NEWMAN COLLEGE | A CATHOLIC SCHOOL EDUCATING IN THE MARIST TRADITION

# Social Emotional Learning

**Parent Night Learning Carousel**

Challenge — Collaborate — Create — Celebrate

Shine *through* Discovery

LET YOUR LIGHT SHINE MATTHEW 5:16

# Session Intentions

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To identify the Newman College Vision for Wellbeing and the specific focus on Social Emotional Learning throughout PK-6.

To share information about the Social Emotional Learning Programs we run including The Zones of Regulation, URStrong, Microsoft Reflect and Mindful Mornings.

Question and Answer Time

# Vision for Wellbeing

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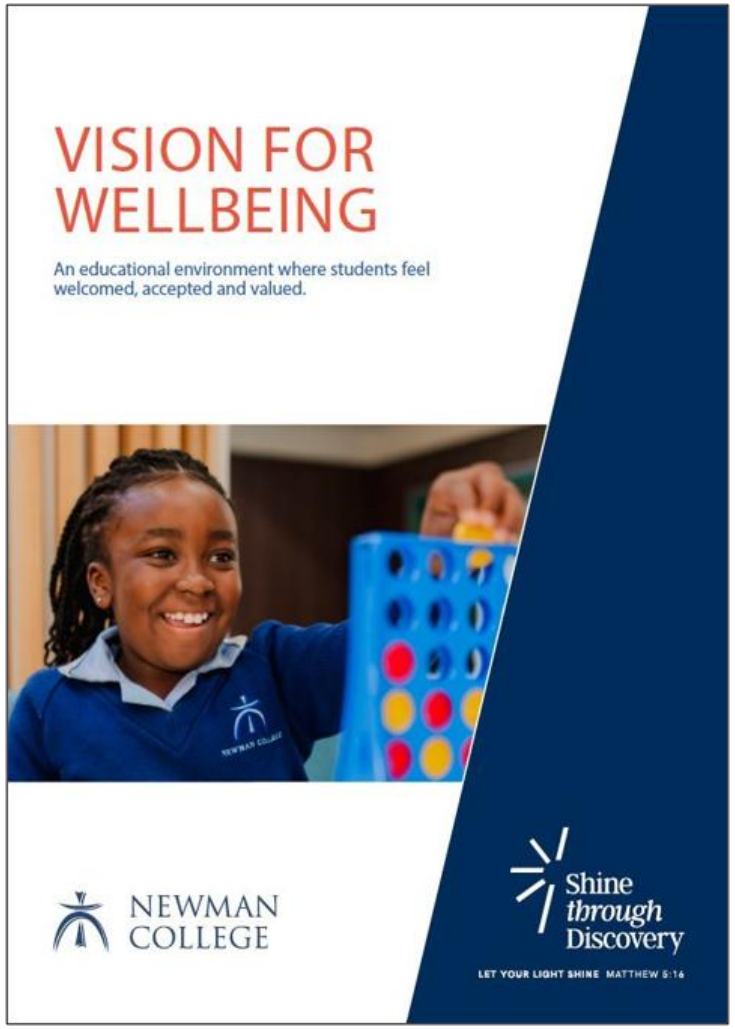


We are committed to support students with their Social Emotional Learning and create a positive environment to allow students the opportunity to grow, learn and flourish within the classroom.

Our College Vision for Wellbeing identifies the importance of engagement and wellbeing as crucial factors that significantly impact academic achievement.

We run a variety of programs and initiatives that focus specifically on Social Emotional Learning including:

- ❑ The Zones of Regulation
- ❑ Mindful Mornings
- ❑ Microsoft Reflect
- ❑ URStrong

These programs form part of our daily routine and are discussed with students regularly throughout PK-6. They are integrated into our learning including Religious Education, Health and Keeping Safe Programs.

