

Wellbeing at Mapleton

Body: Be active

- Staff, parent and community Yoga
- Netball and Soccer – after school
- Karate
- Morning run
- Friday afternoon sport
- Cluster school sports days
- Sporting grants
- Swimming
- Cross County
- Sports Days – athletics and ball games
- Most students play outside and are physically active at lunchtimes

Planet: Care

- Garden group – parents and students
- BOB group 'Bunyips of Baxter'
- Doug Laurie runs shed, woodwork, gardening, and recycling programs
- P&C recycling project
- Compost bins
- Organic gardening
- Greenhouse
- Prep sensory garden
- Pride in classrooms – upgraded furniture



People: Connect

- New staff kitchen
- Inclusion
- Mindfulness or meditation before beginning staff meetings
- Week 10 staff meeting – wellbeing
- Bucket filling – students
- R U OK DAY?
- Complex case management process
- Engaged in 'Mental Health' week
- Supporting parents – referral pathways for students
- Connecting with external agencies – Child Safety, Anglicare, QPS, Sunny Kids
- Chaplaincy program/s – Chappy
- Behaviour G.O.
- Behaviour plans
- Additional support and T/A hours for identified students
- LCC
- School open days
- Facebook page and school website
- Newsletters
- Weeklu whole school parade
- Surveys

Place: Take notice

- Mindfulness sessions for staff and students
- Smiling minds app.
- Flourish newsletter developed by school G.O
- Deb Greenwood – Artwork around the school
- Social emotional picture books
- Positive quotes around the school

Spirits: Give

- Wellbeing team
- Random acts of kindness
- Morning tea Tuesday's
- Birthday celebrations
- Social Club
- Buddies – staff
- Coffee vouchers
- Playground duties
- Planning, data conversations
- Coaching and mentoring
- ICP's
- Reporting
- Student council fundraisers
- Gotcha's / Postcards
- School bell
- Celebration Day's each term
- Connecting with community – Range Care



Mind: Keep Learning

- Links with mental health coach for NC region
- Staff attended 'WOW' PD
- G.O – 5 day training in 'WOW'
- Informally introducing WOW framework for staff, students and parents wellbeing
- Wellbeing twilight and PFD
- Wellbeing – staffroom photo walls, student and parent photos around the school and communication forums such as Facebook
- Audit current processes and procedures
- Chappy referral process
- SWAN committee referral to chappy and Deb Price
- Essential skills PD – staff
- Mapleton Way, values, Top of the Range and 1,2,3 Magic workshops