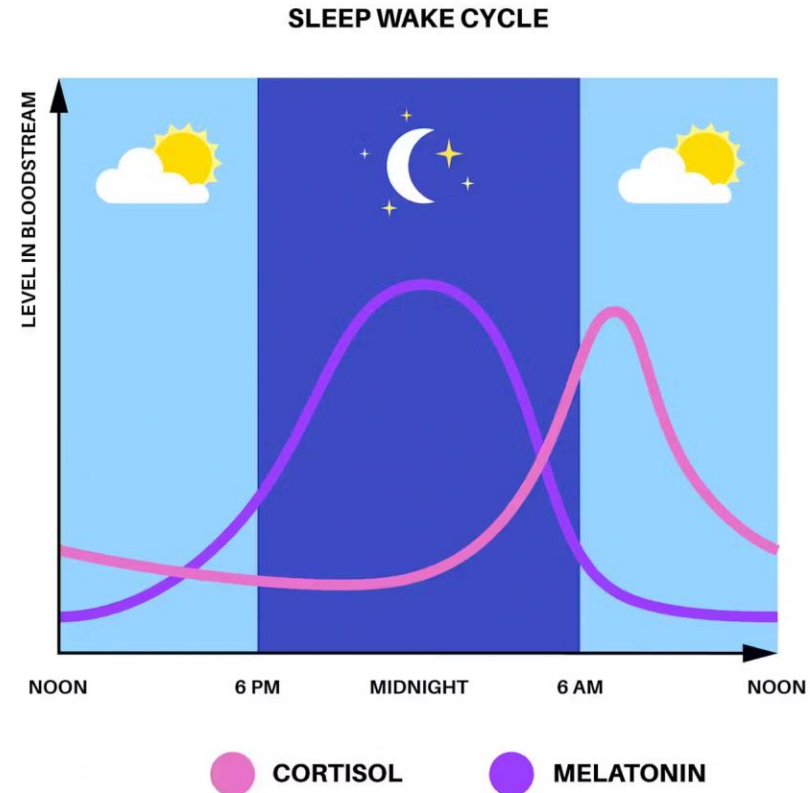
Sleep is largely biological – so in the first instance we focus on bio factors:

1. Sleep hygiene –
 - regular bedtime
 - same routine before bed
 - dim lights
 - temperature
2. Enjoy natural light after waking up
3. relaxation before bed
4. screens off 1 hour before bed, no screens in bedroom



What is melatonin

- Natural hormone made in body
- Supports sleep wake cycles
- Sometimes people don't make enough making it hard to fall asleep





Gaming and Screen use

- Not all screen time is equally detrimental to children getting to sleep
- Social media and computer games/iPad/mobile games are designed to keep you playing
- Using a screen isn't a huge factor on sleep provided you stick to your bedtime
- The blue light emitted by a screen itself (i.e. for a movie) is less impactful than the stimulation you get from gaming/scrolling





Sleep Misconceptions

- Blue light glasses aren't a magic cure for difficult sleep. Turning off and dimming the lights in the house (i.e. only using soft light lamps in the evening will have the same or better impact)
- No substantial evidence for Magnesium supplements
- You don't need to spend too much time thinking about when or what your child is eating
 - Only coffee and alcohol have measurable impacts, carbohydrates don't affect how long it takes to get to sleep or how often you wake at night



Top 3 points to try at home

1. Keep to a consistent bedtime – time & routine, agree on this together
2. Dim all lights 1-2hrs before bedtime
 - If you can, turn off all ceiling lights and only use lamps with a shade
3. Try to limit pre-bed time to low stimulation wind down activities (i.e., reading a book (or listening to an audiobook), listening to music, watching a tv show)