



## Wellbeing & Digital Learning

**"Everyone can belong.  
Everyone is celebrated."**

Welcome to a new term! At St. John's, we believe children flourish when their passions are acknowledged and they are empowered to take ownership of their learning.

This term, our school-wide focus for Personal and Social Capabilities is Relationships and Diversity.

We are dedicated to helping our children understand that while we all feel a range of emotions - which is completely okay - the key to wellbeing is learning how to manage those emotions across different contexts, whether in the classroom, outside or within the digital world.



### Our Ways of Working

We are learners.  
I am a learner.



We are kind.  
I am kind.

We are safe.  
I am safe.



### Our Ways of Working (WOW)

At St. John's, our three core Ways of Working guide everything we do. Here is how we apply them to our digital world this term:

- I am a Learner: we use technology to 'discover, create and innovate.' Being a learner online means using tools to stay informed and knowing when to switch off to be ready for learning the next day.
- I am Safe: staying safe online is just as important as staying safe in the physical world. We guide students to recognise 'cues' and identify 'trusted adults' they can turn to if something online feels wrong.
- I am Kind: our community is a place where 'everyone can belong.' We extend this to digital spaces by calling out aggressive behaviour and ensuring we are upstanders, not bystanders, in online chats.





## Wellbeing & Digital Learning

### Understanding Relationships and Diversity

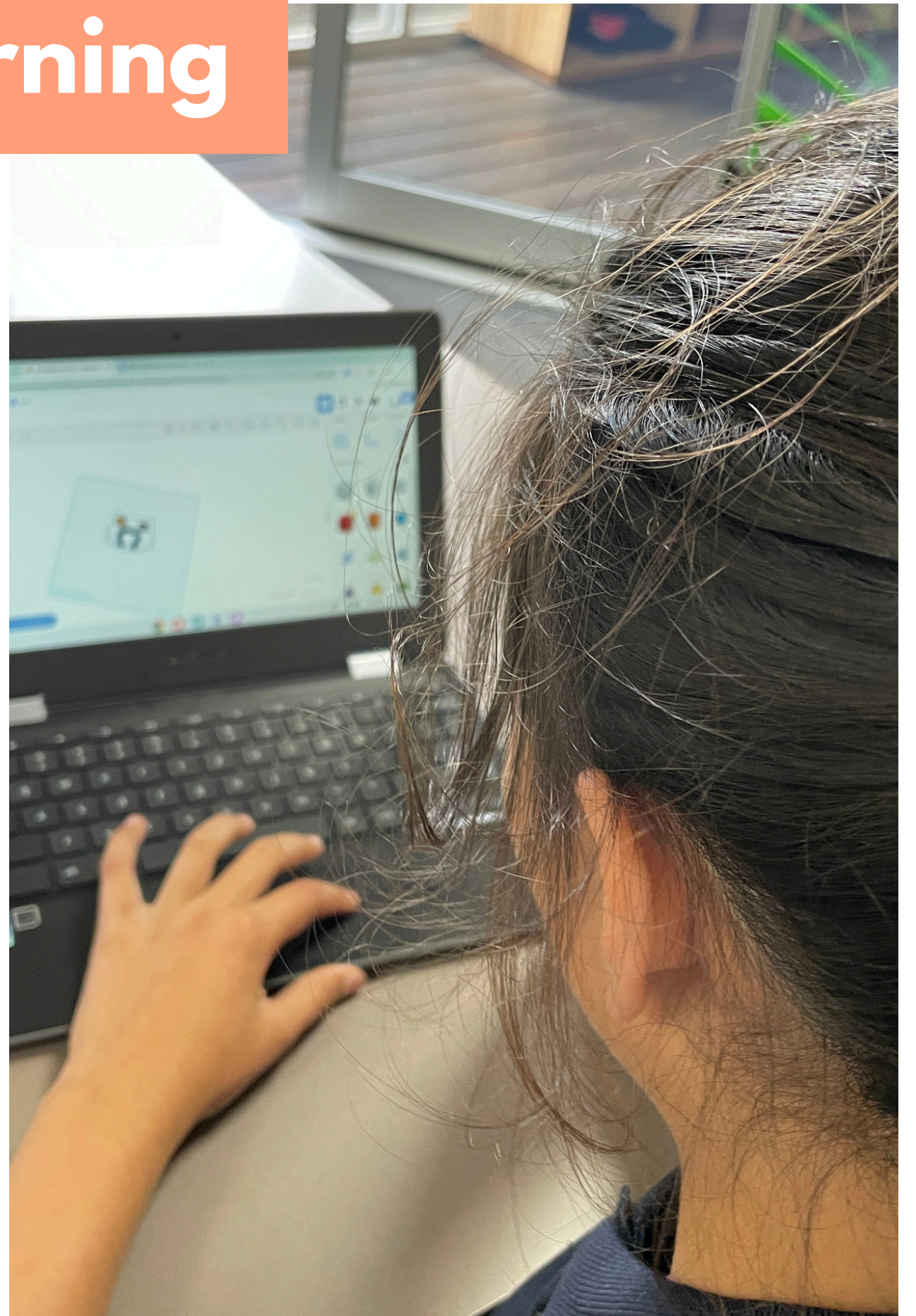
Our curriculum this term is designed to help children navigate the complexities of human connection:

**Recognising Strengths:** children are learning to identify their own personal strengths and interests, as well as those of their peers. By celebrating what makes us different, we build a community where everyone feels they belong.

