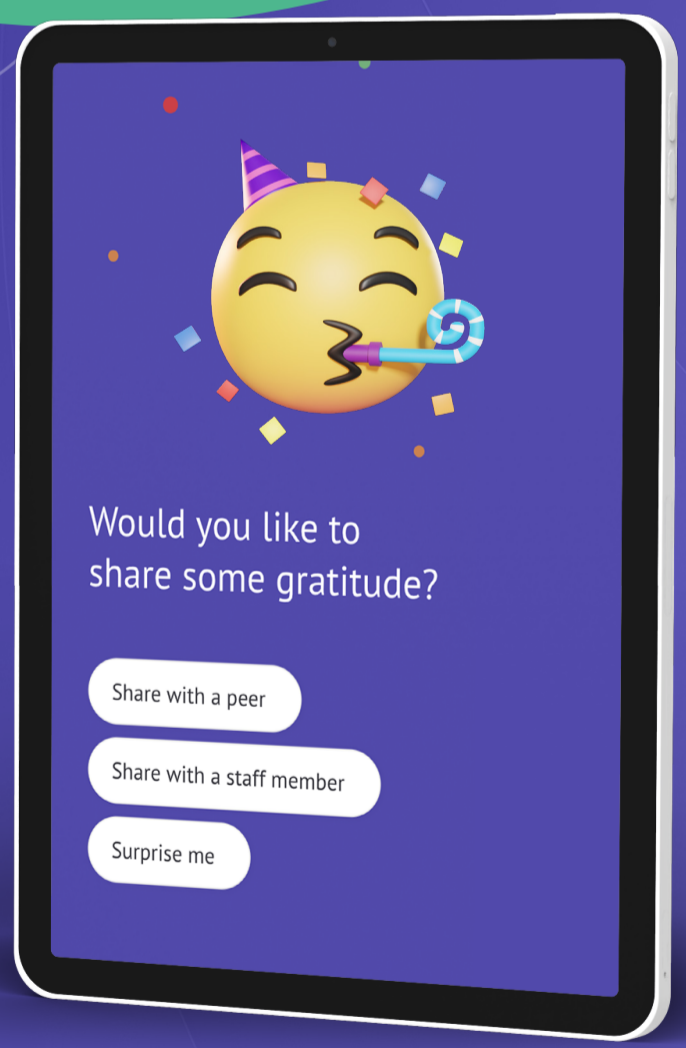




# Give someone **gratitude** at your school!

Thank a friend, thank a teacher, thank a student or thank a colleague.



