

Galilee School Wellbeing Programs

Seasons for Growth

The Seasons for Growth program will continue to be available to students this year.

The program supports children to understand and respond well to the issues they experience due to death, separation, divorce or other significant change and loss in their lives.

The program:

- supports children to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives
- assists children to understand that their feelings and other reactions are normal
- develops skills for coping, problem solving and decision making
- builds a peer support network
- helps restore self-confidence and self-esteem
- educates children about the grief process.

Children can be nominated by their parent/carer or teacher and consent is required from their parent/carer.

Social Skills Groups

Social skills groups provide children the opportunity to develop their play, social and emotional skills in a fun and engaging environment. The groups are tailored to support each child's individual goals.

Children will be supported to:

- Be confident
- Speak up/ask questions
- Be flexible with play ideas
- Compromise
- Initiate and sustain play with peers
- Identify emotions
- Follow routines
- Greet peers
- Play cooperatively with peers
- Problem solve
- Share
- Turn take
- [Understand friendships](#)
- Understand other people's perspective

Peaceful Kids

The Peaceful Kids program will continue to be facilitated in the school this year.

The aims of the program are to:

- build emotional resilience
- empower children to self-manage their emotions
- teach children Mindfulness exercises they can use for life
- teach children to use a range of effective coping strategies
- teach children to self-calm
- develop emotional intelligence skills.

Peaceful Kids is a 5-8 week program for groups of 4 children, with sessions running for approximately one hour each week. Children can be nominated by their parent/carer or teacher/staff members. All Prep students will complete the Peaceful kids as part of the curriculum.

Peaceful Classrooms

The Peaceful Classrooms program will be introduced in the school this year, with the same aims

as Peaceful Kids (above). Where Peaceful Kids targets children in small groups requiring additional support, Peaceful Classrooms is implemented in the classroom with the whole class, so that all children learn techniques and strategies which will support them throughout their lives.

Peaceful Classrooms will be implemented by Jane Ferris, our Learning Diversity and Wellbeing Leader. Jane will work in the classrooms each week with the children and teachers, empowering children to regulate their emotions and cope with daily challenges, while building a bank of strategies for life. This whole-school approach will result in the development of a consistent approach and common language across the school.

School Counselling Services

Sharon Cameron is our school counsellor, supporting and monitoring the mental health of various children in the school. Sharon has assisted children suffering from anxiety, depression and social issues in a supportive, calm and engaging manner, building trust and rapport with troubled children, providing ongoing support and understanding for them. As a counsellor, Sharon works with children one-on-one. The counselling service seeks to enhance social, emotional and developmental wellbeing.

Please email Jane (jferris@gsm.vic.edu.au) and Sharon (scameron@gsm.vic.edu.au) for information about the above programs. Written consent is required for all children for Counselling and Seasons for Growth and for Peaceful Kids in Years 1-6. Peaceful Kids for Preps is part of the school curriculum and will run through Term 1 for all Prep children to give each child the opportunity to develop skills early in the year in a comfortable, small group setting.