



Dogs Connect

GEORGE

All About George

Introducing George is our School Wellbeing Dog. George is a male Spoodle with a soft and golden coat, who enjoys being around people - especially kids! He came to St Albans Meadows Primary School at the beginning of 2021 and loves to play with children through our Dogs Connect program.

The Aim of a Wellbeing Dog

Our aim is to positively impact our students' school experience through having George as an exciting new element of school life. It is through having George that we hope our students are able to have a better connection to school and others, which in turn will improve their attendance, engagement and mental health.

Benefits of Wellbeing Dogs

Research has demonstrated that Wellbeing Dogs, properly managed in the school setting, make a measurable difference in gaining vital skills such as reading enhancement, as well as critically supporting emotional and relational development in students.

The Physical Benefit

- Allows interaction with a furry friend
- Reduces blood pressure
- Provides tactile stimulation
- Assists with pain management
- Gives motivation to move and walk
- Stimulates the senses

The Social Benefit

- Provides a positive mutual topic for discussion
- Promotes greater self-esteem and well-being
- Creates focused interactions with others

The Cognitive Benefit

- Stimulates memory
- Promotes problem solving mind-sets and game play thinking

The Emotional Benefit

- Improves self-esteem
- Promotes acceptance from others
- Lifts mood and encourages laughter

