









Why focus on Wellbeing?

What is Wellbeing and Positive Education?

How can I support
Wellbeing at home?







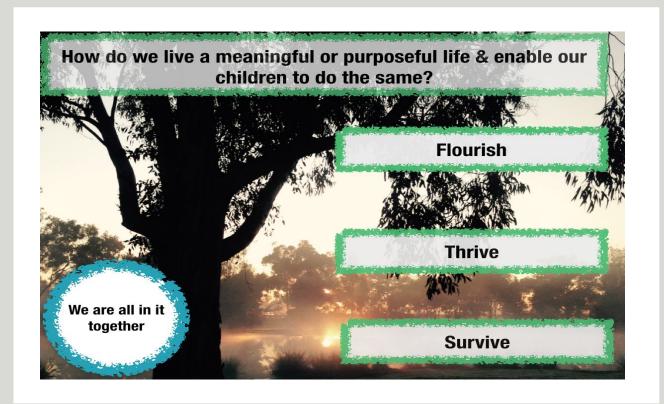


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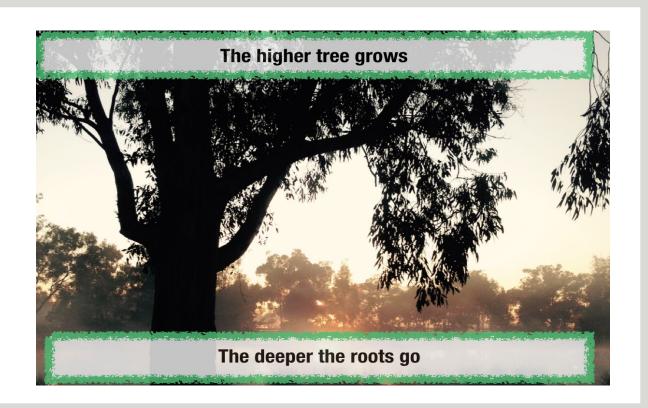














Why focus on Wellbeing?

Positive wellbeing is intrinsically linked to improved:

- + academic results
- + engagement
- + retention rates
- + social and emotional skills
- + student and teacher wellbeing



Wellbeing

Wellbeing is the ability to feel good and function optimally. It dynamic in nature and contributes directly to our resilience levels.

Positive Psychology Dr. Martin Seligman and PERMA +H



What is Positive Education?

Positive education teaches and embeds the skills of achievement and wellbeing.

It is a holistic approach to student wellbeing.

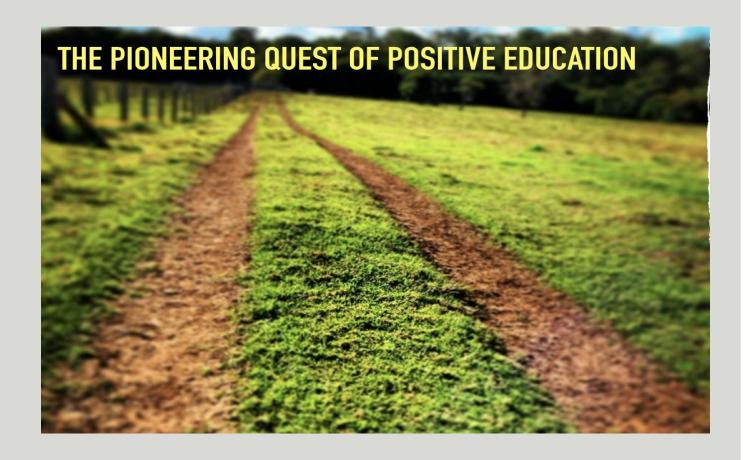
Positive Education combines:

- + Positive psychology principles
- + Best teaching practices
- + Wellbeing theory

Positive Education enables the individual and the entire school community to thrive and flourish.













