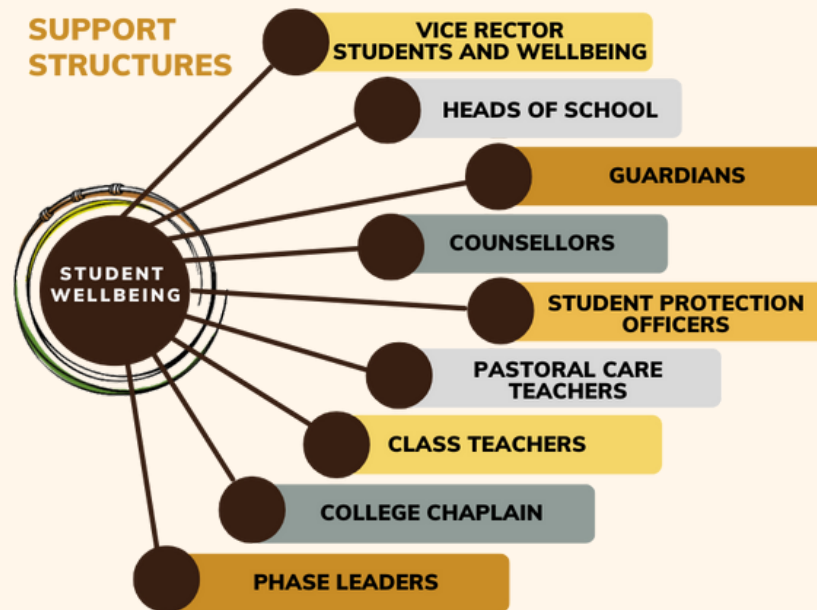


# STUDENT WELLBEING FRAMEWORK



As a Catholic School, in the Franciscan Tradition and in the spirit of St Francis, we respect the dignity of each young person entrusted in our care and commit ourselves to knowing our students as individuals and learners. At Padua College, we believe healthy relationships between staff, students, and the community, foster healthy, confident, and resilient young people who can successfully navigate a more complex world. The framework supports our students with strategies to manage their own wellbeing and importantly, contribute to other's wellbeing. It improves learning outcomes, engages learners, and clarifies support structures that allow everyone in our community to thrive.

# WELLBEING AT PADUA COLLEGE



## PILLARS OF WELLBEING

The Padua College R.E.A.C.H. Program is a Wellbeing Framework that is informed by the science of Positive Psychology and the Australian Student Wellbeing Framework.

The Australian Student Wellbeing Framework supports Australian schools to provide every student with the strongest foundation possible for them to reach their aspirations in learning and in life.

The vision of the Framework is that Australian schools are learning communities that promote student wellbeing, safety, and positive relationships, so that students can reach their full potential.

*"Wellbeing is a state in which every individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community."*

World Health Organisation, 2014



## Relationships

Will be enhanced and promoted when:

- All members of the school community are active participants in building a welcoming school culture that values diversity, and fosters positive, respectful relationships.
- Families and communities collaborate as partners with the school to support learning engagement, safety and wellbeing.
- All members of the school community are active participants in their own learning and wellbeing, feel connected and use their social and emotional skills to be respectful, resilient, and safe.
- Students develop strong positive character strengths that are reflected in their behaviour, decision making and relationships.
- Our students are respected, valued, encouraged, supported and empowered to succeed.
- Students are taught Restorative Practice and Restorative Justice so that they become a voice against bullying and destructive relationships.

## Emotion

Will be enhanced and promoted when:

- Students develop resilience and the capacity to handle challenging situations constructively, so that they can flourish in their education journey.
- Students develop and demonstrate the College values of Joy, Peace, Humility, Simplicity and Courtesy and these are shown through their respectful behaviours and actions.
- Students are supported with skills, protective behaviours, and confidence to self-seek help for early intervention for mental ill-health.
- The students develop self-discipline and responsibility, and personal and social capacity to recognise and regulate their emotions.
- Students understand quality relationships and partnerships that recognise and value difference so that we build a Franciscan culture where diversity is not only accepted but celebrated.
- The Franciscan value of Joy is promoted so students see the good in our world.

