GIHS Student Wellbeing Framework

Purpose

The framework supports students to connect, engage and thrive at each stage of their development to be the best version of themselves. It fosters a positive and inclusive school culture, where our community feels safe, supported, and has a strong sense of belonging. It prioritises all aspects of a student's holistic development, including their physical health, emotional resilience, social skills, and cognitive growth. It recognises the strong connection between wellbeing, 21st century skills and capabilities, academic outcomes, and success beyond school.

Each community member plays an important role in promoting healthy habits and in developing human qualities which have a positive impact on self and others.

The key elements of the framework provide meaningful opportunities for students to develop the skills and tools needed for a successful and fulfilling life.

Connectedness
A school community that encompasses meaningful opportunities which cultivate a supportive, engaging and positive school environment.
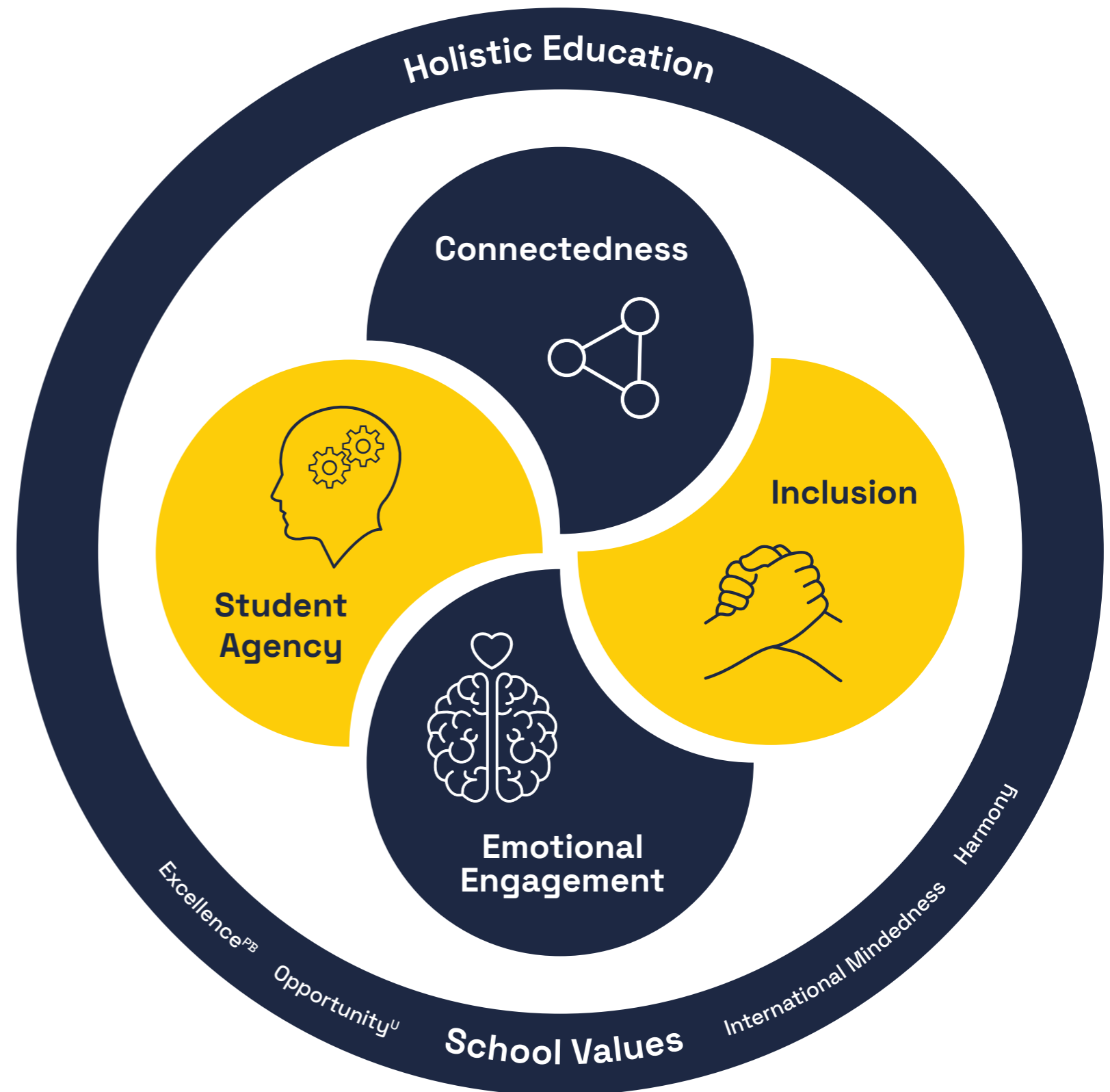
Inclusion
A welcoming and culturally safe school that values diversity, promotes respectful relationships and fosters a sense of belonging.