**Perspective and Empathy:** From Year 2 onwards, children explore different perspectives, learning that people can have different opinions for various reasons, such as family beliefs or experiences.

**Managing Conflict:** Conflict is a natural part of relationships. We are teaching students proactive strategies to resolve disagreements peacefully. This includes:

- 'No, Go, Tell' for younger children
- active listening to understand others' points of view
- learning how to maintain and rebuild relationships when they might be challenged



### Managing Emotions in Every Context

We all experience "uncomfortable" or "negative" emotions like frustration, worry or sadness. At St. John's, we teach that these feelings are a part of everyday life.

#### Strategies for Calm:

students practise 'finger breaths, box or balloon breathing,' mindfulness and counting to 10 to move through strong emotions rather than bottling them up.

The Science of the Brain: children explore the 'science of the brain' in relation to emotions, helping them understand why they might react in certain ways and how to respond productively. To learn more, we encourage you to sign up to the 'Managing Big Feelings' webinar that we offer for P-2 families each year led by Inform and Empower.





## Term 2 Cyber Safety & Digital Wellbeing Incursions

Our Term 2 incursions with Inform & Empower will take place throughout May. They will focus on **healthy digital habits**.

Children in the Prep Hub will focus on active vs passive screen time. They will explore the difference between creating and consuming while considering how this can help them make clever screen time choices.

Children in the One Hub and the Two Hub will focus on the importance of balancing screen time with green time, the value of healthy sleep habits, and how it can be hard to put devices down sometimes.

Learning for children in the 3/4 Hub will focus on screen time, how it makes them feel, and its effects on sleep. They will also investigate the importance of balancing screen time with green time and how excessive screen time can affect their physical, social and emotional wellbeing.

The 5/6 Hub will focus on building healthy relationships with devices, including understanding more about addictive features of apps (such as streaks, notifications and loot boxes.). They will also explore the importance of sleep and the impacts of excessive screen time.

To learn more about each incursion and find some conversation starters to help open up conversations at home, head to [parents.informandempower.com.au](https://parents.informandempower.com.au).



## Cyber Safety Resources & Tools for Families

### Webinar for Parents & Carers

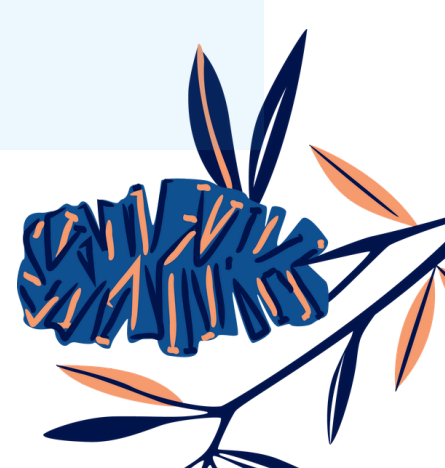
A must-see for every parent!  
Thursday 14 May 7:30-9pm  
See flyer attached for more info

### Parental Controls for Home Devices

St John's partners with Quoria, which provides us with sophisticated software to filter and monitor device use at school. This partnership also includes tools to help you supervise and manage your child's online experience at home. See flyer attached for more info.

### St John's Online Safety Hub

This resource, linked to our school website or accessed [here](#), includes up-to-date information about popular apps and games as well as current online trends. See flyer attached for more info.



# RAISING KIDS IN A DIGITAL WORLD

## Cyber Safety Webinar for Parents & Carers

Presented by Martin McGauran, primary school teacher and eSafety educator and Carley McGauran, psychologist and mum.



