

One Mile State School Social Skills Program

2014

At One Mile State School we believe that the explicit teaching of social skills will better enhance our students abilities to be better learners but also allow them to be able to be self confident, socially aware individuals.

Our social skills program is a combination of a number of research based programs. Programs are selected based on their ability to meet the every changing needs of our school community. Programs used to support social skills at One Mile include –

- Friendly Kids, Friendly Classrooms
- Play is the Way
- The Friends for Life
- High Five
- Virtues program
- Choice Theory – Responsible Thinking

These programs are all research based designed to target our students social and emotional well-being. In addition to these programs the school also participates in events such as “Day for Daniel” and the “Bullying No Way” program. These programs have been chosen as a result of a review of data such as School Opinion survey data, OneSchool data and feedback gained from processes such as the Quadrennial School review.

About the Programs

The Friendly Kids, Friendly Classrooms program focuses on 21 social skills which are important for successful and playground interactions. The program is based on the following general principles:

1. Social skills are related to all aspects of school behavior.
2. All students, not just those with behavioural issues will benefit from learning social skills
3. Students with disabilities will be more successfully integrated into a regular classroom if they are taught social skills
4. Confidence comes from acceptance by others, self acceptance, successful experiences and taking risks.
5. Learning is most effective when students practice what they have learnt
6. Always think “social skills in the classroom and playground

The ‘Play is the Way’ program is a practical methodology for teaching social and emotional learning using guided play, classroom activities and an empowering

language. Social skills are taught through the medium of playing games and learning valuable social skills through game play.

The Friends for Life program is a cognitive-behavioural therapy program designed to be used in the classroom that aims to increase the resilience and happiness of children.

“High Five” provides students with five proactive strategies to support bullying.



How Programs are Delivered

Every class in the school receives formal social skills lesson through their Health Lesson each week based on the 21 social skills outlined in the Friendly Kids, Friendly Classroom program. The concepts are taught in a sequential and layered approach, which is targeted to build and enhance students’ knowledge and understanding of concepts of the program as well as aligning with the schools virtues program.

Term by Term Outlook

Term one’s concepts focus upon bullying and resilience and explicitly teaching students how to deal with bullying and how to seek support from adults where necessary.

Term two focuses on co-operating and teaches such skills as negotiating, dealing with fights and arguments and sharing amongst other things.

Term three’s focus is about playing games well and teaches students how to play fairly, how to be a good winner and how to be a good loser. Also in term three students will focus on being positive through “positive tracking” and giving and receiving compliments.

Term four focuses on “taking risks” and includes topics such as approaching and joining in as well as speaking in front of an audience.. Also taught in term four is the concept “Being Interesting”. Topics taught include listening and asking good questions, and how to hold an interesting conversation.

Whole School Expectations

At the commencement of every school year in week 1, an explicit social skills program is delivered to every child at One Mile SS. This provides a very clear expectation and understanding of behavior for every child in our school.

Every child at One Mile completes a One Mile Support Hand and engages with High Five Program. This concept supports the “Bullying no way” philosophy in that every child identifies 5 adults in the school who can support and help them as required. The High Five Program supports the children with developing proactive strategies.

The One Mile Social skills program is an evolving program, led by data to support the needs of the school community whilst at the same time meeting the expectations of the OMSS Responsible Behaviour Plan for Students.

ONE MILE STATE SCHOOL, Social Skills Program Calendar , Term 1 2014

Week	Social Skills Program Overview
27.1.14 - 31.1.14 1	Diagnostic Testing "The Classroom Scale" Virtue- Respect
3.2.14 - 7.2.14 2	Standing Up for Yourself Responding to Provocation Virtue - Respect
10.2.14 - 14.2.14 3	Bullies and Victims Virtue- cooperation
17.2.14 - 21.2.14 4	Telling someone to stop annoying you Virtue - cooperation
24.2.14 - 28.2.14 5	Ignoring someone who is giving you a hard time Virtues - Honesty
3.3.14 - 7.3.14 "Saying No " Virtues - Honesty 6	Saying No Virtue- Honesty
10.3.14 - 14.3.14 7	Asking an adult for support Virtue- Honesty
17.3.14 - 21.3.14 8	When is it dobbing Virtue- Patience National Day of Action Against Bullying and Violence
24.3.14 - 28.3.14 9	Skills Practice Virtue - Courtesy
31.3.14 - 4.4.14 10	Revision Virtue - Courtesy

Week	
21.4.14 – 25.4.14 1	Negotiating Virtue- Tolerance
28.4.14 – 2.5.14 2	Dealing with fights and arguments Virtue - Tolerance
5.5.14 – 9.5.14 3	Suggesting and persuading (instead of bossing) Virtue - Self Discipline
12.5.14 – 16.5.14 4	Making decisions in a group Virtue – Self Discipline
19.5.14 – 23.5.14 5	Walk Safely to School Day Virtue - Friendliness
26.5.14 – 30.5.14 6	National Reconciliation week Virtue - Friendliness
2.6.14 – 6.6.14 7	Respecting other people’s opinions Virtue - Cleanliness
9.6.14 – 13.6.14 8	Sharing Virtue – Cleanliness
16.6.14 – 20.6.14 9	Including Others Virtue - Consideration
23.6.14 – 27.6.14 10	Skills Revision Virtue - Consideration

ONE MILE STATE SCHOOL, Calendar Term 3 2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Other
14.7.14 – 18.7.14 1	Playing Fairly Virtue - Enthusiasm					
21.7.14 – 25.7.14 2	Being a good winner Virtue - Enthusiasm					
28.7.14 – 1.8.14 3	Being a good loser Virtue - Forgiveness					
4.8.14 – 8.8.14 4	Commonwealth Games – Skill breakdown of last three weeks Virtue - Forgiveness					
11.8.14 – 15.8.14 5	Positive Tracking Virtue - Helpfulness					
18.8.14 – 22.8.14 6	Book Week Virtue - Helpfulness					
25.8.14 – 29.8.14 7	Giving and receiving compliments Virtue - Caring					
26.8.13 – 30.8.13 8	Building self esteem and confidence Virtue – Caring					
1.9.14 – 5.9.14 9	How to act confidently Virtue - Determination					
8.9.14 – 12.9.14 10	Be yourself Virtue - Determination					

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Other
6.10.14 – 10.10.14 1	Approaching and Joining in Virtue - Responsibility					
13.10.14 – 17.10.14 2	Giving and receiving compliments Virtue - Responsibility					
20.10.14 – 24.10.14 3	Listening and asking good questions Virtue - Truthfulness					
27.10.14 – 31.10.14 4	Day for Daniel Virtue - Truthfulness					
3.11.14 – 7.11.14 5	Telling an interesting story Virtue - Excellence					
10.11.14 – 14.11.14 6	Remembrance Day Virtue - Excellence					
17.11.14 – 21.11.14 7	Having an interesting conversation Virtue - Confidence					
24.11.14 – 28.11.14 8	Team Building activities and group tasks Virtue - Confidence					
1.12.14 – 5.12.14 9	Team Building activities and group tasks Virtue – Kindness					
8.12.14 – 12.12.14 10	Virtue - Kindness					