## Achievement through engagement

Will be enhanced and promoted when:

- Students understand their role as a learner, engaging with teachers and taking ownership of their own learning.
- A supportive learning environment is provided where students clearly understand and respond to the expectations, learning goals, and success criteria to support student self-direction and are provided timely and relevant feedback to support student learning growth.
- Students have opportunities to provide their voice to learning, and contribute to wider school decisions.
- Students appreciate that we are all learners, and that the creation of learning plans and learning goals that challenge us, are an integral part of our responsibility as learners.
- Students feel safe and supported to take risks and acknowledge that mistakes are a natural part of the learning process.



## Community

Will be enhanced and promoted when:

- Students participate fully in College life including co-curricular and various offerings at the College.
- Our connection to parish, religious, spiritual and cultural groups and backgrounds are fostered.
- Students engage in faith formation activities that include prayer action, reflection, and liturgy celebrations.
- Students participate in the Service Learning Program of the College.
- Students deepen their understanding and involvement with the broader Franciscan family and its various entities, in order to promote Franciscan initiatives of peace and justice.

## Health

Will be enhanced and promoted when:

- Students embed positive psychology as a way in which they view themselves and others and are aware of the consequences of risk-taking behaviours.
- Students understand their personal responsibility and ways to improve resilience and self-esteem.
- Students recognise the importance of physical activity to reduce symptoms of stress, anxiety, and depression.
- Students understand the importance of good nutrition and sleep patterns to achieve physical benefits that lead to improved wellbeing.

**Padua College is an enriching and nurturing educational community which offers young men the opportunity to discover and develop their individual talents and interests within a vibrant and caring Christian environment.**



	5	6	7	8	9	10	11	12
LEX Leadership Day		*						
Padua Celebrates	*	*	*	*	*	*	*	*
Subject Selection Evening			*		*			
Parent Teacher Student Conferences	*	*	*	*	*	*	*	*
Work Placement						*	*	*
NAPLAN Testing	*		*		*			
Career Lessons					*	*		
Co-Curricular Cultural Activities	*	*	*	*	*	*	*	*
Academic Committee								*
HPL Program (Into the Future)	*	*	*	*	*	*	*	*
Learning Nest			*	*	*	*	*	*
Music Workshop				*				
Brisbane Writers Festival	*	*	*	*	*	*	*	
Street Science	*							

## Community

	5	6	7	8	9	10	11	12
House Mass	*	*	*	*	*	*	*	*
Vale Liturgy								*
Graduation Dinner								*
Battle of the Bands	*	*	*	*	*	*	*	*
Padua Dash	*	*	*	*	*	*	*	*
House Swimming Carnival	*	*	*	*	*	*	*	*
House Athletics Carnival	*	*	*	*	*	*	*	*
House Cross Country Carnival	*	*	*	*	*	*	*	*
Formal								*
Semi Formal							*	
Year 5 & 6 Social	*	*						
Year 7 Picnic with Mt Alvernia			*					
Year 8 Dance with Mt Alvernia				*				
Friday Mass	*	*	*	*	*	*	*	*
Year 10 Senior Phase Induction						*		
ECM							*	*
Rosies							*	*
Mother/Son Mass	*							
FCIP	*	*	*	*	*	*	*	*
Learning Nest	*	*	*	*	*	*	*	*
Winter Sleep Out						*	*	*



# RESPECTFUL RELATIONSHIPS EDUCATION AT PADUA COLLEGE

Topics	Theme	Focus	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	
Personal & Social Awareness	Respectful Relationships	Power Dynamics in Relationships									
		Laws Informing Respectful Relationships									
	Personal Identity	Stereotypes & the Media									
		Gender Stereotypes									
		Influences on Personal Identity									+
	Emotions	Managing Emotions									
		Emotional Self-Regulation									
	Diversity	Valuing Diversity					+			+	
		Human Rights					+	+		+	
Respectful Interactions	Communication	Proactive Communication									
		Promoting Inclusion				+	+		+		
	Managing Relationships	Power in Peer, Family & Community Relationships									
		Self-Regulation in Relationships									
		Negotiations Within Relationships									
		Conflict Management									
	Ethics	Ethical Decision Making	+	+		+		+			
		Advocating for Equality				+	+				
		Advocating for Gender Equality									
Protective Behaviours	Advocacy	Protective Laws									
		By-standing & Up-standing									
		Recognise, Respond, Report Safety in Offline Contexts									
		Using the Law to Protect Yourself & Others									
	Safe Behaviours	Self-Protection (Online)									
		Self-Protection (Offline)									
		Responsible e-Behaviour									
		Help-Seeking & Reporting									
		Resilient Behaviours									

REACH		ENGLISH		HPE		RELIGION	+	OTHER	
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