



WAVERLEY COLLEGE

2017
Wellbeing
Launch



2017 Wellbeing Launch

2 March 2017

GRAHAM LEDDIE - ACTING HEAD OF COLLEGE
JAMES CUMMINS - THE POSITIVITY PROJECT
MATT PORTER, DIRECTOR OF STUDENT WELLBEING



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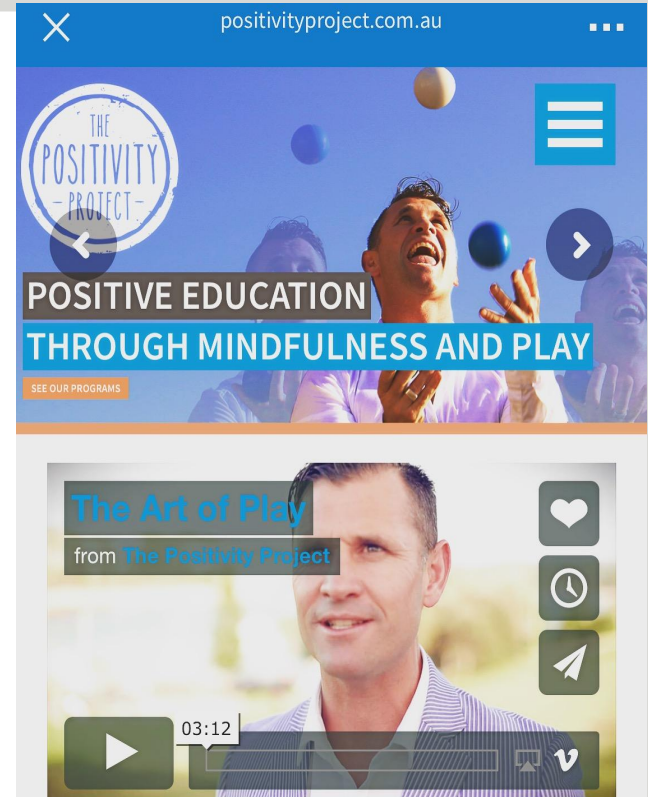
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Why focus on Wellbeing?

What is Wellbeing and Positive Education?

How can I support Wellbeing at home?





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WHAT DO YOU WANT MOST FOR YOUR CHILDREN?



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How do we live a meaningful or purposeful life & enable our children to do the same?

Flourish

Thrive

Survive

**We are all in it
together**



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The higher tree grows



The deeper the roots go



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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





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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





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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.