Social Media



Online gaming



Explicit/adult content



Artificial Intelligence



Cyberbullying



Managing devices



Impacts of screen time



Strengthening family communication

**Incredible session... Should be essential for all parents!**

Webinar is strictly for parents and carers only

**St John's Catholic School**

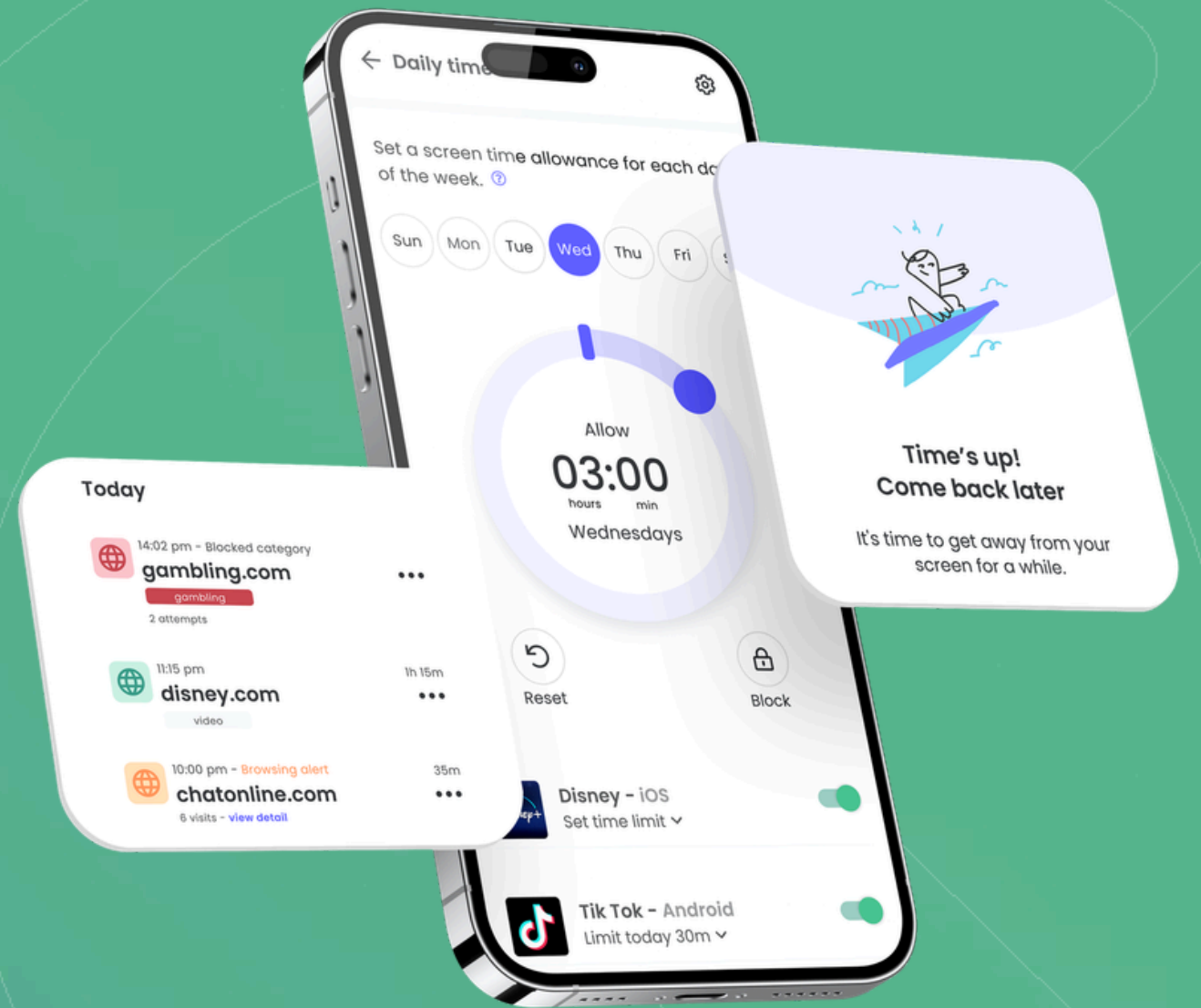
Thursday 14 May  
7.30 - 9.00 pm

Register for webinar:  
[bit.ly/14may2026](https://bit.ly/14may2026)





# Do your part to ensure your child's online safety



St John's is proud to provide you with parental control tools **to help you supervise and manage your child's online experience** at home.



Ability to **pause the internet** and **set time limits** to ensure healthy digital habits



Keep **track of your child's online activities** outside of school hours



Monitor what your child can access online via **web and app filtering**



**Extend protection** to one personal device for comprehensive coverage



Scan the QR code to learn more and activate your Qustodio account.

(Use the email address that St John's has for you.)



# Online Safety Hub

A trusted digital parenting resource

Found in 'Quick Links' on the St John's website or accessed [here](#).

The screenshot shows the Online Safety Hub website. At the top left is the St John's Catholic School Footscray logo. The main header includes the title 'Online Safety Hub' and the tagline 'Trusted digital safety advice for caregivers'. Navigation links for 'About', 'Staff', 'Parent', and 'English' are visible. A search bar is present. Below the header is a menu with categories: 'Reviews', 'Parental Controls', 'Help', 'Social Media', 'Screen Time', 'Gaming', 'Bullying', and 'More'. The main content area features a featured article on 'Online Bullying FAQs' with a photo of a boy looking at his phone. To the right, a 'Most Recent' section lists three articles: 'Polybuzz' (Generative AI), 'Signal' (Messaging), and 'When banter becomes bullying: A parents' guide to group chats' (Parenting advice).

A central source of online safety and digital wellbeing expertise

Empowering and engaging content for parents

Practical & up to date online safety articles & how to guides

Stay informed about the latest online trends, risks, and safety measures.