# The Zones of Regulation

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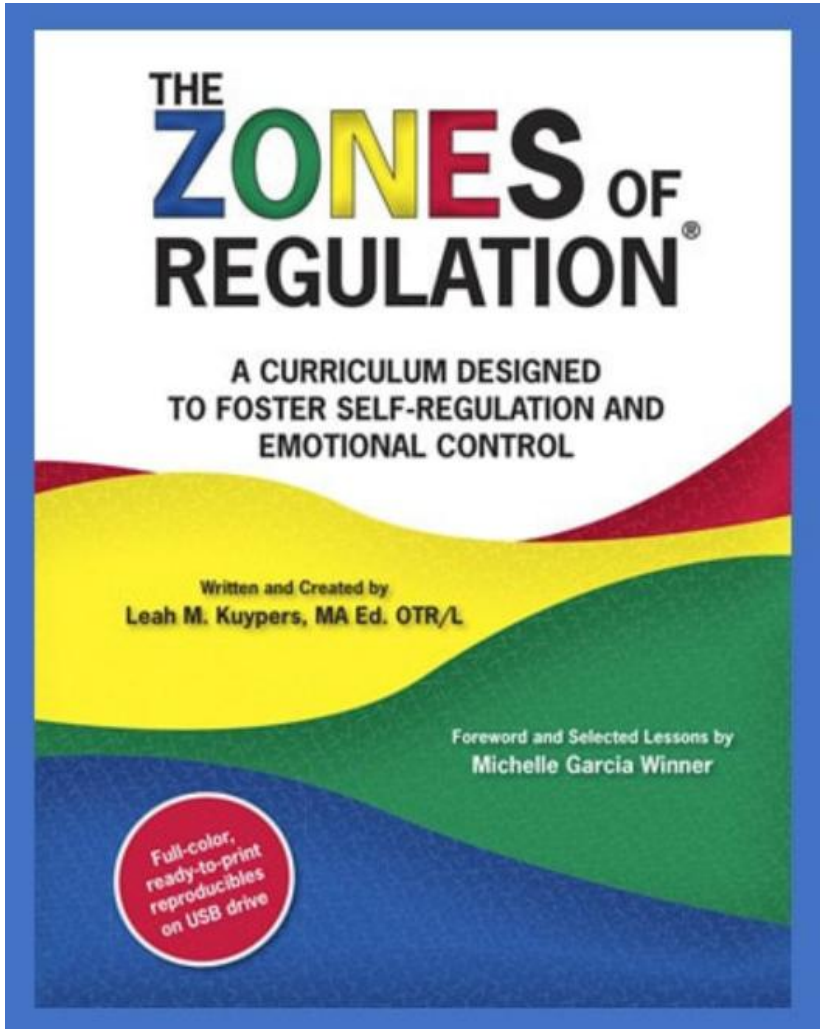


The Zones of Regulation Program is designed to help students understand and manage their emotions and behaviours effectively.

By categorising feelings into four distinct zones, students develop emotional awareness and learn to articulate their feelings.

The Zones of Regulation teaches students to:

- ❑ Identify feelings and levels of alertness.
- ❑ Know what tools work to self-regulate and when / how to use them.
- ❑ Understand the social context or environment as it relates to regulation and goals.
- ❑ Problem solve positive solutions.
- ❑ Move towards independent regulation.

The Zones of Regulation assists in equipping students with essential skills for lifelong emotional intelligence and resilience.

# The Four Zones

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# The Four Zones

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**Blue Zone:**

- Low levels of alertness and energy
- Low emotions and down feelings
- Sad
- Sick
- Tired
- Bored

**Yellow Zone:**

- Higher state of alertness but still have some cognitive control
- Energy is high and emotions elevated
- Frustrated
- Anxious
- Excitied

**NB: The Red Zone is NOT the 'BAD ZONE'!!**

**Green Zone:**

- Calm and organized state of alertness
- Neutral emotions
- Happy
- Content
- Focused
- Calm

- f alertness
- ight mode
- Intense and powerful emotions
- Ecstatic
- Enraged
- Panic
- Devastated

