



Dear Parents and Caregivers

Re: Wellbeing Initiative - Classroom Pulse ‘Check In’

The shifting dynamics of these unprecedented times continue to highlight that your child’s relationships, identity, belonging, and learning are essential to their happiness and success at school.

This Term every student in a Catholic School in South Australia will participate in a simple online Classroom Pulse Check In. This Check In has been developed to ascertain how students are currently feeling about their experience in school. It is tailored to allow your child’s teacher(s) to check in and provide immediate feedback and support to them. The Check In will be carried out during the school day.

I am conscious that life in school has its’ ups and downs, but I am also confident that your child’s teachers want to understand how they are feeling so they are able to support you and your child in meeting any social, emotional, or learning needs that they may have.

To enable this, your child’s teacher and I will have access to their responses to facilitate follow up and support as required. Please be assured, as your child’s prime caregiver that any support required will be communicated and discussed with you in advance.

As you can see below, there are a range of simple questions about your child’s life at school, their identity as a person and a learner, their sense of belonging, safety, and friendships.

IDENTITY REC - YEAR 3	My teacher cares for me.	I enjoy school.
YEAR 4 - YEAR 12	I currently feel I matter to my teacher.	I currently feel that I am thriving at this school.
LEARNING REC – YEAR 3	I am learning at school.	I can have a say in my learning.
YEAR 4 – YEAR 12	I am actively involved in co-constructing my learning.	I feel that my learning needs are being met.
RELATIONSHIPS REC – YEAR 3	I have friends at school.	My teacher helps me when I have problems.
YEAR 4 – YEAR 12	Currently, I feel I have positive relationships at this school.	When asked, my teacher supports me in managing friendship issue.
BELONGING REC – YEAR 3	I feel safe at school.	I feel I belong in this school.
YEAR 4 – YEAR 12	I am feeling safe at this school.	I feel that I belong in this school community.

For each statement, students will select whether they feel it applies to them “most of the time,” “sometimes” or “not very often.” Students in Reception – Year 3 will have emojis alongside the options to help them identify their feelings.

A sample of the Check In can be found here www.cesa.catholic.edu.au/classroompulse

In addition to supporting your child, de-identified data from all participating schools will be used by Catholic Education SA to identify trends to assist in future planning for the support of the learning and wellbeing for students across South Australia.

Catholic Education SA believes that our role is to help every child to be a thriving person, capable learner and a leader for the world God desires.

We believe this Check In will play an important part in supporting that goal and your child.

Please do not hesitate to contact me if you require any further clarification.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'D. Wells', written in a cursive style.

Principal