



## **School Wellbeing Officer**

Hello to the St Joseph's Primary Laurieton School families.

I would like to thank you all for the wonderful welcome I have received from the staff and students, and from the parents I have met. The school is clearly a place where children are known, valued and cared for and I am delighted to be joining the team of skilled and caring educators.

The School Wellbeing Officer is an exciting role in which I will work closely with the School Wellbeing Team to support students. Our aim is to ensure students are coping as best they can in order to thrive and succeed. To achieve academically we must prioritise wellness and that includes mental wellness and general wellbeing.

As a teacher of over 30 years, my expertise and interest has always been in the area of wellbeing and the personalised support of students in relation to their learning. My passion is my work and training on student Wellbeing initiatives and sharing my knowledge and skills. I have extensive professional learning in many areas including Positive Education, Zones of Regulation, social and emotional learning, Trauma, Peer Support and Worry Woos and I am excited to be a lifelong learner in this area.

I look forward to a check-in or small group session with some students, and a chat or class-based assistance for others on a needs basis.

Thanks again for welcoming me and I look forward to meeting as many of you as I can and helping many students.

Kind regards

Jane Egan 😊