POSITIVE EDUCATION PRINCIPLES

P E M SKILLS TO LEARN, PRACTICE AND MASTER

WELLBEING

MINDFULNESS

CHARACTER STRENGTH

CONNECTION

CONTRIBUTION

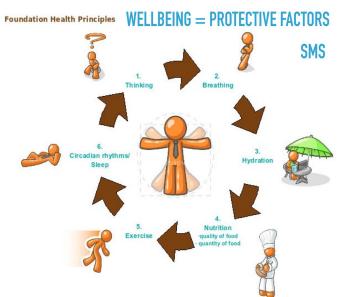






Wellbeing







Mindfulness







VIA Classification of Character Strengths www.viacharacter.org

















Curiousity

Judgement

Perspective

Bravery

Perseverance







Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



Appreciation of Beauty



Prudence



Hope



Humor

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Character Strengths

SYMPHONY OF STRENGTHS

YOU WILL HAVE GREATNESS WHEN YOU UNDERSTAND THAT THE STRONGEST MUSCLE IS THE HEART.

Andrea Bocelli



Connections: (SEL)







Connections

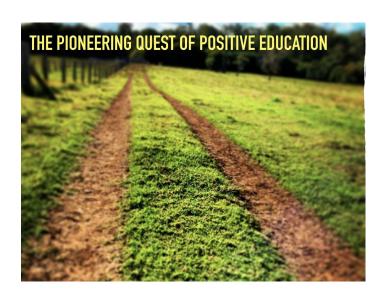
(sense of belonging)





Contribution

(accomplishment & action)







AT HOME: HOW CAN I SUPPORT THIS WELLBEING JOURNEY?

ROLE MODEL SELF CARE WELLBEING MINDFULNESS CHARACTER CONNECTION **CONTRIBUTION**







AT HOME:

+Share the conversation on Wellbeing

- +Reflection time
- +Three Blessings or WWW
- + Posture "Let your light shine."
- + Mindful walk and talk
- + Gratitude journal, wall or letter
- + Growth mindset
- +Health = relaxation techniques
- +Positivity Projects













Waverley College Strategic Plan WELLBEING PARADIGM

Wellbeing is a way of understanding the connection between the broader learning environment and the development of students as resilient young people. A strong learning relationship between a student and a teacher is the foundation for a whole school environment that fosters collaboration and individual support. The College will develop structures, leadership and resources to support this process.



An evidence-based model for pastoral care and wellbeing (Dr Donna Cross)



2017 Wellbeing Launch "If students are feeling well, if they are functioning well, if they are coping well with the stresses that are around them; they're better able to take on new information and obviously achieve well in school."



2017 Wellbeing

Launch

Damien Price (2016)

 "It's not what we teach, but who teaches it and how they teach it."



• "Edmund would stand at the gates of the school and he knew and called each student by their name. He often knew their families and the troubles they were facing." (8 of Hearts)



Andrew Fuller (2017)

(Parent Information Evening 22/5/17)



Value them and they will be heroes.

Boys are tuned into hierarchies. This means the predominant values of a classroom, family or school will play a powerful role in determining their actions.

Have a couple of core values (e.g. compassion, generosity, being part of a team). Live by them and insist upon them.

Help boys to learn that they can be heroes and victorious but that winning doesn't mean someone else has to lose.



Michael Carr-Gregg

verley College:

3 essential ingredients to adolescent male wellbeing at Waverley College:

- Adequate sleep
- Sufficient nutrition/ hydration
- Short succinct pieces of information/allow time for information to be absorbed and processed.



Relationships and Connections

Continuity of Care
Heads of House
Mentor

2017 Wellbeing Launch "Social connectedness and good interpersonal relationships are considered protective factors that have a positive impact on mental (and general) health and well-being." (Beyond Blue 2014)



Strengths Based Approach

What's right with us?

What do we do well?

What should we be thankful for and most proud of?

How do we experience more positive emotions more of the time?



Weekly Structure

Fortnightly Theme -

- Monday Activity 1 (15 mins)
- Tuesday Activity 2 (15 mins)
- Wednesday Activity 3 (15 mins)
- Thursday Group Discussion or Reflective Journal Writing.
- Friday House Assembly including Junior School Students.