# Tools

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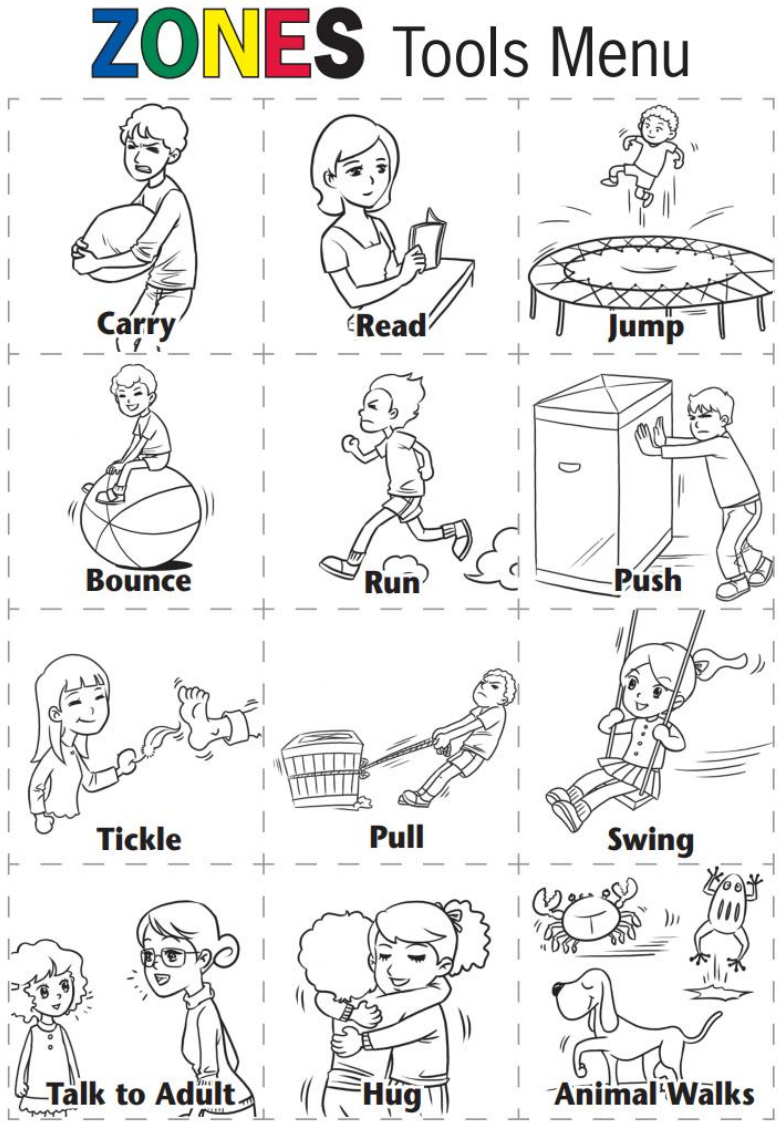
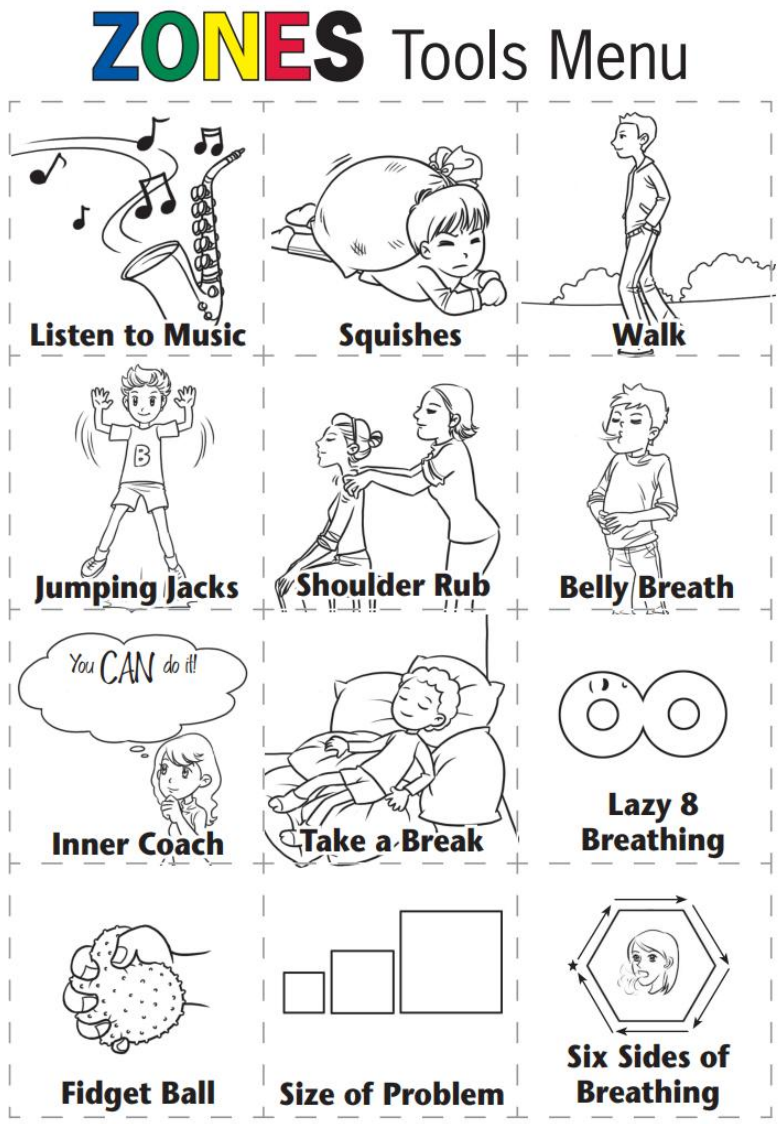
Tools help us to:

