



**YANCHEP RISE**  
Primary School

**MENTAL HEALTH & WELLBEING**  
**INTRODUCTION TO BERRY STREET**  
**EDUCATION MODEL**

# **WHAT IS BERRY STREET EDUCATION MODEL?**

- The Berry Street Education Model program is based on the fact that the child's biological and developmental responses to trauma need to be addressed before they are 'ready' to build relationships and engage with learning content.

# FIVE DOMAINS

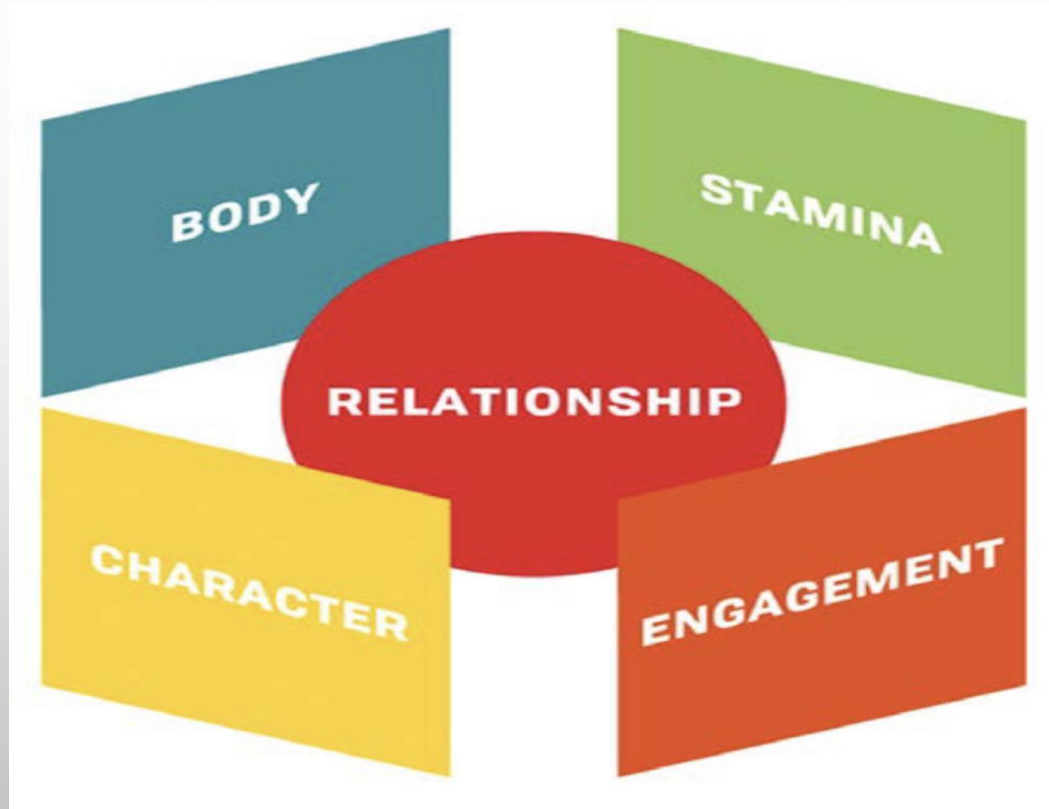
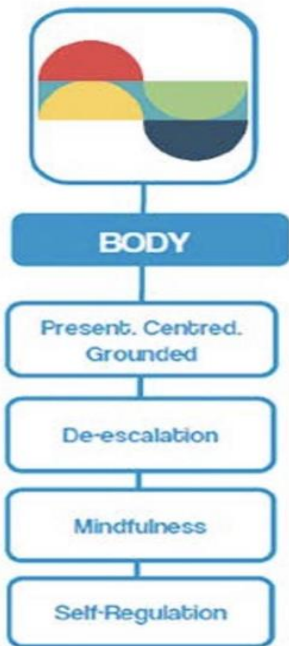



Figure 2: The Berry Street Education Model (Brunzell et al., 2015b)

2<sup>nd</sup> June 2023

18<sup>th</sup> August 2023

2024



The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

# CONSISTENT PREDICTABLE ROUTINES

FIRST STEP INTO BSEM

# LITTLE BIT ABOUT ROUTINES

- Routines create predictability
- Routines keep us safe
- At the beginning of term 3 and term 4 2023, we will be introducing new whole school routines.
- We will continue explicitly teaching these routines in 2024.
- We can't expect or assume students know or understand routines, even when we do them every day.
- We have micro routines (daily classroom routines) or macro routines (whole school large routines).

# WEEK 1 BOOTCAMP

- During week 1 of each term, we will have a whole school Routines Bootcamp.
- Everyday of week 1 of the term, for 1 hour, classroom teachers will go over the routines, explicitly teach them and role play the routines with their class.
- Every time a teacher see that the routine is not been followed correctly, he/she will practice that routine again.
- Whole staff must refer to the language referred in the routine posters.
- BootCamp is an opportunity for staff to re-enforce the expected behaviour from themselves and students.



# READY TO LEARN CHECKLISTS

- These will be divided into 2 checklists: home and school checklist.
- Home checklist will be sent home to be used at home and help students to get ready for school day.
- School checklist will be expose in all classrooms, in the office and by the gates.



