

a big life FOOTPATH

Koroit & District
PRIMARY SCHOOL

Big Life works to build young people's capacity to be resilient in the face of challenge by building their social and emotional skills, their capacity to connect meaningfully with others and to experience positive emotions.

This FOOTPATH outlines the personal development milestones across the primary school journey.

A SCHOOL THAT PROMOTES HAPPY, ACTIVE, & HEALTHY KIDS IS A POSITIVE, ENGAGING ENVIRONMENT THAT SUPPORTS & MODELS TO STUDENTS WHAT IT MEANS TO BE PHYSICALLY, MENTALLY, SOCIALLY & EMOTIONALLY HEALTHY.

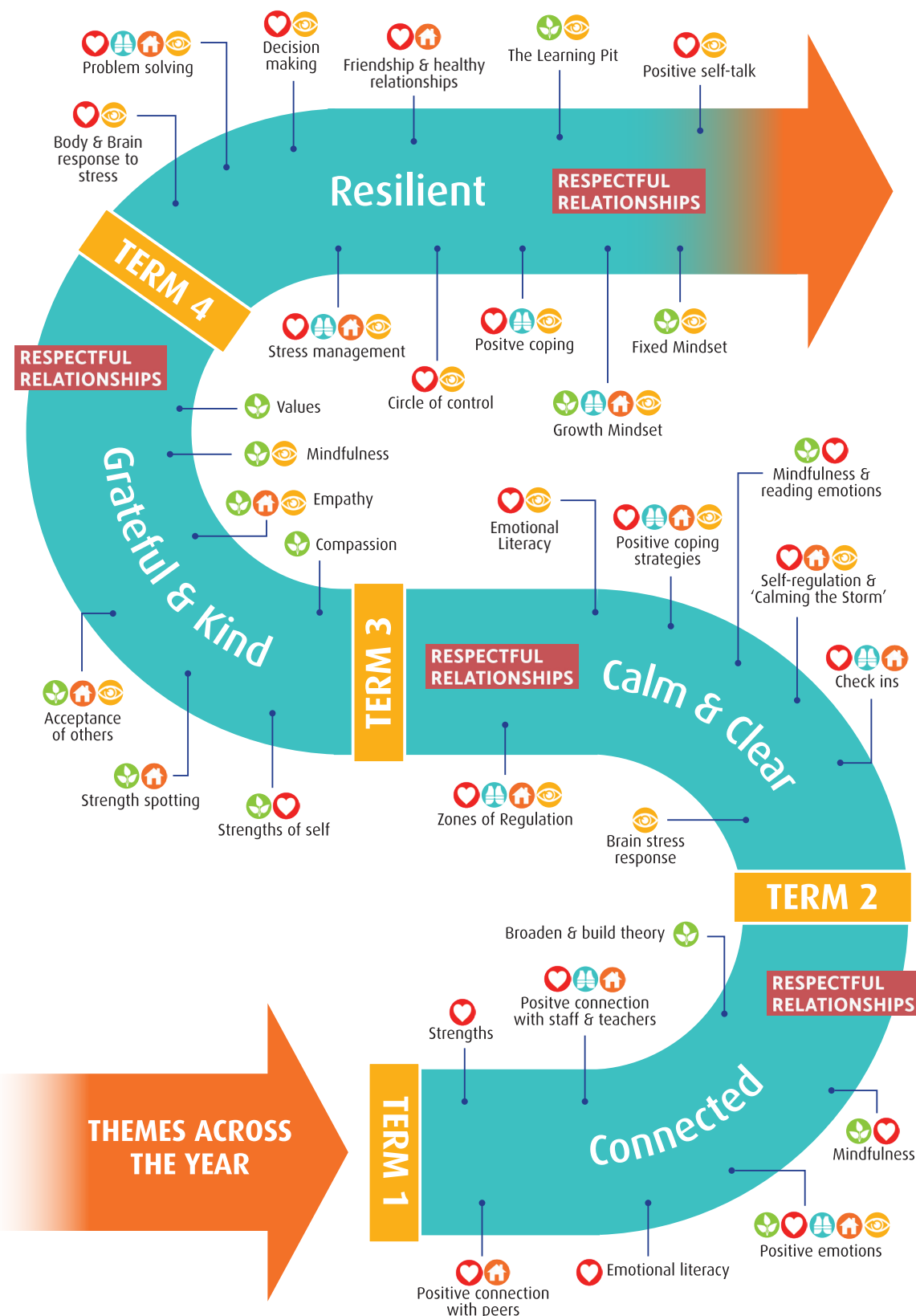
OUR PRIORITIES ARE:

MOVE

Utilising school assets, and ensuring adequate provision of resources. Proactively promoting healthy habits, including: physically active, making healthy eating choices, and spending time outside playing and in nature.