- ❑ Regulate
- ❑ Meet our goals
- ❑ Do our jobs and tasks
- ❑ Support our sense of wellbeing
- ❑ Different tools effect children differently



# The Zones Pathway

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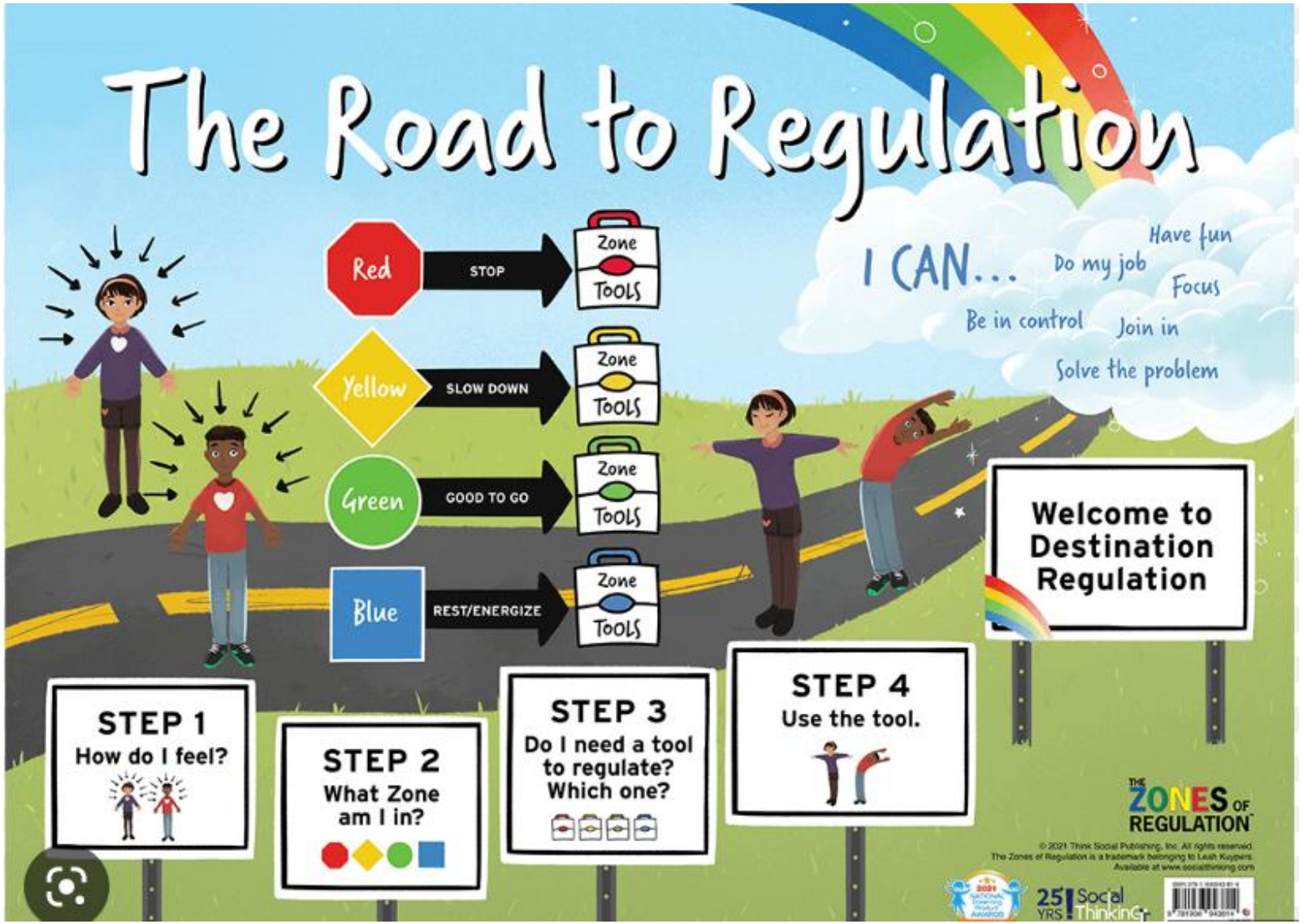

