

YOU CAN SIT WITH ME

5 little words to change
a little life



**you can
sit with me**

Whole School Wellbeing , Leadership and Buddy Program (Black and yellow wristband)

Program for teachers

“YOU CAN SIT WITH ME” is a powerful, student-led inclusion and wellbeing initiative designed to create a school culture where no student feels left out. By promoting visible acts of kindness and establishing safe, welcoming spaces, particularly during vulnerable moments like lunch, recess, or starting at a new school.

The program empowers students to become leaders of connection and compassion. Through structured peer mentoring, buddy systems, and student leadership roles, it supports the transition of Year 7s, helps reduce school refusal and anxiety, and strengthens whole-school wellbeing.



This initiative encourages every student to take ownership of their community, ensuring that every voice is valued and every student knows they belong.

Program Goals

- Build a strong culture of inclusion and belonging across the school.
- Provide leadership opportunities for students across all year groups.
- Support Year 7 and new students through structured buddy relationships.
- Create safe and welcoming spaces during unstructured times.
- Embed student wellbeing into everyday school life.
- Align with the Australian Curriculum to develop personal and social capability.



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Core Program Components

1. Student Leadership Team (SLT)

- Comprised of students from Years 9–12.
- Trained in empathy, peer support, leadership, conflict resolution.
- Recognisable by “YOU CAN SIT WITH ME” badges, lanyards, or wristbands.
- Actively visible during breaks and events.

2. Buddy Program

- Year 10–12 students are paired with Year 7s.
- Regular structured check-ins, classroom tours, social activities.
- Helps new students build friendships and navigate high school.

3. YOU CAN SIT WITH ME Zones

- Designated safe and inclusive seating areas during breaks.
- Monitored by SLT and Wellbeing Team members.
- Open to any student needing someone to sit with or talk to.

4. Whole-School Wellbeing Team

A dedicated student-staff team that oversees the program and drives wellbeing initiatives schoolwide.

Composition:

- Student reps (Years 7–12)
- SLT members
- Wellbeing/Student Support Coordinator
- School Counsellor or Psychologist
- Year Level Coordinators
- Optional: Parent rep or external community partner

Responsibilities:

- Organise training and buddy pairings
- Lead wellbeing events (e.g. YOU CAN SIT WITH ME day (First Friday in June) Mental Health Week, Harmony Day)
- Promote program values in the classroom and beyond
- Collect feedback and improve implementation

Curriculum Links – Australian Curriculum

General Capabilities – Personal and Social Capability

- Self-awareness: Recognising emotions, strengths, and developing resilience
- Social awareness: Respecting diversity and empathising with others
- Relationship skills: Collaborating, negotiating, resolving conflict
- Social management: Leadership, working in teams, communication

HPE Curriculum

| Year Level | Key Outcomes |
|------------|--|
| Year 7-8 | ACPPS074 – Transition and identity changes |
| | ACPPS075 – Emotional regulation and resilience |
| | ACPPS079 – Help-seeking strategies |
| Year 9-10 | ACPPS092 – Healthy choices and influence |
| | ACPPS094 – Identity and social impact |

Assessment & Reflection Tools

- Leadership Portfolios: Evidence of participation, feedback, reflections
- Peer Journals: Self-awareness and emotional reflection prompts
- Team Presentations: SLT presentations to staff or at assembly
- Survey Feedback: Pulse checks on belonging and connection

Yearly Implementation Timeline

| Term | Activities |
|---------------------|--|
| Term 4 (Prior Year) | Recruit Wellbeing Team & SLT; plan pairings; set goals |
| Term 1 | Launch event, Year 7 welcome week, first buddy check-ins, SLT visibility |
| Term 2 | First wellbeing campaign (e.g., Harmony Week), feedback sessions |
| Term 3 | Mental Health Month, student leadership reflection workshops |
| Term 4 | Program review, celebrate progress, transition new student leaders |

Teacher Involvement

| Role | Contribution |
|------------------------------|---|
| Wellbeing Coordinator | Lead and support all teams, link to strategic planning |
| Year Level Coordinators | Monitor buddy pairings, track student wellbeing |
| Home Group/Pastoral Teachers | Reinforce program values in class discussions |
| All Staff | Encourage inclusive behaviour, refer students to buddies or zones as needed |

Success Indicators

- Reduction in wellbeing referrals for Year 7 students
- High engagement in SLT and Wellbeing Team
- Positive student survey results on belonging and school connectedness
- Consistent teacher feedback on improved student culture

Optional Enhancements

- Cross-age wellbeing workshops
- Partnerships with primary schools for Year 6 transition support
- Inclusion in School Strategic Plan or Annual Implementation Plan



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