Wellbeing at STM in Term 4



Prep/1 Wellbeing Update – Term 4

This term in Wellbeing, our Prep/1 students will be learning about consent, personal boundaries and the skills that help them keep themselves and others safe. We will begin by understanding what consent means in simple, age-appropriate ways and why it is important. Students will then learn that everyone has personal space and that respecting someone else's "bubble" helps us all feel comfortable and safe.

We will continue by exploring times when we can say no and practise standing up for ourselves in calm and confident ways. Students will also learn to listen to their bodies for clues about how they are feeling, especially when emotions feel big or confusing.

Another focus will be understanding that listening to our friends is just as important as talking to them. Students will also learn the difference between a secret and a surprise, and why some secrets should always be shared with a trusted adult.

Throughout the term, we will practise telling a trusted adult if anything makes us feel scared, sad or confused. Students will also learn to take a breath before making a yes or no choice, helping them slow down and make decisions that feel right for them.

Toward the end of the term, we will review everything we have learned about consent and personal boundaries. We will finish by reflecting on all our learning from the term and celebrating the skills that help us stay safe, confident and connected to others.

Year 2 Wellbeing Update – Term 4

This term in Wellbeing, our Year 2 students will be exploring kindness, inclusion and the many ways we can make a positive difference in our world. We will begin by learning about the many ways we can be kind and how small acts can have a big impact on others. Students will then explore the ripple effect and discover that no one is ever too small to make a difference.

We will continue by recognising the different ways we can help people feel included, both in the classroom and in the playground. Students will also learn how to connect with others through conversation and understand why talking and listening help us build strong friendships.

A key focus this term will be understanding what B.O.B. stands for and thinking of ways we can “Be Of Benefit” to others. Students will also spotlight incredible humans who have made a positive difference to our planet and reflect on what we can learn from their actions.

As the term progresses, students will explore the character strengths that help us and others be of benefit in our daily lives. They will then work together to describe a plan for how our classroom can be of benefit to our school community.

To finish the term, students will put all their learning together and reflect on how kindness, inclusion and positive action help us create a happier and more connected world.

Years 3–5 Wellbeing Update – Term 4

This term in Wellbeing, our Years 3 to 5 students will be deepening their understanding of resilience and the skills that help them manage challenges with confidence. We will begin by exploring what resilience really means and how emotional regulation plays an important role in helping us bounce back when things feel difficult.

Students will then learn that resilience is something everyone can grow, especially when we understand our own strengths. We will also explore the concept of gratitude and why practising it regularly can help us feel more grounded and positive.

As we continue, students will learn that feeling sad sometimes is a normal part of being human. We will focus on ways to experience and grow positive emotions, helping students build a more balanced emotional toolkit. Another key focus will be reframing unhelpful thinking styles and learning how to shift our thoughts in more helpful directions.

Later in the term, students will explore the importance of connection and understand that having good people around us is a key part of being resilient. They will then consolidate their understanding of four key strategies for resilience and practise applying them in real-life situations.

We will also work on growing perspective-taking skills, helping students see situations from different viewpoints. To finish the term, students will consolidate their understanding of the four steps to resilience and reflect on how these skills support them both at school and in their everyday lives.

Year 6 Wellbeing Update – Term 4

This term in Wellbeing, our Year 6 students will be focusing on digital wellbeing, online safety and the habits that help them stay balanced and healthy as they prepare for secondary school. We will begin by recognising how screen time and devices can be distracting and how they can affect our relationships with the people around us.

Students will then learn to use the DOSE acronym to help them prioritise “green time” before “screen time,” supporting healthier routines and better emotional balance. We will also explore what a digital footprint is and how to make safe, respectful and thoughtful choices online. We will analyse resources from the eSafety Commissioner, and we will learn how to spot real and fake information online to practise making safe, informed choices.

Furthermore, students will become “Awe Hunters” and “Glimmer Seekers,” discovering how noticing small moments of wonder and joy can positively support their mental health.

Throughout our learning, students will also continue to explore 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 will support them as they move into their next stage of schooling and navigate an increasingly digital world.