# Mindful Mornings

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Mindful Mornings aligns directly with The Zones of Regulation and provides students with the opportunity to prepare themselves for the day.

During this time (8.35am – 8.55am), students can spend time setting their workspace up, greeting their teachers and friends, participate in mindful activities and generate a readiness to learn.

A Mindful Morning focus is shared with teachers each week to teach students some of the strategies to regulate their bodies.

# Classroom Activities

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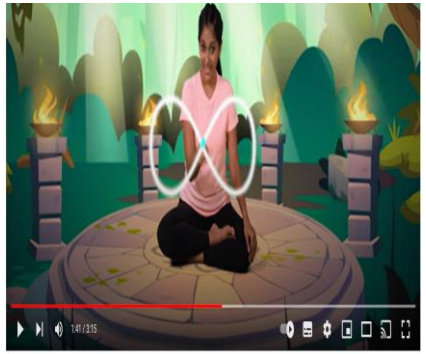



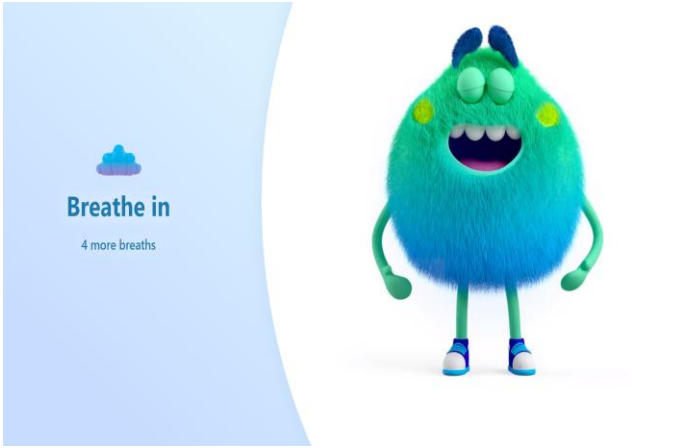


# Classroom Activities

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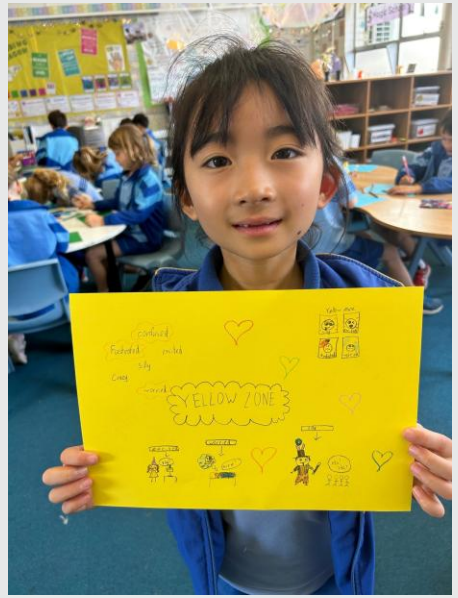