Emotional Engagement
Ability to recognise, understand and effectively manage one's own emotions, and value positive interactions, conflict resolution, resilience, and productive challenge.

Student Agency
Influencing and taking responsibility for success as a learner, well being and positive school culture.

GIHS Student Wellbeing Framework

Connectedness

ELEMENTS

Students are actively connected to their school through meaningful and engaging school experiences.

KEY THEMES

Community
Partnerships
Engaged Learners
Identity

ESSENTIAL PRACTICES

Develop and foster respectful, positive and caring partnerships between teacher and student, which enables students to feel a sense of belonging and engagement in their school experience.

Recognise and value the role each member of the school community (staff, students and families) has in building school connectedness and culture.

Use a shared language that promotes optimism, a growth mindset and supports a positive school culture.

Collaborate with students to develop strategies to enhance wellbeing, promote safety and harmony.

Build the interconnectedness between self-awareness, identity, and personal growth, focusing on self-connection as a foundation for connectedness with others.

Inclusion

ELEMENTS

Students from all social, cultural and family backgrounds, and those of all identities and abilities, are able to access and participate successfully in learning experiences.

KEY THEMES

Safe conditions
Belonging
Respect
Equity & Opportunity

ESSENTIAL PRACTICES

Recognise and respect diversity in our school community, where each student's specific needs are identified and catered for, enabling students to feel safe and valued.

Teach, model and promote school values and positive behaviours, to create an engaging learning environment and build a culturally safe school.

Promote and implement empathy building opportunities through modelling empathy in our interactions and through teaching and celebrating our differences.

Use inclusive and respectful language, which intentionally reflects and recognises diversity.

Ensure students feel valued, accepted and safe, and provide students with opportunities to succeed and celebrate their success.

Emotional Engagement

ELEMENTS

Students have strong self awareness, can name their own emotions, have accurate self-perceptions and recognise the impact that their behaviours can have on self and others.

KEY THEMES

Self Awareness
Emotion Regulation
Resilience
Social Awareness

ESSENTIAL PRACTICES

Explicitly teach, model and mentor practices related to resilience, help-seeking, conflict resolution and protective behaviours.

Deliver evidence-based social and emotional learning skills, with an emphasis on emotion regulation and the connection between thoughts, emotions and behaviours.

Provide and promote support services for students to develop emotional awareness and helpful coping strategies, including access to spaces to regulate.

Build capacity in students to be self aware and engage in pro social behaviours in different contexts including their digital presence, which has a positive impact on both self and others.

Model effective emotion regulation strategies which support students to increase their own self awareness and understanding of mental health.

Student Agency

ELEMENTS

Students are resilient learners, who confidently demonstrate taking responsibility for their learning and wellbeing.

KEY THEMES

Self Efficacy
Cognitive Engagement
Responsibility
Leadership

ESSENTIAL PRACTICES

Foster personal development and a growth mindset, where students believe in their capacity to grow and develop, through effort, reflection and opportunities for productive challenge.

Enable students to take responsibility for their decision making including their online interactions. This contributes to a happy, safe and fulfilling school experience.

Provide opportunities and encourage students to assess their own progress and reflect on their growth as a learner and well being.

Use student feedback to better shape their school experience.

Provide opportunities for students to develop, understand and express their identity, including sharing a range of strategies students can use in supporting their wellbeing.

ENABLERS

- School culture
- School values
- Pedagogical Framework
- 21st Century Skills and Capabilities

- Learner Journey
- Social Emotional Learning (SEL)
- LEAP^{PB}
- Student Life and Sport

- The Essence of Adolescence
- Micro moments, Name it to Train It, Mirror Neurons
- Mentoring
- Coaching Conversations

- Purpose Statement for Public Education
- Data analysis & evidence-based strategies
- Wellbeing Services
- Learner Support & Inclusive Education