

## SEPLA-CON18



### Our Wellbeing Journey

Sharon Stone<sup>1</sup>, Mrs Carolyn Heffernan<sup>1</sup>

<sup>1</sup>*The Ponds School, The Ponds, Australia*

The Ponds School was established in 2012 with only 24 students enrolled. Each year the school has grown in size and it is now made up of 18 classes and 111 students. In 2015 we moved to a purpose built site. Through our establishment we have seen rapid growth, tragedy and many many triumphs. Throughout this journey the focus on wellbeing for students, staff and the wider community has become a priority. The establishment of a wellbeing team ensured that systems have been implemented to target the wellbeing of all.

For staff: Happy Place, PL on wellbeing programs such as Mindmatters/KidsMatter, Leap and Laugh, Feelgood Friend, meditation and mindfulness courses, Warm and fuzzies. These are focused on the staff wellbeing, staff meeting focus sessions

For students: So Safe implementation, Active breaks for students, meditation for students, mindfulness for kids

For parents/carers: Parent information sessions (NDIS, Speech therapy, Sensory integration, Music Engagement, Holiday activities, So Safe, PLP's, therapists working within the school); Parent support group and networking.