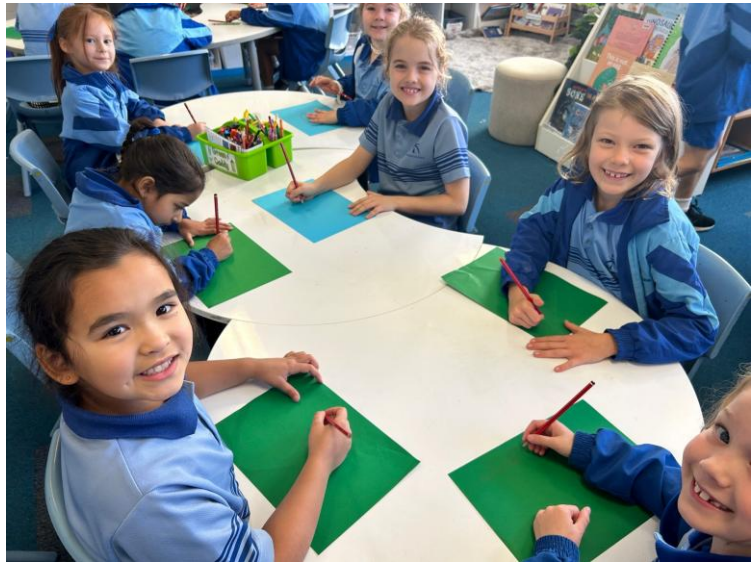


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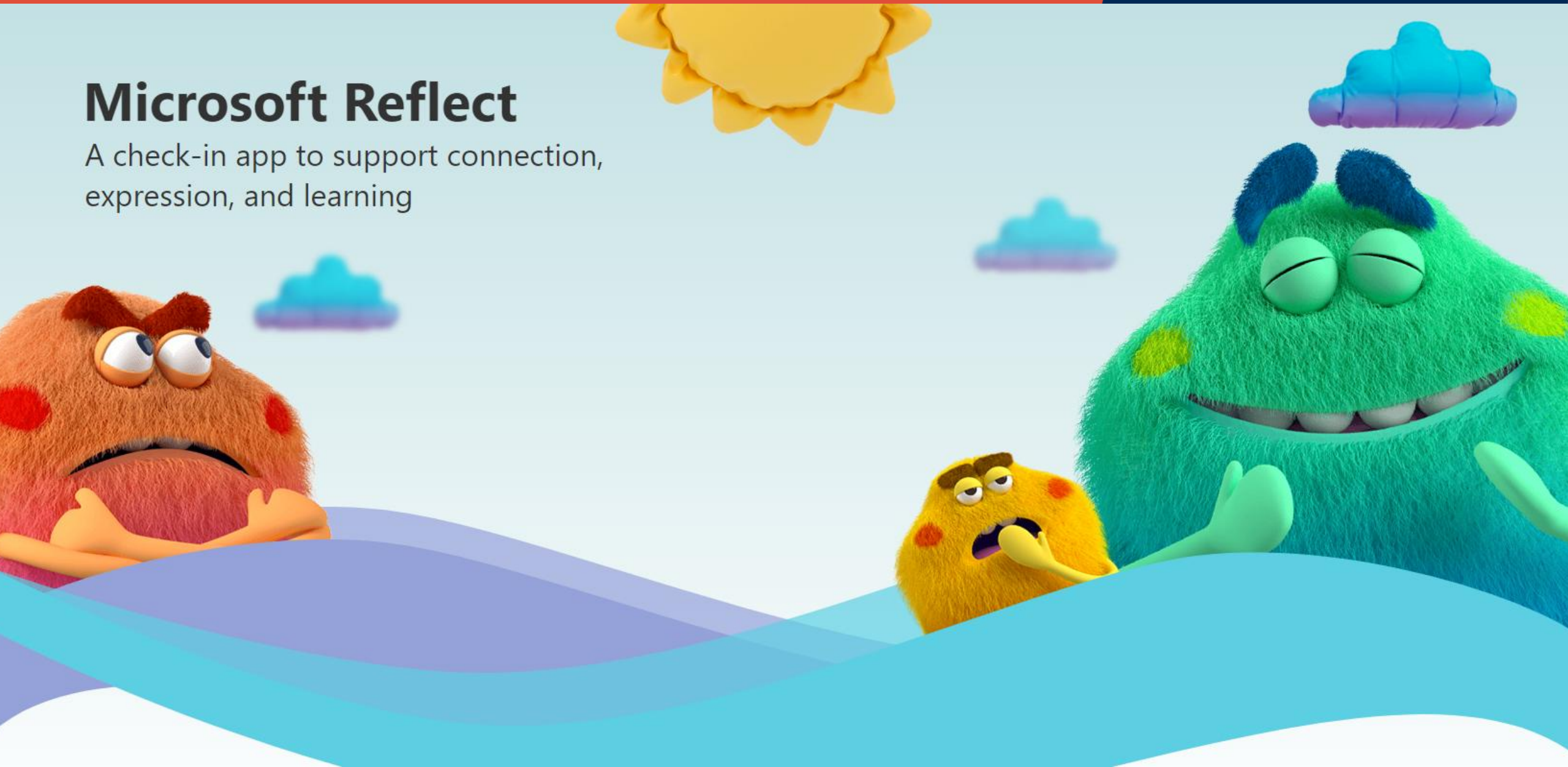
# Microsoft Reflect

A check-in app to support connection, expression, and learning



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URSTRONG

The URSTRONG program is designed to empower students with the skills and confidence to navigate friendships and social interactions effectively.

