

# Wellbeing NEWSLETTER



May 2026

## Welcome!

Welcome to our Wellbeing Newsletter. This newsletter will provide simple tips and information to support your child's wellbeing. Our wellbeing team works with students, staff and families to help children feel safe, happy and ready to learn. We look forward to sharing ideas with you and working together to support your child.

## Financial Assistance

We understand that the cost of schooling can be challenging for some families. There are supports available to help ensure every child can fully participate in school life.

### Camps, Sports and Excursions Fund (CSEF)

The Camps, Sports and Excursions Fund (CSEF) provides financial support to eligible families to assist with the cost of camps, excursions and school activities.

- Applications for 2026 are open now
- Applications close Friday 26 June 2026 (end of Term 2)
- Funding has increased to \$400 per student for eligible families

If you think you may be eligible, please contact the school office for support with applying.

### State Schools' Relief (SSR)

State Schools' Relief is a not-for-profit organisation that provides support to families experiencing financial hardship.

Support may include:

- School uniforms
- Shoes and other essential items

SSR works closely with schools, and support is accessed through the school, not directly by families.

Please contact the school if you would like confidential assistance.

## Meet the Team!

At our school, we are committed to supporting the wellbeing of all students and families. If you would like support or have any questions, please don't hesitate to reach out to our wellbeing team.



**Alex Wren**  
Wellbeing & Inclusion  
Leading Teacher



**Nicole Spitalieri**  
Wellbeing & Inclusion  
Leading Teacher



**Thea Canonigo**  
Speech Pathologist



**Julia Wood**  
Social Thinking and PALs  
Education Support

# What is Wellbeing?

Wellbeing is about how we feel, think and act each day. When children have strong wellbeing, they feel safe, calm, connected to others and ready to learn.

At school, we support students to understand their feelings using the Zones of Regulation. The Zones help children recognise their emotions and energy levels and learn ways to manage them.

The four Zones are:

**Blue Zone** – feeling sad, tired or unwell

**Green Zone** – feeling calm, happy and ready to learn

**Yellow Zone** – feeling worried, excited or frustrated

**Red Zone** – feeling very angry, upset or overwhelmed

We teach students that all Zones are okay, but some Zones need support to help us feel safe and ready to learn.

Families can support this at home by:

- talking about feelings using the Zones language
- helping children name how they feel
- practising simple calming strategies (e.g. deep breathing, taking a break)

By using a shared language between home and school, we can work together to support your child's wellbeing.



## Behaviour Expectations & Class Dojo

At our school, we use a Behaviour Expectations Matrix to teach students how to be safe, respectful and engaged & ready to learn in all areas of the school. These expectations are taught, practised and reinforced every day as part of our morning routine.

We also use Class Dojo to recognise and celebrate when students demonstrate these positive behaviours. When students show our school values and make positive choices, they may earn Dojo points as a way of acknowledging their effort.

Class Dojo helps:

- provide positive feedback to students
- celebrate good choices and effort
- keep families informed about how students are going at school

Families can support this at home by:

- talking about the positive behaviours your child is recognised for
- celebrating effort, not just outcomes
- using similar language (e.g. safe, respectful, engaged & ready to learn)

Working together helps create a consistent and supportive environment for all students.

At our school, the Zones of Regulation, our Behaviour Expectations Matrix and Class Dojo all work together to support students' wellbeing, behaviour and learning.



Some feelings in the

**BLUE ZONE**



**Bored**



**Hurt**



**Sick**



**Tired**



**Exhausted**



**Proud**



**Relaxed**

Low levels of energy  
and down feelings

Some feelings in the

**GREEN ZONE**



**Calm**



**Happy**



**Okay**



**Focused**



**Proud**



**Relaxed**

Calm energy and a  
sense of control

Some feelings in the

**YELLOW ZONE**



**Frustrated**



**Worried**



**Energetic**



**Silly**



**Excited**



**Annoyed**

Higher energy and  
stronger feelings

Some feelings in the

**RED ZONE**



**Overjoyed**



**Wild**



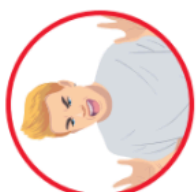
**Angry**



**Out of Control**



**Terrified**



**Furious**

Extremely high energy  
and strongest feelings