



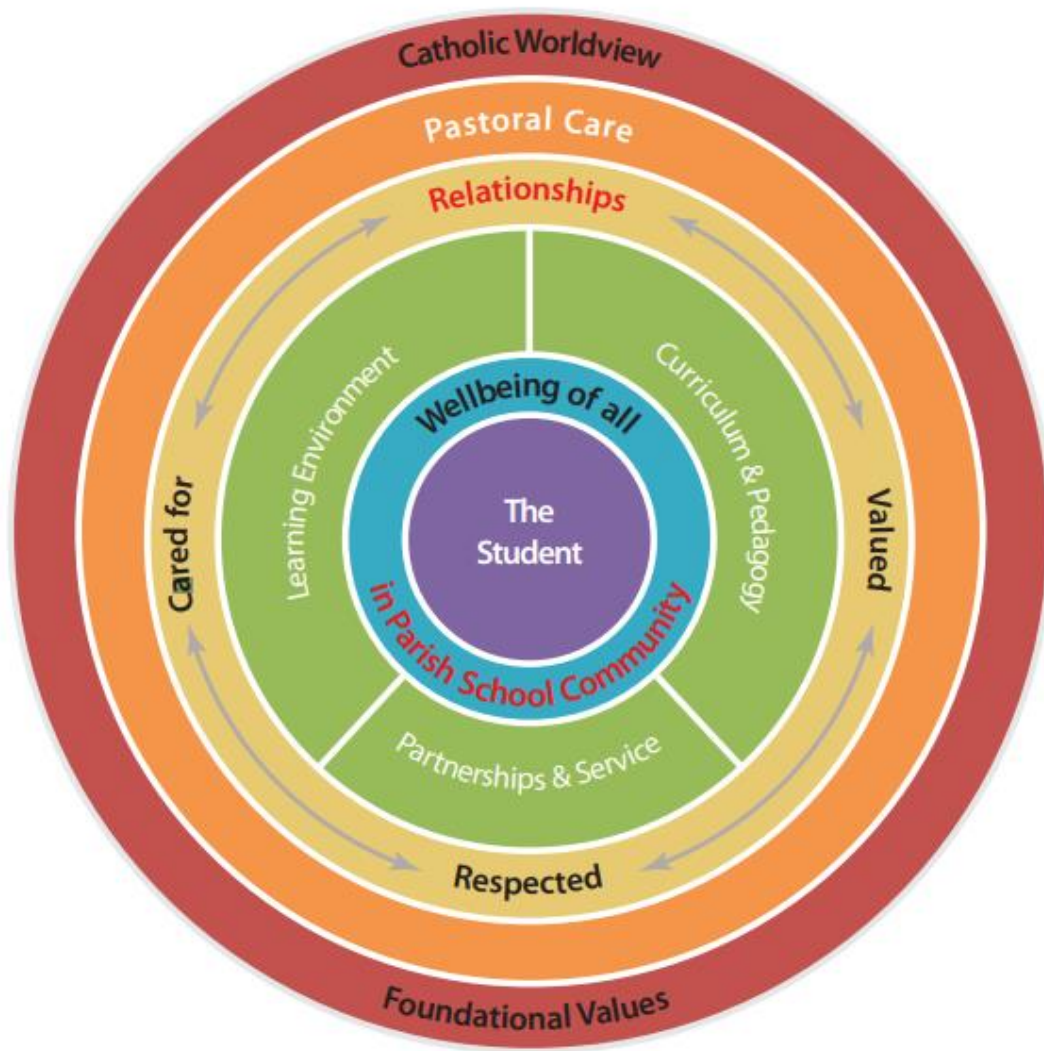
St Joseph's Catholic Primary School

Driving excellence in the Macleay

PASTORAL CARE AND WELLBEING POLICY

This Policy should be read in conjunction with the CSO Pastoral Care Framework; it exists to ensure that all members of the School Community understand their roles and responsibilities in the provision of Pastoral Care and that it encompasses all aspects of School life. The Pastoral Care and Wellbeing Policy exists to guide all decisions within the School relating to the Pastoral Care and Wellbeing of its students.

Pastoral Care is central to education at St Joseph's Primary School, permeating all aspects of school life with the values and teachings. The CSO Pastoral Care Framework, as depicted in the figure below, highlights the central place of Pastoral Care in the Schools educational context. At St Joseph's Primary, we locate the student at the heart of wellbeing efforts and learning activities.





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Pastoral Care is at the heart of how we relate to one another at St Joseph's Primary school and should be reflected in every action taken to promote and enhance physical, social, emotional, psychological, intellectual and spiritual wellness. Given that Pastoral Care seeks to promote such wholeness and deep inner strength, wellbeing is viewed as an outcome of Pastoral Care.

