

## BE YOU - Notice, Inquire, Provide

Wellbeing is the state of being comfortable, happy or healthy.

Through our Social and Emotional Learning (SEL) practices, utilising a varied selection of resources such as Berry Street Education Model Practices, Zones of Regulation Curriculum and Respectful Relationships Curriculum, as well as Smiling Mind Mindfulness Meditation, our flexible learning spaces enable a positive state of wellbeing. Making Connections **to self, to others, to the world around us**, building positive relationships between students, staff, and the wider community.

At times we may feel that our state of wellbeing is not at its optimum or we notice that someone close to us is not their usual self.



Checking in, through 'Nip' - **NIP - notice, inquire, provide...** is a positive way we can support each other when having a chat.

**Notice** - I've noticed you've...,

**Inquire** - I'm wondering ...?

**Provide** - We could try...?

Did you know that we are a **Be You** school?

Have you noticed this sign on our front door at school?



**Be You**, is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and Headspace. Be You supports educators from early learning services and schools to develop a positive, inclusive and resilient learning community where every child, young person, educator and family can achieve their best possible mental health.



**Be You** is a great resource that all families can access.

Why not visit <https://beyou.edu.au/> today?