By focusing on building strong, healthy relationships and developing conflict-resolution skills, URStrong helps students understand the importance of empathy, communication, and self-advocacy.

The program provides practical strategies for:

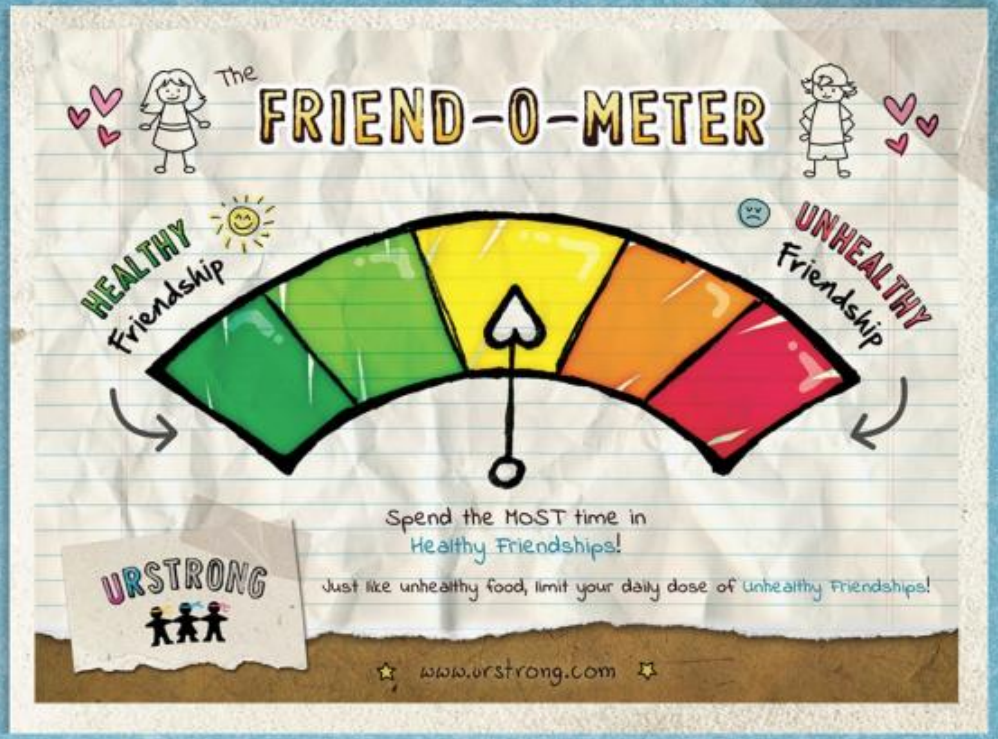
- ❑ managing social challenges,
- ❑ fostering resilience and,
- ❑ promoting a positive school climate.

**Why introduce a friendship skills curriculum?**

- ❑ Navigating friendships is a key part of growing up.
- ❑ Friendships directly link with student social-emotional wellbeing.
- ❑ In schools, friendship issues are a constant in the school day.
- ❑ Our teachers report a lot of time spent sorting out friendship issues, from minor to major.
- ❑ Some students catastrophise friendship issues, when the issue may be minor.
- ❑ Some students, and families, misunderstand the difference between friendship issues and bullying.
- ❑ We want to assist students to be able to manage their friendships confidently and with as much independence as possible.


Know what to expect in your friendships!

Can you give an example of all 4 Friendship Facts from your life?




Surround yourself with healthy friendships!

Where are your friendships on the Friend-o-Meter?


Friendship Fires actually make your friendships stronger when you Talk-it-Out!

What happens when you don't put out the Fire?

You teach people how to treat you! You've got this! #urstrong

What's the difference between a Friendship Fire and Mean-on-Purpose?

# Q&A Time

# Thank you

Newman College
216 Empire Avenue
Churchlands
WA 6018

Marian Campus
49 Peebles Road
Floreat
WA 6014

T 08 9204 9444
newman.wa.edu.au