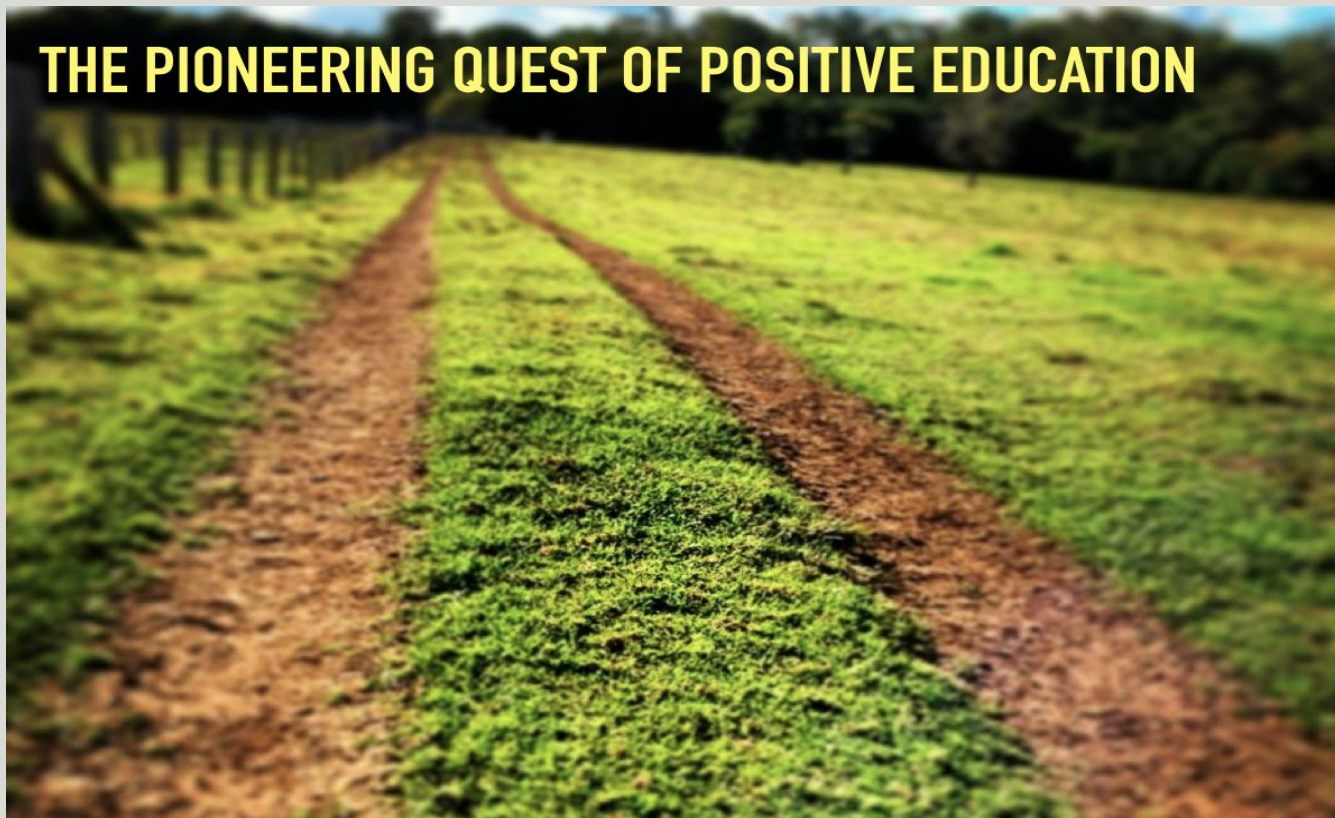




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THE PIONEERING QUEST OF POSITIVE EDUCATION





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Positive
education

P
E
R
M
A
+
H

Character strengths

Pos emotion = helpful

Engagement = FLOW

Relationships = flourish

Meaning = purpose

Accomplishment = act

+ Health = resilience /sms



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POSITIVE EDUCATION PRINCIPLES

P
E
R
M
A
+
H

SKILLS TO LEARN, PRACTICE AND MASTER

WELLBEING

MINDFULNESS

CHARACTER STRENGTH

CONNECTION

CONTRIBUTION





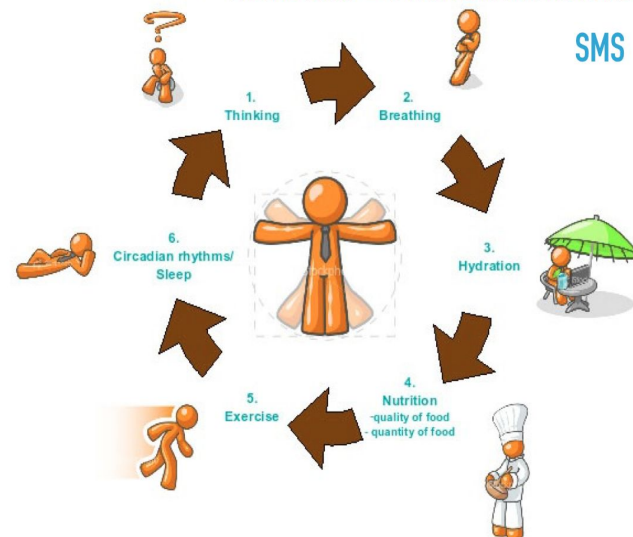
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Foundation Health Principles **WELLBEING = PROTECTIVE FACTORS**

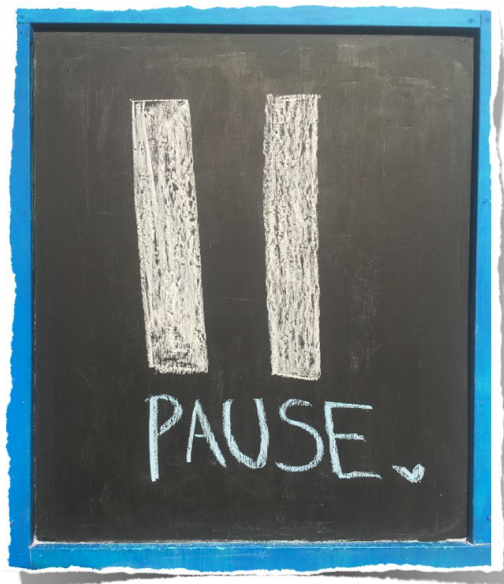




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Mindfulness





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VIA Classification of Character Strengths www.viacharacter.org



Creativity



Curiosity



Judgement



Perspective



Bravery



Perseverance



Zest



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*



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Connections: (SEL)



