



*Children and young people are at the centre of everything that we do. The department (DECD) aims to support every family so all young South Australians have the opportunity to become happy, healthy and safe members of our community.*

*Department of Education and Children Services 2015*

*We aim to provide quality care and education to support the social and emotional wellbeing of our students at Modbury Special School*



## **Modbury Special School**

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## **Modbury Special School**



## ***Social and Emotional Wellbeing Policy***

Modbury Special School is committed in supporting the health and wellbeing of our students to improve learning outcomes. An important part of this commitment is the social and emotional wellbeing of our students which is highlighted in the national educational policies and initiatives. Social and Emotional Wellbeing is the ongoing process of learning and developing fundamental skills needed to lead a healthy and positive life.



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## Social and Emotional Wellbeing

Modbury Special School is a KidsMatter school. This is a whole school framework for supporting students' mental health and wellbeing. KidsMatter is a national initiative and has been developed by the department of Health and Ageing, Beyond Blue, Principals Australia and the Australian Psychological Society

Schools take action across 4 areas known as components and research indicate that these components can make a real difference to students' mental health and wellbeing. Social and Emotional Skills are integral to learning and student wellbeing.

"Students need to learn social and emotional skills on which effective interactions depend, and be offered opportunities to use these skills to benefit optimally from such environments" (Collaborative for Academic, Social, and Emotional Learning (CASEL, 2006)

- At MSS we aim to create a safe and supportive environment for our students.
- Students are taught social and emotional skills to understand, manage their own emotions and to develop effective interactions.
- Students are offered frequent opportunities to practice these skills

## How we will implement Social and Emotional Learning (SEL)

- Involve staff, student, families, support agencies (eg SHINE SA,), and existing programs (Right To Know) to develop the SEL program for classes.
- Promote positive interactions within the school and the wider community through our integrated curriculum
- Every class will have SEL embedded into their class program and students will be taught skills explicitly
- Students are provided opportunity to develop social and emotional skills based on individual needs
- Students are assisted to identify and recognise their basic emotions, feelings based on individual learning needs
- Students are assisted to communicate their feelings and emotions with a range of augmentative communication devices
- SEL will be incorporated into explicit individualised Negotiated Education Plan (NEP) goals aligned with the National Curriculum (ACARA) in collaboration with families

## Social and Emotional Learning goals are based on the 5 Social Competencies:

- Self Awareness

Recognising one's emotions and feelings

- Self Management

Managing emotions and behaviours to achieve one's goals

- Social Awareness

Showing understanding for others

- Relationship Skills

Forming positive relationships, working in teams and dealing with conflict

- Responsible decision- making

Making choices about personal and social behaviour

Each class will adapt these competencies to suit individual student needs to support his/her social, emotional, mental health and wellbeing