

Lennon Rego

Yidarra Catholic Primary School, WA



Lennon makes sure his classroom is a space where students know they are free to be themselves and are encouraged to express their individuality at all times.

He strongly feels that a lot more needs to be done to support the wellbeing of students during the transition from primary to secondary school. Studies suggest that unable to cope with increasing demands and pressure placed on them to succeed at school, children are facing depression, anxiety and other disorders as a result of negative experiences.

To support his students, Lennon has helped implement a weekly initiative in his school. The 'Mindfulness Monday' sessions aim to help Year 6 students discover different approaches to 'looking after themselves' through exercise, healthy eating, meditation, resilience, coping strategies for times of uncertainty and optimistic thinking.

On 'Wellbeing Day' teachers helped strengthen bonds between boys and girls. Together with other staff, Lennon worked with students to implement a range of activities to help strengthen relationships amongst students and empower Year 6 students to lead various initiatives that fostered their wellbeing and optimism throughout school.

Lennon would like to use the professional grant to pursue a Masters degree in the area of Student Wellbeing, and research strategies that are most successful in helping adolescents navigate the transition between primary and secondary school.