

Term 1

Year 1 / 2 Inquiry

In years 1 and 2, we will be beginning the year with an independent inquiry called 'Spring into Springs'

Our inquiry is underpinned by the Victorian Curriculum areas of:

- Personal and social learning: Self-awareness and management.
- Personal, social and community health and;
- Critical and creative thinking skills: Meta-cognition

There will be an emphasis on teaching students how our daily choices affect our health and wellbeing. We will focus on a range of things to help students settle and prepare for the year ahead such as:

- Getting to know others in the classroom.
- Our CSPA School values (Respect, Responsibility, and Kindness)
- Growth mindset and the power of yet.
- Catastrophe scale- problem solving
- Collaboration.
- Working independently.
- Developing and maintaining friendships.

As well as this, students will learn strategies of how best to look after themselves and be the best they can be. This includes teaching them how to be aware of their emotions and what things help them stay or get back in a good mindset to learn (Zones of regulation). Along with self-regulation, we will teach and develop understandings about the importance of mindfulness, food choices, sleep, exercise, family, friends, and self-belief. They will identify their personal strengths and be able to describe how these strengths are useful in school or family life.