GROW

Explicit social and emotional learning to support students to effectively manage their emotions, behaviour and relationships, be resilient and promote academic and personal success.



a big life
make your mark



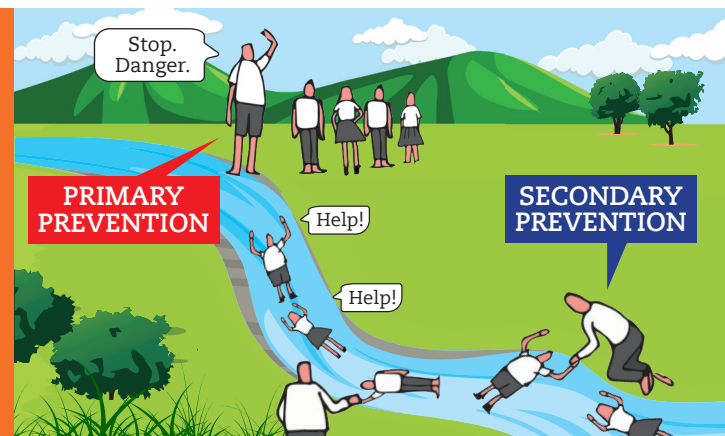
Big Life 5 BIG QUESTIONS

- What is the meaning of life?
- How can I love and be loved?
- What do I do when bad things happen?
- How do I make family work?
- How do I relate to those different from me?



Big Life is a unique & special partnership between Warrnambool Student Wellbeing Association (WSWA) and the Department of Education & Training (DET).

BIG LIFE'S WORK IS FOCUSED ON PRIMARY PREVENTION AND A WHOLE OF SCHOOL APPROACH.



Big Life commenced ten years ago working to support young people, families and school staff to build their skills and capacity to be resilient in the face of adversity and times of uncertainty. Utilising a tier one, strengths based approach, Big Life has the vision of safeguarding young people against mental health challenges.

The Great South Coast Regional Health and Wellbeing Profile released a report on some of the factors that impact on our young people's health and wellbeing. Along with these findings, principals, teachers, and wellbeing teams were finding key themes affecting young people.

This evidence framed the work of Big Life and the 5 Big Life questions and guide our passionate team of professional teachers and registered healthcare practitioners.



THE 5 BIG LIFE QUESTIONS PROVIDE A FRAMEWORK FOR ALL THAT WE DO.

HOW DO I LOVE AND BE LOVED?

Being able to understand our emotions, regulation & cope. Build our confidence, self-esteem and healthy relationships.

HOW DO I MAKE FAMILY WORK?

Problem solving, emotional & social competencies, decision making, help-seeking, challenging gender stereotypes.

WHAT DO I DO WHEN BAD THINGS HAPPEN?

Building capacity to cope, to fill our own cups & build self-care into our habits & rituals, help-seeking, problem solving, decision making & self regulation.

WHAT IS THE MEANING OF LIFE?

What are your values? How are they steering you in your decision making, connection to others, compassion for self & others, kindness & gratitude.

HOW DO I RELATE TO PEOPLE DIFFERENT FROM ME?

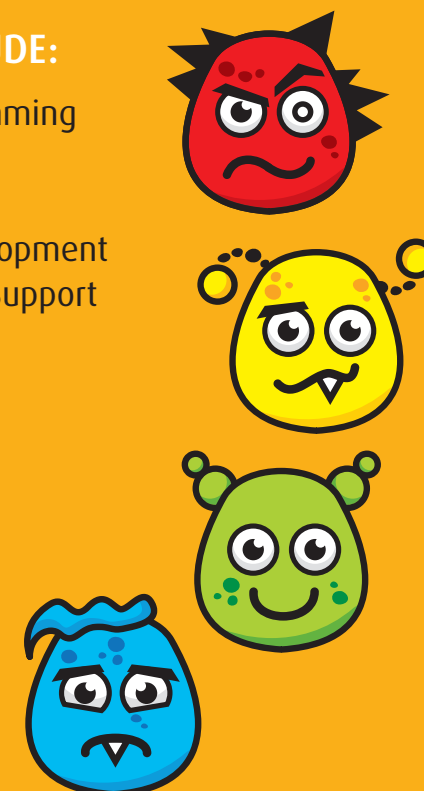
Challenging gender stereotypes, self-regulation, kindness & compassion, recognising character strengths in self & others.

BIG LIFE THEMES INCLUDE:

- Zones of Regulation
- Learning Pit
- Growth Mindset
- Mindfulness
- Character Strengths
- Personal Development
- Circle of Control
- Respectful Relationships
- Positive Coping
- Neuroplasticity
- Wellbeing
- Study Skills
- Mental Health
- Resilience
- Positive Self Talk
- Size of Problem
- Gender Box
- Bystander Training
- Emotional Literacy
- Grief and Loss

BIG LIFE ACTIVITIES INCLUDE:

- 'Rhythm to Recovery' drumming
- Brain Breaks
- The Big Life Boost
- Teacher Professional Development
- Engagement & Wellbeing Support
- Parent Forums
- Yoga Sessions
- Nurture Rooms
- Peer Support Training
- Wellbeing Days
- Neuroplasticity Days
- Friendship Circles
- Class Discussions
- Games
- Lunchtime Activities
- Inspiring Guest Speakers
- Acknowledgment to Country
- Year 6-7 Transition Programs
- Guest Presenters for Parents & Teachers
- School Health & Wellbeing Needs Analysis



BIG LIFE PARTNERS WITH EIGHT SCHOOLS IN THE WARRNAMBOOL & SURROUNDING AREAS, REACHING APPROXIMATELY 3000 STUDENTS.

GRASMERE PRIMARY SCHOOL

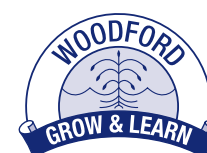


Koroit & District PRIMARY SCHOOL

MERRIVALE Primary School



Warrnambool West Primary School



WOOLSTHORPE PRIMARY SCHOOL

BRAUER COLLEGE WARRNAMBOOL

Warrnambool COLLEGE