

St Aloysius Primary School

Well-being & Positive Education Strategic Plan 2017-2020





ST ALOYSIUS

CATHOLIC PRIMARY SCHOOL

Queenscliff



Fiona Dawson, Principal St Aloysius

Welcome to St Aloysius Catholic School. In partnership with the Parish Priest, Parents and other members of the community, our school provides students, as they grow and develop, with a high quality education that equips them with the spiritual foundations, knowledge, skills and attributes that they need to participate in and contribute to society.

At St Aloysius we place much emphasis on Wellbeing within a framework of Positive Psychology in Education which goes far beyond our traditional Pastoral Care model.

We strongly believe that the future of our students depends upon what we do today.

At St Aloysius Primary School our focus on sustainability recognises the interconnectedness and interdependence of life on our planet, and acknowledges that

we are responsible for each other and the earth, our common home. As the Catholic school in the Borough, we understand that living and working in our environment develops in us, an obligation to act in a way that ensures future generations can live sustainably on our planet Earth.

In 2017 with the guidance of Project Thrive using design and systems thinking, our staff and wider community embarked on a journey of the application of positive psychology and wellbeing science in our educational setting with an aim to increase the well-being and resilience of our students and community.

This strategic plan guides our well-being practices and builds on all the work that has been done over a number of years by many contributors at St Aloysius.

Over the 3+ years the St Aloysius staff and community have identified nine goals we will work towards achieving:

- Build staff and community capabilities
- Build a positive school community
- Define and measure well-being
- Develop resilience
- Develop clear behaviour management guidelines
- Foster collaboration and cooperation
- Develop a whole school approach to organisational change models
- Develop a social and emotional learning scope and sequence
- Develop a prevention and intervention approach for mental health and illness

We are committed to our vision for well-being at St Aloysius: we are a faith filled learning community where all individuals flourish.



Wellbeing *Vision*

Our vision is that St Aloysius is a faith filled learning community where all individuals flourish

Wellbeing *Mission*

Our mission is to provide a positive culture of inclusivity, collaboration and respect of the individual. We do this through nurturing spirituality, and building relationships and adaptability.

Our Wellbeing Goals

- *Build staff and community capabilities*
- *Build a positive school community*
- *Define and measure well-being*
- *Develop resilience*
- *Develop clear behaviour management guidelines*
- *Foster collaboration and cooperation*
- *Develop a whole school approach to organisational change models*
- *Develop a social and emotional learning scope and sequence*
- *Develop a prevention and intervention approach for mental health and illness*





Build staff and community capabilities

We will do this by:

Equipping staff, parents and students with knowledge of positive psychology and wellbeing science and its application in education and life

Advocating the significance of wellbeing as core to educational outcomes

Education is for improving the lives of others and for leaving your community and world better than you found it.

- Marian Wright Edelman

Develop resilience

We will do this by:

Developing psychological flexibility within staff and students to improve mental health and protect against mental illness through the teaching of adaptability.

“ It is easier to build strong children than to repair broken men. ”
- Frederick Douglass, 1955





Foster collaboration and co-operation

We will do this by:

Developing a whole school approach to having a benefit mindset and creating a positive school environment and culture



Children are the world's most valuable resource and its best hope for the future.

- John F Kennedy



Develop clear behaviour management guidelines

We will do this by:

Ensuring students are aware of appropriate and desired behaviours and are clear on behavioural consequences (positive and negative)



“ Try not to become a person of success, but rather try to become a person of value.
- Albert Einstein



Develop a whole school approach to collaborative organisational change models

“ We were all children once. And we all share the desire for the wellbeing of our children, which has always been and will continue to be the most universally cherished aspiration of humankind. ”

- Kofi Annan

We will do this by:

Integrating positive school change models with students, staff and the wider community

Intelligence plus character
– that is the goal of true
education.

- Martin Luther King Jr.

Develop a social and emotional scope and sequence

We will do this by:

Committing to a plan that ensures all programs and strategies are consistent with current evidence-based well-being science and meet the needs of each year level and our school context.





Apply a prevention and intervention approach for managing mental health and wellbeing

We will do this by:

Equipping staff and students with tools and strategies for prevention and intervention

“ Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. ”

- World Health Organisation

Define and measure wellbeing

We will do this by:

Employing evidenced-based definitions of wellbeing consistent with our school goals

Obtaining and improving wellbeing and perceptions data

“ The wellbeing and welfare of children should always be our focus. ”

- Todd Tiaht





Build a positive school community

We will do this by:

Fostering a school community that promotes thriving of all individuals

Fostering school-wide gratitude

Fostering respectful relationships, belonging and inclusion amongst students, staff and the wider community

St Aloysius Primary School, Queenscliff
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