**Ready to Learn Checklist** 

**At Home before school**

**In the morning I will check if I have:**

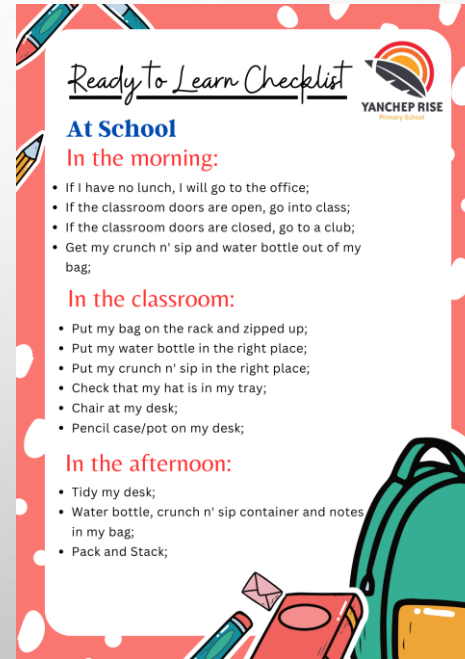
- My lunch;
- My water bottle;
- My crunch n' sip;
- My home reader;
- My library bag, on library day;
- My homework bag, on homework day;
- Correct uniform;


**At Home after school**

**When I get home, I will:**

- Empty my school bag;
- Put away my uniform;
- Get lunchbox ready for next day;
- Check my homework;
- Read for 20 minutes;
- Have a good night sleep;

The checklist is on a red background with white polka dots. It features illustrations of a pencil, a book, and a backpack.



**Ready to Learn Checklist** 

**At School**

**In the morning:**

- If I have no lunch, I will go to the office;
- If the classroom doors are open, go into class;
- If the classroom doors are closed, go to a club;
- Get my crunch n' sip and water bottle out of my bag;

**In the classroom:**

- Put my bag on the rack and zipped up;
- Put my water bottle in the right place;
- Put my crunch n' sip in the right place;
- Check that my hat is in my tray;
- Chair at my desk;
- Pencil case/pot on my desk;

**In the afternoon:**

- Tidy my desk;
- Water bottle, crunch n' sip container and notes in my bag;
- Pack and Stack;

The checklist is on a red background with white polka dots. It features illustrations of a pencil, a book, and a backpack.




# OUR HAT ROUTINE



- This routine will be explicitly taught and practice during BootCamp and whenever teachers feel there is a need to practice a bit more.
- This routine will need to be followed by all staff example, every day.
- If a teacher see a student walking around at lunch and recess without a hat, they will refer them to the office.
- If a students don't have a hat, they can play under the veranda of the undercover area or in the library.
- We are a sun safe school so need to ensure our students are SunSmart.




## OUR HAT Routine



- 1- Our hats are kept in our trays.**  


We check that our hat is in our tray every morning.
- 2- We must have our hat on our head when walking to all specialist classes.**  

- 3- To go out for lunch or recess, we put on our hat on our head and wait for instructions.**  

- 4- If we don't have a hat, we will play in the shade outside the undercover area. Our family will be contacted.**  

# LINING UP ROUTINE

- This routine will be explicitly taught and practice during BootCamp and whenever teachers feel there is a need to practice a bit more.
- This routine applies to the whole school.
- Student should know where they need to be lining up after lunch, recess and before heading to a specialist class.
- Students will be reward with tokens when they follow this routine.



# MOVING AROUND THE SCHOOL ROUTINE

- This routine will be explicitly taught and practice during BootCamp and whenever teachers feel there is a need to practice a bit more.
- This routine applies to the whole school.
- There will be routine posters around the school for staff to refer to when walking classes around the school.

## Moving around School Routine

**1- Listen to the teacher instructions.**

**2- Walk in two calm lines.**

**3- Look straight ahead.**

**4- Keep your hands to yourself.**

**5- Be respectful of others.**

**6- Move sensibly.**



# WALKING ON HARD SURFACES

- This routine will be explicitly taught and practice during BootCamp and whenever teachers feel there is a need to practice a bit more.
- There will be routine posters around the school for staff to refer to when walking classes around the school.
- When a teacher is on duty and see a student running in a walking zone, they will:
  - blow their whistle,
  - signal for the student to come and see them,
  - gently remind them that this is a walking zone,
  - allocate a spot for them to sit out for two minutes,
  - let them know when they can leave and go play.
- Teachers will go through reasons with their class about why we walk in certain areas and highlight places where students can run at lunch and recess.



# EATING TIME ROUTINE

- This routine will be explicitly taught and practice during BootCamp and whenever teachers feel there is a need to practice a bit more.
- There will be routine posters around eating areas for staff to refer to at eating time.
- Teacher will ensure that students are not getting up and going to the bin until dismissed.
- Teachers will inspect student areas before dismissing them to avoid rubbish in eating areas.

## ✦ Eating Time Routine ✦



1-Wash your hands



2-Keep your hat on



3-Get your lunchbox



4-Sit down in your eating area and eat your lunch



5-Keep all rubbish in your lunchbox



6- Put your hand up if you need something



7-When the siren goes, wait for teacher's instructions



8- Put your rubbish in the correct bins



9- Put your lunchbox away and follow our "Line Up Routine"

