

St Thomas Aquinas Primary School, Norlane

Wellbeing

It is our aim to building quality relationships, based on respect, value and care for each member in our school community.

Definition

Student & Staff Wellbeing is best achieved within a school environment that is safe, supportive, inclusive and empowering.

Wellbeing is where:

- diversity is respected and valued,*
- human rights and the common good are honoured,*
- inter-relationships are positive,*
- students experience connectedness and engagement, and*
- those experiencing difficulty or special needs receive particular care and support .*
- personal and interpersonal skills are explicitly taught within the curriculum and practiced and promoted in the school environment.*

Beliefs

All staff will strive to build positive relationships with and value each student in their care. They will take time to get to know and understand students academically, socially and personally.

We believe that teaching students to be resilient and optimistic helps them to manage difficulties and creates a sense of purpose and hope for the future.

Aims

We, the staff at St Thomas Aquinas Catholic Primary School will:

- promote a culture of value and respect for all members of the school community.*
- Develop a school culture that is supportive and productive, where children feel connected and engaged.*
- Build and actively promote healthy relationships with each other, the students we teach, their families and members of our school, parish and wider community.*

- *Integrate Personal and Interpersonal Domains of VELs into our Integrated Curriculum Units to teach these skills to develop healthy relationships.*
- *Provide activities and discussions that enhance the personal and social competencies of children eg circles, collaborative problem solving and conferencing.*
- *use cooperative learning strategies to teach and develop team work and a supportive and positive learning environment in their classroom.*
- *Use resources that teach resilience, optimism and coping strategies eg Govt Initiatives for Drug Ed, Bounce Back, Friendly Kids Kids Friendly Classrooms, Stop Think Do and Healthy Relationships.*
- *create an environment where students' comments are acknowledged, their different opinions are respected and cultural and other differences are accepted, and where students feel safe and valued.*
- *Teach strategies that promote students' self-confidence and willingness to take risks with their learning and leading them toward becoming independent self- motivated learners.*
- *Provide each student with opportunities to experiences success through structured support, the valuing of effort and recognition of their work.*

Resilience and Health and Wellbeing Action Plan for 2009 attached

Reviewed and rewritten



2008. To be revised in 2011