

Introducing BSEM

Our school has started using the Berry Street Education Model (BSEM), a whole school approach that supports learning and wellbeing. This information sheet is designed to share the BSEM strategies being taught and used at your school with families. We also share stories of BSEM in action at home, because we know these strategies can be helpful for families too!

Food for thought ...

Children do best when routines are regular, predictable and consistent.

What we learned

Consistent, predictable, routines

Routines help us start our day in the best way and keep us on track.

What are three routines your family already practise? E.g. wake up time, lunch prep, bedtime.

Actioning routines at home

Being organised helps us keep a routine. Ask your child to choose two things to try from the list below to help them get to school on time and be Ready to Learn.

- Put your clothes out the night before.
- Pack your school bag the night before.
- Have a morning pump-up song.
- Set an alarm.
- Have your lunch ready.

Family story

I have two daughters, aged 9 and 13, and as part of our morning routine we use a visual timetable. Rather than saying, "Are you dressed? Have you packed your lunch?" over and over again, I say, "Great I can see you're dressed. What's next on the list?" This sets clear expectations and helps everyone stay on track and remember the things they need for school. I am providing my kids with some autonomy, it is making my morning a little easier, and I get to feel like I am helping rather than hassling them.

My youngest daughter has a visual timetable at school already, so using one at home too has really helped her.

TIP: Discuss your morning routine and create the visual timetable together. This helps the child have some ownership, which always helps with motivation!

Sarah - BSEM Senior Consultant, NSW

Resource recommendation



Check out this podcast by our friends at Guiding Growing Minds.

Pop Culture Parenting



Follow the **Berry Street Education Model** by scanning the QR code or check out their website at **bsem.org.au** to find out more.