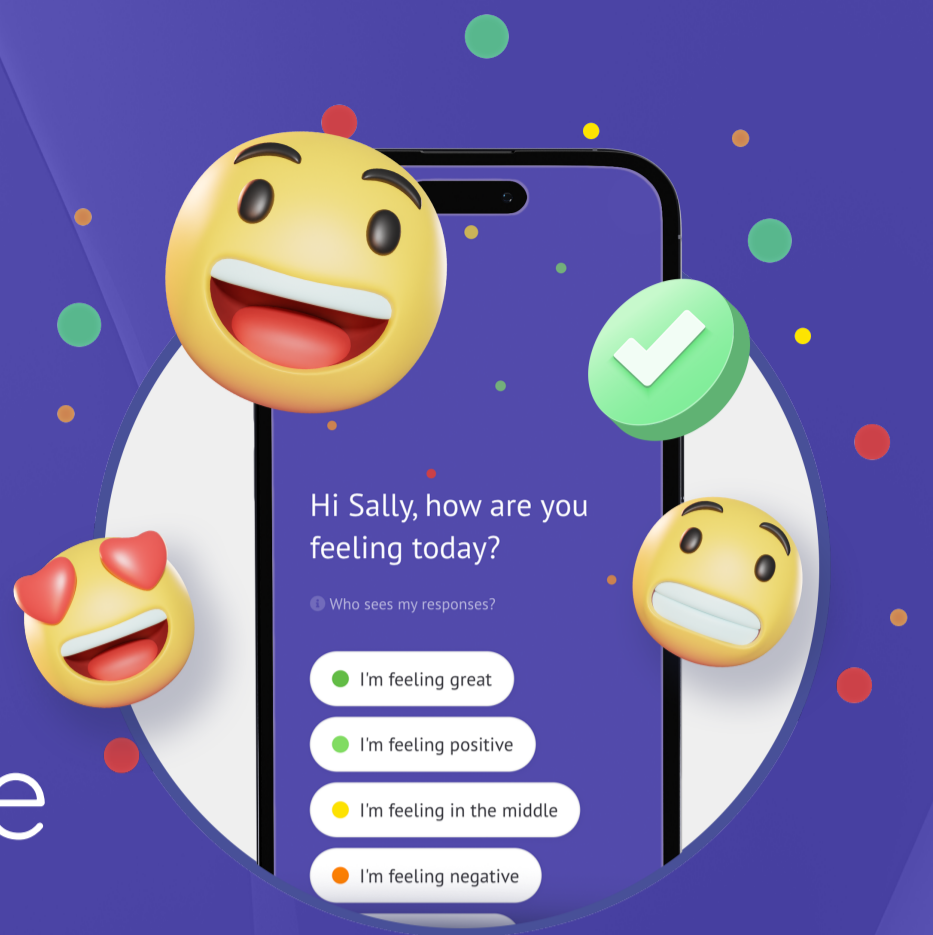


# Why we should encourage our students to use Pulse



- ✓ The greater the data the stronger the insights
- ✓ Inform your hunches
- ✓ Foster deeper student connections
- ✓ No invisible students
- ✓ Direct your efforts where they're needed most
- ✓ Identify who really needs your help
- ✓ An opportunity to celebrate what and who you're grateful for

# Top 10 tips to get everyone at your school on board with Pulse



Designated check-in  
time each week  
(based on school cadence).

1

If your school has Staff Pulse,  
openly communicate to  
the student body that staff  
check-in too.

2

Share wins and positives  
with the whole  
school community  
(parents included).

3

Add Pulse data as a  
regular agenda item in  
the staff meeting at  
least once a term.

4

Set time aside to check the  
Friday summary emails  
and make an action item  
for next week.

5

Staff and students to  
check in together  
(modelling behaviour).

6

Get the Student  
Representative Council  
to look at data and  
propose initiatives.

7

Assess, engage, and act  
quickly based on Pulse  
data to get student buy-in.

8

Share data and talk  
to kids regularly about it

9

Get a student leader to  
talk about Pulse insights  
in assembly

10

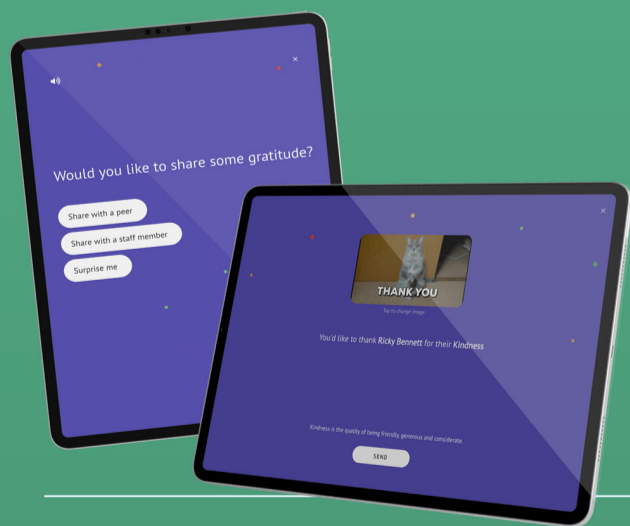


What's up?

At our school, we check in on \_\_\_\_\_



# BE YOUR BEST, FEEL YOUR BEST: LET'S TALK WELLBEING



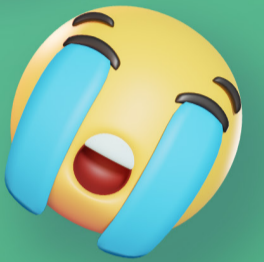
- ✔ Good Days, Bad Days: It's normal!
- ✔ It's Cool to Feel Uncool: We're here for you.
- ✔ Need Help? We're ready!
- ✔ Shout Out to Superheroes!
- ✔ Check-in Time? Let's go!

REMEMBER: BEING YOU IS AWESOME!



# YOUR WELLBEING MATTERS

CHECKING IN WITH PULSE IS THE FIRST STEP.



## Why Bother?

- ✔ **Your Voice Is Important:**  
Speak up, be heard!
- ✔ **Total Honesty:**  
Your answers are anonymous.
- ✔ **Your Trusted Teachers:**  
If you ask for help, they've got your back.
- ✔ **Celebrate the Awesome:**  
Shout out to those that make your day.
- ✔ **Spread the word:**  
The more voices we hear the stronger the difference we can make.

Hi Sally, how are you feeling today?

Who sees my responses?

I'm feeling great

I'm feeling positive

I'm feeling in the middle

I'm feeling negative

I need some help

Are you grateful?

My friends

Dancing

My home

My family

Gardening

Instrument



You've checked in  
It was great to hear from you, thanks for checking in.

LOG OUT



Harry Powers recently recognised you for your kindness. Your actions made a difference to them and they wanted to let you know.

OKAY



Remember: Your wellbeing matters! Take it seriously.



# YOUR WELLBEING MATTERS



Checking in with Pulse is the first step

At our school, we check in on \_\_\_\_\_

CHECK IN

Your wellbeing matters to us. We take it seriously, and you should too.