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Media Opportunity

Student well-being a priority

Supporting emotional regulation and behaviour in south west Sydney classrooms will be made easier after the launch of a book filled with skills and tools from child experts.

South Western Sydney Local Health District School-Link Senior Occupational Therapist, Kate Piromalli said the one-of-a-kind School-Link resource was created to support teachers supporting students.

“Teachers in schools across south west Sydney do an incredible job providing child-centred education to all students,” she said.

The Body Brain Belonging book is a practical resource to add to the toolkit for teachers. Filled with strategies for the classroom and beyond, the resource delves into the “morning madness” of getting ready for school, the neuroscience behind learning and the power of pets in the classroom.

“To make this book really work we wanted it to be useful for all students. The book features stories throughout with practical strategies to support a range of challenges and barriers to school participation,” Ms Piromalli said.

The material was originally developed in workshops focusing on emotional regulation in schools. Teachers who attended the workshops expressed an interest in accessing a resource that summarised all the strategies they had learnt.

Ms Piromalli said sometimes considering the role of the body when trying to implement strategies to support behaviour and engagement.

“We are still talking about having five senses when there are in fact eight key senses that are integral to behaviour and regulation.”

The resource was written in consultation with over 100 respondents providing feedback on content for the resource. The Body Brain Belonging book was created by the School Link team; occupational therapist Kate Piromalli, social worker Belinda Cooley and psychologist Marina Zuzic.

School-Link South Western Sydney Local Health District is part of the Infant, Child and Adolescent Mental Health Service and is funded by NSW Health. The service works in partnership with the Department of Education, independent schools and many government and non-government organisations.

SPOKESPERSON: School-Link South Western Sydney Local Health District occupational therapist Kate Piromalli can provide great insight.

Please contact the media team on 8738 6848 if you would like to cover.