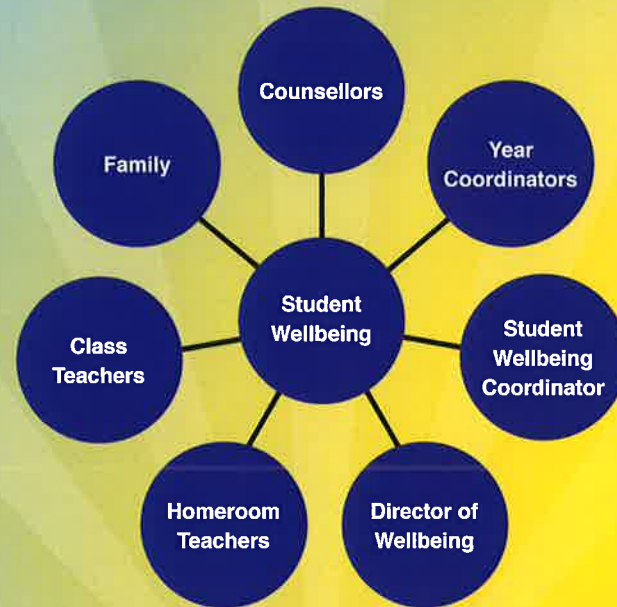


## Dimensions and Themes of our Wellbeing Framework

Spiritual	Academic	Emotional	Social	Physical
<ul style="list-style-type: none"> <li>Faith Formation</li> <li>Prayer</li> <li>Reflection</li> <li>Social Justice</li> <li>Sustainability</li> <li>Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>Study Skills</li> <li>Time Management</li> <li>Growth Mindset</li> <li>Self-Discipline</li> </ul>	<ul style="list-style-type: none"> <li>Belonging</li> <li>Resilience</li> <li>Relationships</li> <li>Mental Health</li> <li>Managing Stress</li> </ul>	<ul style="list-style-type: none"> <li>Relationships</li> <li>Inclusivity</li> <li>Diversity</li> <li>Leadership</li> <li>Online &amp; Social Media behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Managing Self</li> <li>Masculinity</li> <li>Body Image</li> <li>Fitness</li> <li>Nutrition</li> </ul>

### Support Structures



*"The wellbeing and learning outcomes of young people are enhanced when they feel connected to others and experience safe, trusting relationships."*

*(Australian Student Wellbeing Framework, Education Council 2018, p.6)*

Our Wellbeing Framework has been developed with reference to current educational research and key Catholic, EREA, state and national documents. It has also been shaped by community surveys and forums. We are committed to continuous improvement of wellbeing programs for all students as well as ways to measure our programs in promoting wellbeing initiatives across all areas of the College.

*"A student who has high levels of wellbeing is also likely to have better physical health, better social relationships, more optimism for the future and higher academic performance."*

*(Waters 2017, p.7)*

Our Wellbeing Framework will be used to guide evaluation and continued development of approaches to all areas of wellbeing at the College. The five key elements will be evident in wellbeing programs, classroom practice, and teacher professional learning. Evidence of how the Wellbeing Framework is being implemented will be communicated to our wider community.

We thank all members of our community who have provided valuable feedback and support in the development of this document and are particularly indebted to members of the Wellbeing Framework Committee. Additional resources will be available on our College website.



ST PATRICK'S COLLEGE

# WELLBEING FRAMEWORK

The promotion of wellbeing at St Patrick's College aligns with our vision for the education of our students. In partnership with parents, we seek to develop in boys a strong sense of personal identity while empowering them to achieve personal excellence through purposeful experiences. We aim to build their knowledge and skills in a safe and inclusive environment so that they can be confident, capable and caring citizens.







## Wellbeing Framework

Inspired by the Gospel and Edmund Rice, our mission at St Patrick's College is to liberate the whole person and educate resilient and spirited men who are challenged to serve.

Our vision is to prepare faithful and inclusive men for a dynamic world.

### Spiritual Wellbeing

will be enhanced and promoted when students:

- Connect with their local parish, religious, spiritual and cultural backgrounds
- Engage in faith formation activities that include prayer, reflection and liturgical celebration
- Exercise choice and develop skills in reflecting positively on their behaviour in the context of their spirituality and ethical decision-making
- Collaborate and participate in building justice partnerships
- Work to sustain creation through actions and choices that reflect their understanding of stewardship

### Academic Wellbeing

will be enhanced and promoted when students:

- Engage with teachers who provide clear expectations and learning goals when delivering authentic and relevant learning tasks, provide ongoing and timely feedback, and have a positive classroom environment
- Experience meaningful opportunities to provide their voice and participate in decision-making about their learning
- Are encouraged to develop regular academic plans to work from their strengths more readily; perform at higher levels; and, exhibit greater motivation and confidence in their learning
- Experience an appropriate level of challenge in their learning
- Are provided with a safe environment for taking risks in their learning, being encouraged to express innovative, creative and original ideas, thereby experiencing positive emotions and intellectual engagement

### Emotional Wellbeing

will be enhanced and promoted when students:

- Develop greater self-awareness, self-management, social awareness and relationship skills
- Build their capacity for self-reflection on how they emotionally engage with others
- Demonstrate responsible decisions when supported by guidance and instruction
- Develop resilience, enabling them to manage their emotions well in challenging situations and coping with setbacks
- Collaborate with each other and staff to develop strategies to counter violence, bullying and abuse in online and physical locations
- Respect the diversity of their peers, teachers and others
- Develop help-seeking skills

### Social Wellbeing

will be enhanced and promoted when students:

- Feel connected, knowing they are valued members of their class, their cohort, the College and the broader community
- Experience positive, caring, inclusive and respectful relationships with peers and staff
- Experience opportunities to learn about and participate in a variety of leadership roles
- Actively engage with, and participate in, the co-curricular program and activities such as College Cup, Peer Support and mentoring
- Increase pro-social behaviours

### Physical Wellbeing

will be enhanced and promoted when students:

- Understand the importance of safety and taking personal responsibility for the safety of themselves and others
- Have good sleep patterns and regularly participate in physical activities to improve health and fitness to reduce stress, anxiety and depression
- Have access to nutritious foods, making healthy food choices to increase their physical and mental health
- Have a positive outlook on themselves and others and an awareness of the consequences of risk-taking behaviours, increasing the likelihood of them making responsible choices