

THE 5 BUZ NUTRIENTS AND STUDENT OUTCOMES

	Nutrient	C & R words	Kid lingo	Outcomes (Children will...)
1	<i>Each person is treasured and encouraged to contribute</i>	Connectedness Relationships 	<i>I want to have friends</i>	1.1 Believe that what they have to contribute is valuable. 1.2 Accept and value others' contributions. 1.3 Know the basics in instigating social relationships. 1.4 Be better able to form good, sustaining friendships and to be accepted and valued within their peer group.
2	<i>Negatives are turned to positives, we focus on the good</i>	Confidence Resilience 	<i>I want to be 'good' or 'good at'</i>	2.1 Know, accept and utilise their personal strengths. 2.2 Develop the skills to be successful. 2.3 Grow and flourish in personal confidence. 2.4 Be able to solve basic problems and handle disappointments. 2.5 Find meaning and growth in negative situations. 2.6 Be able to use triggers to personal happiness.
3	<i>We build one another up, there is no place for putdowns</i>	Compassion Respect 	<i>I want to love and be loved</i>	3.1 Look for the good in and grow a healthy respect for others. 3.2 Accept and be tolerant of the differences in people. 3.3 Build a vocabulary of positive language for relating with others. 3.4 Be aware of and develop a personal values system. 3.5 Have a positive understanding of social justice and put it into practice.
4	<i>Feelings are acknowledged and allowed to be expressed in healthy ways</i>	Control of Feelings Real Feelings 	<i>I want to feel good or feel 'right'</i>	4.1 Know their emotions, recognise an emotion when it happens. 4.2 Appropriately articulate and express their emotions. 4.3 Understand and regulate their emotions. 4.4 Recognise emotions in others and the effect of their emotions on others. 4.5 Recognise the power of emotions and their effect on their own behaviour and health.
5	<i>We look for peaceful ways to solve problems</i>	Conflict Resolution Restorative Justice 	<i>I want to keep friends</i>	5.1 Recognise when conflict happens and accept that conflict can be a normal part of relationships. 5.2 Develop the skills to resolve conflict and negotiate with others. 5.3 Develop the skills to handle negative social situations or when they are not being treated with respect. 5.4 Be able to use restorative practices.