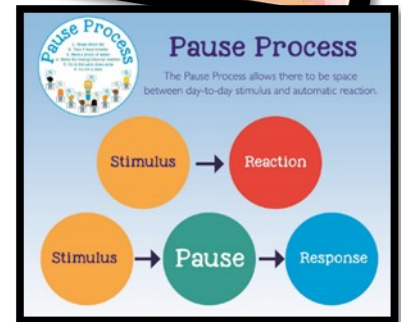


Mrs Simpson's Sizzling Spotlight

Pause

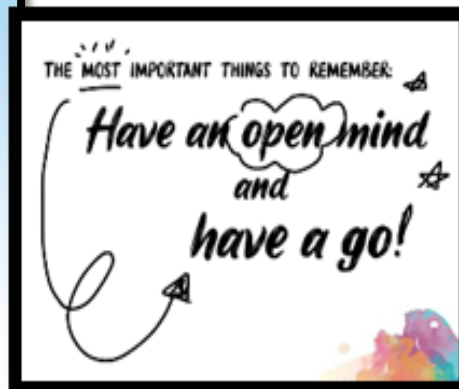
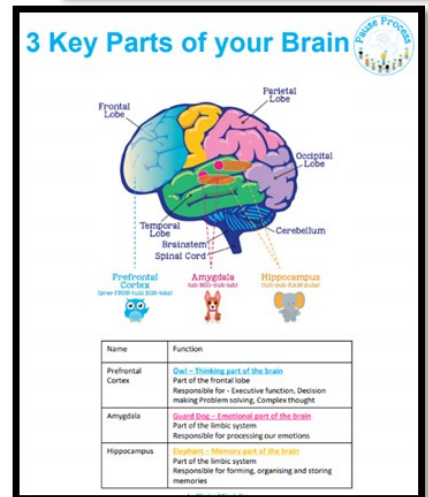
This week's sizzling spotlight is all about Pause.

Since 2018, Mareeba SS has adopted a school-wide approach to improving student outcomes through a structured program that teaches student about brain basics – Pause. Pause simplifies neuroscience into 'student-friendly' terms so students can understand how to respond to a stimulus and 'pause' before responding rather than reacting.



Why Pause?

Mareeba State School utilises the PAUSE program to support Positive Behaviour for Learning in every classroom. The Pause program is a set of 16 lessons specifically designed to teach students to develop knowledge and understanding of the different areas of the brain and how they are responsible for their reactions to various stimuli. Created by [Wendy Fox](#), a local teacher for the Department of Education in Queensland, the wellbeing program teaches students and teachers about three key parts of the brain, mindfulness strategies and positive education to help them emotionally self-regulate.



You can find out more about how Wendy created the Pause program and the benefits of it to younger children in the [TED Talk: The Teacher I Wish](#)