

Wellbeing at STM in Term 3



Prep/1 Wellbeing Update

This term in Wellbeing, our Prep/1 students will be learning about the different animals in our brain and talking about the special roles each one plays in helping us understand our feelings and choices. We will then explore uncomfortable feelings and practise simple strategies that can help us feel calm and safe.

Students will learn to name a range of emotions and notice how these feelings can affect their bodies. They will also begin identifying similarities and differences between emotions so they can better understand what they are experiencing.

Kindness will be an important focus as we learn why being kind to others helps everyone feel included. Students will also reflect on the emotions they feel around people who help them feel safe and supported. As we continue, we will explore the importance of tuning into other people's emotions and noticing how others might be feeling.

Later in the term, students will learn how to control the way they react to problems and practise using helpful strategies when things feel tricky. We will also spend time acknowledging and valuing the differences within our families and celebrating what makes each family special. To finish, students will learn how to show respect for other people's opinions and understand why this helps us connect with others in positive ways.

Year 2 Wellbeing Update

This term in Wellbeing, our Year 2 students will be learning a range of strategies to help them understand and manage their emotions. We will begin by practising how to pause before we react, giving ourselves a moment to think and make a helpful choice. Students will then explore how moving our bodies can boost our mood and help us feel more settled.

We will continue by learning to name our feelings and give the big ones less power. Students will practise being comfortable with big and uncomfortable emotions and understand that these feelings are a normal part of being human. We will also explore how singing and music can lift our mood and help us feel calm and connected.

Later in the term, students will learn about jealousy, why it is a normal feeling, and what they can do when they notice it. They will also practise different ways to be mindful, helping them stay present and aware of their thoughts and feelings.

To finish the term, students will put all their learning together and reflect on how these skills help them feel more confident, calm and ready to learn.

Years 3–5 Wellbeing Update

This term in Wellbeing, our Years 3 to 5 students will be learning about mindful communication and why it is such an important skill for building healthy relationships. We will begin by exploring what mindful communication means and why learning the steps helps us express ourselves clearly and respectfully.

Students will then learn about different communication styles and discover how much our body language communicates before we even speak. We will also explore the power of tone and how the way we say something can completely change the message. As we continue, students will look closely at how body language and tone of voice work together and why they matter so much when we communicate with others.

Conflict will be another key focus. Students will learn that conflict is normal and healthy when it is managed well, and they will practise the steps involved in talking things out calmly. They will also learn how to deliver a heartfelt apology and understand why sincere apologies help repair relationships.

Later in the term, students will explore the helpful choices they can make after a conflict and what it looks like to be a problem solver instead of a problem maker. They will also learn about positive reappraisal, a strategy that helps us decide whether conflict is even necessary in the first place.

We will finish by exploring the idea that we do not have to be friends with everyone, but we do need to be friendly to everyone. Students will then put all their learning together and reflect on how these communication skills help them build stronger, kinder and more confident relationships.

Year 6 Wellbeing Update

This term in Wellbeing, our Year 6 students will be exploring the skills that help them understand themselves, manage difficult emotions and support others as they grow into confident young people. We will begin by learning what it means to be a “good enough” kid and recognising the strengths each student already brings to their friendships, learning and daily life.

Students will then learn to identify the morals in stories and explain why these messages matter. This will help them reflect on the values that guide their own choices. We will also explore a range of mindfulness techniques and practise how these strategies can help us manage stress and stay grounded during busy or challenging moments.

A key focus this term will be recognising and overcoming feelings of shame. Students will learn where this feeling comes from, why it can be so powerful and how to move through it in healthy ways. We will also explore how to manage fear and build courage when facing difficult situations, helping students feel more capable and prepared.

As the term continues, students will learn how to develop resilience and bounce back from challenges. They will then apply everything they have learned by creating a resource designed to help others build resilience, confidence and emotional wellbeing.

Throughout our learning, we will also be exploring Gender Equality which will lead to rich discussions about how breaking gender stereotypes works towards reducing gender based violence.

To finish the term, students will put all their learning together and reflect on how these skills support them as they prepare for the final part of their primary school journey.