



Ku-ring-gai High School

inspire, challenge, create

Term 1, 2018 Wellbeing Program

At Ku-ring-gai High School we prioritise the wellbeing of all students and staff. We have a strong wellbeing structure to support our students; in addition to all school staff, we specifically have Year Advisers & Assistant Year Advisers, Head Teacher Year Groups, Wellbeing Coordinator, School Counsellor, Deputy Principal and Principal who are all invested and committed to ensuring all of our students CONNECT, SUCCEED and THRIVE.

Each year group has diverse needs and concerns that we aim to address during whole school assemblies, roll calls and in particular our fortnightly Year Meetings. Once a fortnight, each year group meets with their Year Adviser & Assistant Year Adviser along with their roll call teachers and Head Teacher Year Group to participate in a wellbeing focused session.

This year, we are aiming to strengthen our Positive Psychology philosophy by aligning each of our wellbeing sessions with the PERMA framework. Positive Psychology is an area of psychology, founded by Professor Martin Seligman, that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with positive emotions, engagement, positive relationships, meaning and accomplishment (PERMA). Research has shown that there are identified strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets.

Our sessions are aiming to address the pillars of PERMA (positive emotions, engagement, positive relationships, meaning and achievement). We hope that by addressing these, we will support our students to develop strategies and skills to navigate life's challenges with resilience.

We have provided an overview of the sessions we have facilitated so far this term, we will continue to update you as our year continues.

So far this term, the focus of these Year Meetings has been:

Year Group	Week 2 (PERMA)	Week 5 (PERMA)	Week 7 (PERMA)
7	Camp Organisation & overview <i>(positive emotions & positive relationships)</i>	Building Positive Relationships <i>(positive emotions & positive relationships)</i>	National Day of Action against Bullying and Violence AND Clean up Australia Day <i>(positive emotions, engagement, positive relationships, meaning, achievement)</i>
8	Responsibility (class captains, SRC) Re-establishing connections, looking after one another) <i>(engagement & positive relationships)</i>	Student Behaviour Policy, including Positive interactions/Think Before You Speak Follow up from Elevate Education workshop: <ul style="list-style-type: none"> - Creating an effective timetable - Creating a weekly study planner. <i>(engagement, meaning & accomplishment)</i>	
9	Elevate Education workshop - Memory mnemonics <i>(engagement, meaning, achievement)</i>	Building Positive Relationships & Managing conflict <i>(positive emotions & positive relationships)</i>	
10	Elevate Education workshop - Study Sensei <i>(engagement, meaning, achievement)</i>	Introduction to PERMA framework <i>(positive emotion, engagement, relationships, meaning, achievement)</i>	
11	Importance of being a good role model, leadership and school expectations. <i>(engagement & positive relationships)</i>	Elevate workshop - Time Management <i>(engagement & achievement)</i>	
12	Importance of being a good role model, leadership and school expectations. <i>(engagement & positive relationships)</i>	Coping with exams and assessments <i>(positive emotions & positive relationships)</i>	