Creating a Culture of Collegiality and Collaboration

- House Meetings
- House Locker Areas
- A Z Wellbeing Diary
- Mobilising Student Leaders
- Strengthening Links between Junior and Senior Schools.
- Strengthening Links between Waverley College and the wider community.
- Expand existing social justice opportunities

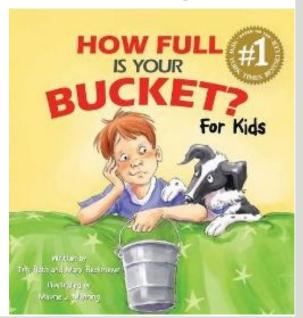
IMAGINE WHAT THE WORLD

WOULD BE LIKE IF WE ALL WERE JUST A LITTLE KINDER?



The Power of Positivity

- The chemistry of kindness.
- Random Acts of Kindness
- Social intelligence
- Empathy
- Compassion





EQ - Emotional Intelligence

Increasing boys' emotional vocabulary.

It's OK to get angry

Improved Self Awareness

Improved Self Regulation



Young children's self-control skills — such as conscientiousness, self-discipline and perseverance — predict their health, wealth and criminal history in later life regardless of IQ or social background, according to latest findings out of the Dunedin Study (2011).



Future Directions - 2017 and Beyond

Purpose Built Wellbeing Curriculum.

Parents, families and communities.

What would you like to see more of.

Wellbeing Curriculum and Nurrunga.





Year 5-12 WELLBEING MENTOR TIME | SCOPE AND SEQUENCE 2017

TERM 1- 10 weeks

Realise the EREA vision for social change through education for an inclusive community. Create a collective culture with a commitment to being transformative in vision faithful in mission and respectful in dealings with others.

By encouraging our students to be accepting and welcoming of others and giving of themselves we can provide the conditions for the formation of Right Relationships and build a sense of connectedness and belonging for all.

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Friendship and Teamwork			Social Intelligence - Morals and Beliefs		Social Intelligence - Kindness		Social Intelligence - Empathy and Compassion		

TERM 2-8 weeks 3 days

RIGHT RELATIONSHIPS

Hope Filled

We open hearts and minds through critical reflection and engagement, so that each person is hope filled and free to build a better world for all.

We must first better understand ourselves so that we may in turn better understand each other. We must look to the future with empathy, compassion, forgiveness and optimism. We do so by realising that there is always hope for a better future, recognising the power each has as an agent of change and seeing the potential and opportunity that each situation brings.

	Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9
Emotional Literacy		Broaden and Build Positive Emotions		Core Values		Character Strengths		Gratitude	



TERM 3-10 weeks

Liberated way of living

The hope that each boy will be freed by his learning journey, unconstrained by fear, energised by courage so that he may achieve liberation for himself and others. This understanding will result in a continuous movement towards removing oppression and the building of a society where justice and peace are central for all. By standing in solidarity with those in the margins we may make a significant difference to others in need not only globally or locally but indeed within our own College and our own classroom.

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Goal Setting and Striving		Resilience	Resillence			Growth Mindsets		Achievement and Accomplishment	

TERM 4-9 weeks

Student Formation

A lifelong process that gifts us with a deeper awareness of our union with the Lord. Formation helps us to identify those personal gifts which enable our fullest participation in life. The dynamic of formation is relational, providing opportunities for individuals and communities to learn from one another in a spirit of mutuality and complementarity. The process of formation intentionally creates space for reflection, conversation and action that embodies and ignites a charism-inspired response to mission. Formation invites us to continually open our hearts and minds to the many possibilities of participating in this life-giving mission.

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	
Emotional, Spiritual Wellbeing		Physical and	Physical and Social Wellbeing		Random Act	Random Acts of Kindness		Making a positive Difference	



We value your input.

If you have ideas, activities, resources, articles, websites which you think may be useful or beneficial for our boys we would love to hear about these.

Please send your contributions to:

mporter@waverley.nsw.edu.au

Thank you for your attendance.

Have a great night.