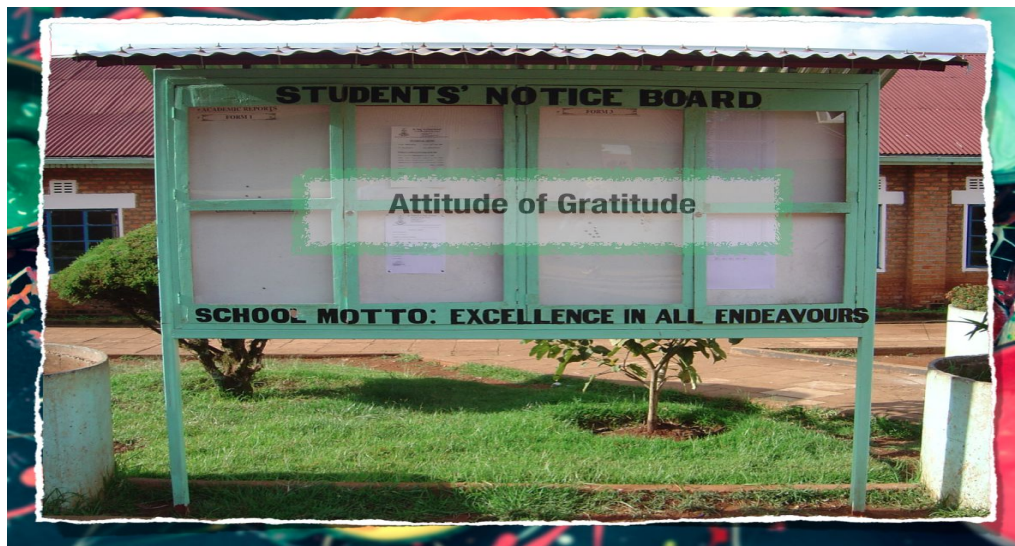
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Connections

(sense of belonging)



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Contribution

(accomplishment & action)





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AT HOME: HOW CAN I SUPPORT THIS WELLBEING JOURNEY?

P
E
R
M
A
+
H

ROLE MODEL

SELF CARE

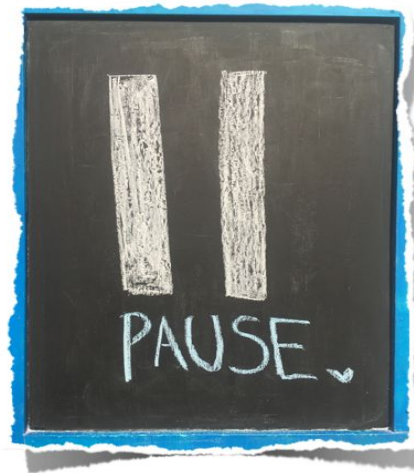
WELLBEING

MINDFULNESS

CHARACTER

CONNECTION

CONTRIBUTION





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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





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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.



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



"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."



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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)*





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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.

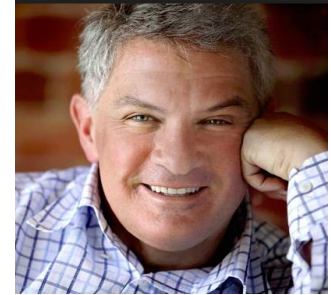
Help boys to learn that they can be heroes and victorious but that winning doesn't mean someone else has to lose.



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Michael Carr-Gregg



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.



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Relationships and Connections

Continuity of Care

Heads of House

Mentor

“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)



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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?



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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.



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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?

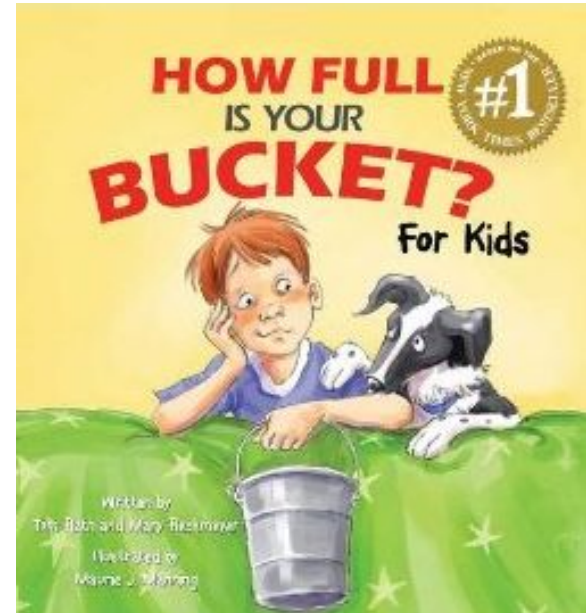


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The Power of Positivity

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





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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).



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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.



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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.