



Remote Wellbeing at KWS

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Head of Student Wellbeing

Kinross Wolaroi School is resolutely committed to safeguarding the welfare and wellbeing of its students during these challenging circumstances. Community is vitally important to us at KWS, and as such, key to our approach is ensuring students, staff and parents feel connected to one another and the school, as we navigate this new era of remote learning. This will be achieved through the provisions of regular wellbeing time throughout the week, weekly surveys to gauge how students are tracking, touchpoints between home and school, the continued delivery of counselling and psychology services for those in need, and an engaging activity schedule for both students and families.

Wellbeing Time

Students will meet with their mentors and fellow mentees three times per week, on Mondays, Wednesdays and Fridays. This time is an opportunity for students to connect with their peers, to discuss challenges and successes, and to engage in our activity program focused upon the themes of gratitude, caring, giving, and socialising in isolation. The sessions will follow a similar format to the below:

Mondays 1:20pm-1:40pm

Check-in / Goals for the week

Wednesdays 1:20pm-1:40pm

Video call / Activity

Fridays 1:20pm-1:40pm

Weekly reflection

During Weeks 1 to 3 of Term 2, KWS families are encouraged to complete some of the activities listed [here](#), which will mirror and support those discussed and engaged with in wellbeing time. If interested, the KWS Quarantine Journal can be found [here](#), and the Movie Review template [here](#).

Remote Touchpoints

Parents and students can continue to expect to receive weekly House newsletters this term. These are designed to maintain house spirit and camaraderie, to lighten the mood, to update our community on the activities and achievements of others, and to provide valuable resources that support health, wellbeing and learning. There will be a renewed focus on student involvement and ownership of these newsletters throughout the term, so please encourage your children to get involved and to contribute.

Additionally, parents can expect further contact from their child's mentor both via email and phone call throughout the term. Please do not hesitate to get in touch with your child's mentor if you have any concerns or issues that we can assist with.

Please also look out for our weekly video updates from our Head Mentors, Year Coordinators, and the Head of Student Wellbeing.

Wellbeing Data

This term, students will complete a weekly survey via MS Teams to gauge how they are tracking with remote learning. This is designed to flag students of concern, so that our Wellbeing Team can develop the necessary supports to assist them at this challenging time. The surveys also provide each and every student with an opportunity to provide feedback on their learning experience, so that we can continue to improve and develop our offering.

Counselling and Psychology Services

School counselling continues to be available for students and parents. Further information, as well as other resources can be located on FROG during our campus closure period. Students and parents should contact our School Psychologist, Bec Anderson via randerson@kws.nsw.edu.au, to discuss new referrals, appointments, and options for support.