



4.2.5 Teaching and Learning - Mental Health Policy (Primary)

Introduction

South Coast Baptist College is committed to providing an excellent education program that enables students to develop the necessary knowledge, skills and understandings to achieve and thrive both academically and personally, during their formal schooling and beyond.

The promotion of positive mental health during a student's formal education is integral to the development of social and emotional learning, along with an understanding of student wellbeing. Promoting positive mental health is an essential component of the teaching and

ensure that school assessment and reporting practices are regularly monitored, reviewed and evaluated;

ensure that members of the school community are provided with opportunities to participate in the development and review of this policy

ensure belonging and inclusion for all school community members is specifically addressed in the school strategic planning, policies and practices

Ensure that school staff have an understanding of childhood mental health difficulties including common signs and symptoms, the impact on children and families, and factors that put children at risk.

Teachers

Teachers have a responsibility to:

work with colleagues to contribute to a coordinated whole school approach to the promotion of positive mental health

facilitate the implementation of this policy within their area

Develop skills and understanding of the importance of mental health and wellbeing, its impact on learning, and the significant contributions schools can make to improving student mental health.

School staff develop an understanding of their school community.

School staff expect and model respectful and responsive relationships within the school community.

Sources

KidsMatter - <http://www.kidsmatter.edu.au>

Commonwealth Department of Health and Aged Care, 2000; Spence, 1996

Bronfenbrenner, 1977

Developing Good Mental Health

South Coast Baptist College has both formal and informal methods of helping foster good mental health in students. This is through promotion, prevention and early intervention.

A Positive School Community

- Student Focus Assemblies – exploring school values Hope, Love, Wisdom and Grit.
- Implementation of NaturePlay areas.
- Camps (Yr 5 and 6).
- Sport and club opportunities.
- The 'Fathering Project' group – supporting fathers to connect with each other and their children.
- Class Connect Parents – support the classroom teacher and other parents.
- School Facebook page and newsletter.
- Discipline system – focus on restoration.
- House rewards system.
- In class discipline and rewards system.
- Social events – eg – disco, run club, swim club.
- Welcome morning tea for new parents.
- School musical.
- Parents welcome to help in the classroom and attend carnivals, assemblies and special events.
- PD for teachers.
- Pulse Wellbeing Surveys.

Social and Emotional Learning for Students

- Peacewise curriculum (dealing with conflict).
- Protective Behaviours program K-6.
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- Positive Education Enhanced Curriculum.

