



## Wellbeing Policy

### 1. Rationale

Kirrawee High School is committed to creating quality learning opportunities for children and young people. Maximizing learning potential is mutually inclusive with a sense of personal wellbeing. Therefore, wellbeing is fostered through positive and respectful relationships and fostering a sense of belonging to the school and community.

To this end, Kirrawee High School is a Positive Education School. Positive Education focuses on cultivating positive emotions and character traits, encouraging students to find purpose and lead engaged and meaningful lives. School staff are continuing to be trained in Positive Education in order that it is the evident culture for each year level and in the classroom through to a range of co-curricular and welfare based programs. The consistent findings for many years suggest that these explicit Positive Psychology principles lead to increased levels of student creativity, better critical thinking skills, resilience and increased levels of positive emotion. They also have significant impacts on reducing the incidence and severity of psychological issues such as depression, anxiety and adjustment disorders.

### 2. Aims

- 2.1 To actively connect students with their learning,
- 2.2 To assist students in having positive and respectful relationships and experience a sense of belonging to their school and community.
- 2.3 To imbue for all at Kirrawee High School a sense of being respected, valued, encouraged, supported and empowered to succeed.
- 2.4 To equip students to personally grow and flourish, do well and thrive.
- 2.5 To have all members of the school community embrace the importance of wellbeing, and their role in contributing towards a buoyant, optimistic, energised, and resilient school community.
- 2.6 To widely promote school rules and values as a foundation of building character and behaviour traits that maintains mutual respect and provide the best opportunity for students to succeed into the future.

### 3 Implementation.

- 3.1 Kirrawee High School has a Welfare Team which oversees the implementation of a range of programs supporting student wellbeing.

<https://www.mindmatters.edu.au>

<https://headspace.org.au/>

<https://au.elevateeducation.com/>

[www.digitalthumbprint.com.au/](http://www.digitalthumbprint.com.au/)

- 3.2 Each cohort is guided by two Year Advisors whose role is to maintain pastoral care of students. They implement both formal and informal structures to monitor students' behaviour, dress and attendance, and liaise with parent/carers regarding student needs.
- 3.3 Kirrawee High School staff works with parents and external agencies to provide support to all students.
- 3.4 Year camps are organised in Years 7, 9 and 11 to support the continuity of personal development, study skills, social cohesion, and a sense of school belonging and pride.
- 3.5 All staff are an inseparable part of creating and maintaining a positive education environment, generating a sense of promise, personal achievement, resilience and optimism for all.





3.6 Uphold Kirrawee High rules and values as a measure of character and the way in which respect and belonging can be fostered.

### **Associated Documents**

<https://education.nsw.gov.au/policy-library/policies/student-welfare-policy>

<https://education.nsw.gov.au/student-wellbeing/attendance-behaviour.../anti-bullying>

### **4 Evaluation**

4.1 This policy will be evaluated as part of a three-year cycle or when necessary

### **5 Contact**

5.1 Head Teacher Welfare

