



The Pocket Public School

Community Forum Feedback

This week the school started to reflect upon the information received through our community forums. One common thread was the promotion of our great school and how parents could assist. Here are some of the directions the school will be heading in the future. These came through as common threads from the feedback given at the Community Forums. The first release is on Student Wellbeing. Student Learning will be released next week.

Student Wellbeing

Mindfulness

Why are we doing this?

Mindfulness gives students a life-skill for tuning into their inner experiences, self-calming and focusing their attention. It contributes directly to the development of cognitive and performance skills in students.

How will we do it?

The Pocket School has teamed up with Bobbi Allan from Mindfulness in Education. Bobbi will run a whole staff development day at the beginning of 2016. She will also be running demonstration lessons throughout the year and some parent sessions too!

What will it look like in the classroom?

Bobbi will be teaching us about the Mind Up Curriculum. This will run with our Personal Development Syllabus. The students will learning about centering their thoughts and breathing through short "Lesson Breaks". They will also learn the science behind how this regulates your emotions through the use of the different parts within your brain. Very exciting!

Student Voice

Why are we doing this?

Recent research from Southern Cross University indicates that the biggest effect on student wellbeing is having their "voice" and their ideas / feedback actioned.

How will we do it?

By listening. Student voice has been measured through our community forums. The students gave great feedback on what they love about The Pocket and what they thought we need to improve. Some of these improvements have already been actioned!

What will it look like in the classroom?

Have you seen our new library? This change was driven by students through the SRC. We have also surveyed our students in years 4 and 5 as to what PSSA sports they would like to be involved in during 2016 – a new initiative we are exploring after student feedback. Student voice is pivotal during the learning cycle too, wait to see next week's snippet on Visible Learning!

Yoga

Why are we doing this?

Yoga teaches the students about a healthy lifestyle. It reduces tension and stress, increases concentration and focus, expands imagination and creativity and it ties into our philosophy of educating the whole child.

How will we do it?

We will be engaging the help of a specialist child yoga teacher to run sessions across our classes. She will work closely with Bobbi Allan to ensure a common language across the school.

What will it look like in the classroom?

Students will be involved in several 5 week courses throughout the year. Sessions will be run in their classrooms through the instruction of a specialist child yoga teacher.