



St Joseph's Wellbeing Framework

To Love, To Care, To Give

At St Joseph's School, Nundah, our vision of Catholic Education - **Living and Learning with Gospel Values** underpins our beliefs about wellbeing for all in our school family. We believe wellbeing is an ongoing experience of wholeness and hope integral to learning, overall health and life success. Wellbeing encompasses nurturing the self, giving to others and building and celebrating community.

As a Catholic school steeped in the Josephite tradition, we seek to positively influence student wellbeing through our programs and practices in the following four components: Positive school community; Social and emotional learning for students; Working with parents and carers; Helping children with mental health difficulties.

POSITIVE SCHOOL COMMUNITY

- Welcoming Atmosphere – *Greet, Treat & Speak*
- Making Jesus Real Program – *Welcome, Encourage, Sorry & Thanks*
- Mary MacKillop Charism – *“Never see a need without doing something about it”*
- Religious Life of the School
- KidsMatter School
- Behaviour Support Plan
- Pastoral Care Program
- Student Protection
- Morning Assemblies Ritual
- Regular Communication - *eNewsletter, School App, Term Overviews, Term Calendar, School Noticeboard*
- Extra-curricular Activities – *Gardening Club, Chess Club, Marathon Club*
- Student Awards - *Stars of the Playground, Student of the Week, Achievement, Feast Day Awards, Birthday Celebrations,*
- Celebrations & Special Events
- Social Gatherings
- School Community Welfare – *Students, Staff, Parents & Carers*
- Spiritual Formation – *Staff Prayer, School Prayer, Mary MacKillop Prayer time, Prayer Assemblies*
- Social Justice Projects
- Collaboration with the Parish and wider community

Social and emotional learning for students

- You Can Do It Program
- Buddy System
- Peer Mediation
- Leadership Program - *Leadership Ministries, Middle School Responsibilities*
- Outdoor Education Program - *Camps*
- Middle School Personal Development Program
- Digital Citizenship

Working with parents and carers

- Parent Consultations and formal Parent Teacher Interviews
- KidsMatter Team
- Parent Information sessions
- Parentingideas School – updates in school newsletter
- P&F Meetings
- Classroom volunteers
- Wellbeing resources for parents in library
- Coffee Van mornings

Helping children with mental health difficulties

- Student Support Team – referral system
- Guidance Counsellor
- Support Teacher Inclusive Education
- Individualised Learning Programs
- Liaising with Health Care Professionals – *CYHMS, Caroline Chisholm Centre, Act for Kids, Paediatricians, Psychologists*
- Anxiety/social skills student learning groups
- Playground Support
- Chill Out Room - lunch break