

Wellbeing for Life and Learning:

Mrs Jane Strickland is an experienced student wellbeing teacher who has a Masters of Applied Positive Psychology (Wellbeing Science) from the University of Melbourne. She assists students to explore their thoughts, feelings and actions in a safe and positive environment. Mrs Jane spends individual time with students empathetically listening to them and assisting them to cope by being self-aware, self-compassionate and compassionate to others. Confidentiality and records are maintained as is best ethical practice, with only any arising needs or safety concerns from sessions discussed with the classroom teacher and adjustments made at school if required. The program is overseen by the school adjustment team.