



WELLBEING AT CPPS



To support our learners to feel safe, included and valued we use several site-wide initiatives. These programs and frameworks ensure students at CPPS have access to support, experiences, teaching and resources to build their resilience and social and emotional skills to positively and confidently engage in learning.

What is 'Positive Behaviour for Learning'?

Positive Behaviour for Learning (PBL) is an evidence-based framework that supports equity and improved learning outcomes for students.

The PBL framework brings together the whole-school community to contribute to developing a positive, safe and supportive learning culture. We have developed school-wide behaviour expectations and these are currently being explicitly taught to students. To support this, we:

- acknowledge positive student behaviour
- consistently address behaviour of concern
- monitor student outcomes and use data to inform decision making.

Our behaviour expectations are linked to our school values:

We are **Kind**, We are **Courageous**, We are **Thoughtful**, We are **Responsible**, and We are **Inclusive**.

Using the PBL framework, staff respond to behaviour errors as if behaviour was a subject (such as Mathematics). If a student makes an error, they are supported to (re)-learn the skill, practice it, and receive specific feedback on how they are going. If a student demonstrates the expected behaviour, specific positive feedback is provided to encourage the student to repeat the expected behaviour.

What is 'Play Is The Way'?

Play Is The Way (PITW) is a program seamlessly woven into classroom dynamics, fostering safe and nurturing learning environments while developing social and emotional intelligence. Employing engaging games, posters, and guided discussions, PITW helps students understand the complexity of social interactions.

At its core, the PITW program is focused on self-empowerment, encouraging students to become 'the boss' of their own behaviour and advocates for kindness and respect towards others. Through PITW's holistic approach, students embark on a journey of self-discovery, gaining profound insights into how their actions impact themselves and the wider community, fostering a deep sense of empathy and understanding.

What are the 'Zones of Regulation'?

Before we can self-manage our behaviour, it's crucial to understand our feelings and their underlying reasons. By honing the skills and knowledge to recognise emotions and accurately label them, we pave the way to becoming happier individuals and experiencing increased wellbeing.

To support this, we have implemented the Zones of Regulation framework at CPPS. This framework provides a structured approach to teaching self-awareness and self-regulation by categorising emotions into four distinct zones: Blue Zone, Green Zone, Yellow Zone, Red Zone.