Active AUGUST

Benefits of being Socially active

Connecting with others is not only enjoyable but also provides us with a support base when we need it.

Sharing the good times and being supported in the not-so-good times is what friendships are all about.

Relationships and social connections provide us with a sense of belonging, which is essential for our mental health and wellbeing. Belonging to groups, whether formal or informal, large or small, local or even international, contributes to our identity and who we are.

Belonging helps define our sense of identity and satisfies our psychological need for friendship. It's important that we stay socially active on a daily basis.

Here are some suggestions on how to be socially active at school:

In the classroom

· Provide opportunities for students to sit and work with students they wouldn't usually.

· Encourage tolerance of different viewpoints and lifestyles.

Outside of school

· Attend a local community event.

· Join a community group or youth group.

· Attend a workshop with like-minded people to learn about a hobby or interest.

· Join a sports team.

· Join a band or arts group.

· Provide school events outside of school for students, families and the wider community to attend (e.g. markets, discos, fundraisers, etc.)

Whole of school

· Encourage a culture of inclusion and friendliness at the school:

🌐 aitsl.edu.au/docs/default-source/research-evidence/ spotlight/creating-an-inclusive-classroom- culture-fact-sheet.pdf?sfvrsn=5cf3d33c_2

· Implement a buddy system between students in lower year groups and upper year groups.

· Develop student groups, such as the garden club, sustainability club, Act Belong Commit club, etc. This enables students to be involved with a cause they are passionate about with like-minded students.

During break times

· Set up games and activities for students to easily connect over.

· Start a lunch group, where students can sit and eat together.

· Create or encourage clubs or groups for students' different interests (maths club, drama club, Minecraft etc.)