Pastoral Care at St Joseph's promotes wholeness, deep inner strength, resilience and wellbeing through the experience of life-giving relationships across school life. Students of St Joseph's are all to be emotionally and physically cared for, respected and valued for their contributions, gifts and abilities.

All staff of St Joseph's Primary school have responsibility for the Pastoral Care and wellbeing of students. Members of the School Leadership Team engage staff, and ensure that Pastoral Care and wellbeing are 'lived' within the school. Staff model the building and maintaining of healthy relationships, which incorporate mutual respect, dignity, fairness, reconciliation, restoration, compassion and justice. Individual staff may have a higher duty in regards to Pastoral Care and wellbeing leadership roles. School chaplains, and counsellors, as well as Pastoral Care/Wellbeing teams have specific responsibilities in supporting students with high level needs and responding to critical incidents.

Within the School, both staff and students should experience appropriate interactions, which affect positively their sense of self-worth, belonging and wellbeing. Staff will be offered professional learning deemed appropriate to the Schools context regarding, student wellbeing, the implementation of wellbeing programs, and the resolution of wellbeing issues as they become available on My Learning, or when they are sourced externally to the CSO. Staff will need to seek Principal approval for all requested Professional Learning via the completion of School Professional Development forms.

Counselling is provided by the School to students through the School Counsellor, counsellors associated with the Catholic Schools Office, Community Health, Mental Health, and other external providers as deemed necessary. The referral process may be instigated by staff, a parent, other students or by self-referral. In order for a student to be seen by the School Counsellor, a letter signed by the students Parent or Caregiver must be received and recorded. (see attachment 1 below).

At times, professional counselling is provided to the students in order to assist them to;

- Better understand their own emotional health. This may be offered through programs run by the Counsellor or Student Support Chaplain.
- acknowledge and respect the dignity of all members within the School community.
- acknowledge that with rights come personal responsibilities.
- encourage positive behaviour that will result in the growth of mature adults.

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- encourage, by behaviour, a safe and caring School community.
- acknowledge social conflict.
- Better understand and respond to their social/family environment.
- Support them through difficult family events.
- work towards excellence in their academic life.
- value student individuality, differences and diversity.
- participate actively and cooperatively in the learning and teaching process.
- learn and practise effective conflict resolution/anger management.

ATTACHMENT 1.

ST JOSEPH'S STUDENT WELLBEING PROGRAM

Dear _____,

Saint Joseph's values and promotes student wellbeing. To support our student's emotional and mental health, we offer a **School Wellbeing Program**. Our Wellbeing Support Officer and School Counsellor will be providing this service based on individual need. This service is highly confidential and does *not* incur a cost.

Should you wish to know more about the progress of your child or the program, please contact the Wellbeing Team via the School Administration.

Your child, **NAME**, has been nominated to participate in the Wellbeing Program.

Inclusion in this program requires parental permission and ongoing communication with the Wellbeing Team. Please indicate your consent by completing the form below and return to Mr Guy Campbell.

Yours sincerely,

Guy Campbell
PRINCIPAL

✂.....

STUDENT WELLBEING PROGRAM

CHILD'S NAME:.....**CLASS:**.....
Please print

I give permission for my child to participate in the School Wellbeing Program provided by St Joseph's Primary School.

NAME OF PARENT/CAREGIVER: _____ **SIGNATURE:** _____

DATE: _____ **Parent Contact Number:** _____





SELF-HARM ACTION PLAN

1. Evidence of self-harm including expressions of suicidal ideation is reported by any staff member to either the Principal or Assistant Principals.
2. The School Counsellor and either the Principal or an Assistant Principal will meet with the student and the student's parent or guardian.
3. Parents may be requested to take the student from school immediately after the meeting and are requested to seek medical advice, either from a GP or NSW Mental Health
4. A referral can be provided by the School Counsellor upon request. The student may be withdrawn from school until the School has confirmation and diagnosis from the parents or health professional that an assessment has been performed. External support services may be contacted for further support if required. If the parents are unable to come to the school at the time of being called, the student will be withdrawn from class for the remainder of the day.

Note: An Ambulance may be called on occasion if the Executive member in charge feels the situation requires it and there are no other parent/carer alternatives.

5. On return to school all self-harm injuries/wounds need to be made as unobvious as possible, still within the constraints of the uniform policy. This will need to be discussed on a case to case basis and the final decision will be made by the Principal or an Assistant Principal.
6. On return to school the student is required to work with the School Counsellor (or still have regular contact with another Health Professional) on a designated program relating to resilience/skill building/self-harm.
7. A self-harm report is to be completed and kept on the students file.

Note: For urgent attention by Mental Health, a referral from the College Counsellor or School Executive is to be emailed or faxed to Kempsey Mental health Unit (65620394). Parents are also to be informed of this.

Policy Adopted: June 2020	Policy last reviewed: February 2023	Policy to be Reviewed: Ongoing Within five years of last review
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