

We are all in this together!

# THE WELLBEING WRAP

## STUDENT & PARENTS

Issue #1, 2022

STUDENT & PARENTS



*Education for Life*

*This Issue:*

- Welcome Back
- 2022 Kenmore State High Sc
- Wellbeing Coordinators
- 2022 Wellbeing Program - Term 1
- School TV Reminder



## Welcome back students and parents!

Welcome back to school, students and parents, and welcome to the very first edition of our new and improved Wellbeing Wrap!

This document will be addressed to you regularly each term to highlight important events, programs and tips from the Wellbeing Coordinators to help keep you informed.

We embed Character Strengths together with Positive Education pillars (PERMAH) to develop resilient young people who feel they *Belong*, have *Integrity*, enjoy *Learning*, get involved in *Partnerships* and show *Excellence* in all they do.

We have attached a summary of the 2022 Wellbeing Framework for you to peruse if you would like more information.

On these pages you will find a summary of our Term 1 topics to be covered.

The other important part of our work as a Wellbeing team is the facilitation of various events and awareness days across the year. We will feature these regularly too.



## Did you know??

Kenmore SHS subscribes to a service called School TV. This resource is purely for parents and regularly updated to empower you as a parent in a range of topics. Including advice on:

- Cybersafety
- Mental Health and Anxiety
- Body Image
- Transitioning years in school
- Lots more

Head the the Kenmore SHS click [here](#) to find out more.



## Meet the Wellbeing Coordinators

**Karla Pope - Deputy Principal (Inclusion)**



**Elise Jacoby - Yr10 Head of Year**



**Doug Meikle - Year 8 Head of Year**



# Student Wellbeing at KSHS in 2022

In 2022, Student Wellbeing Lessons will operate on a Monday morning for 35 minutes. At Kenmore State High School, we understand that learning and wellbeing are inextricably linked—students learn best when their wellbeing is optimised, and they develop a strong sense of wellbeing when they experience success in learning.

Our mission is that schooling at Kenmore State High School will be a happy and inspiring experience, a time and place where every young person develops a real sense of spirit and belonging. Our vision is for our young people to be influential locally and prepared to transform the world. We want our school to make a difference for each and every student, for them to flourish and achieve their potential now and in the future.

Each term Student Wellbeing will have a different focus. In Term 1 all learning experiences and activities across all Year Levels will be underpinned by the Pillar of PERMAH—Relationships, Character Strengths of Social Intelligence and Kindness and School Values of Belonging and Integrity.



## RELATIONSHIPS

the creation of authentic, energizing connections

Relationships – How can I ensure I have successful relationships with my peers?						
<b>Pillar of PERMAH</b>	<b>Relationships:</b> having solid relationships with self and others. Feeling loved and connected.					
<b>Character Strengths</b>	<b>Kindness:</b> generosity, nurturance, care, compassion, altruism, doing for others. <b>Social Intelligence:</b> aware of the motives and feelings of oneself and others, knows what makes others tick.					
<b>School Values</b>	<b>Belonging:</b> each person has the opportunity and support to succeed as a member of a just and equitable community. <b>Integrity:</b> we act with respect, dignity and fairness, demonstrating trustworthiness and responsibility.					
<b>Year Level</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>	<b>Year 12</b>
<b>Year Level Theme</b>	Make positive choices	My adolescent relationships	Respectful Relationships	Cultural Connections	How do I know I am being respectful in my relationships?	Do I have healthy power in my relationships?

## Resource of the Week

This week in our Wellbeing Curriculum lessons, every single class is looking at Bullying. Bullying continues to be an ongoing issue that schools work hard to address and Kenmore SHS is no different. The strongest course of action for issues as far-reaching as this (both in person and in a virtual space) is education.

“[Bullying. No Way!](#)” is a government run website that provides trustworthy and practical information and advice for educators, families and young people.

The National Day of Action against Bullying and Violence is taking place on Friday 18 March this year.





# Wellbeing Framework: Flourish and Belong

At Kenmore State High School, we are a Positive Education school. We combine our school's values, strengths and the principles of PERMAH into our termly focus for our wellbeing program.

## Our vision

Schooling will be a happy and inspiring experience, a time and place where every young person develops a real sense of spirit and belonging. Our vision is for our young people to be influential locally and prepared to transform the world. We want our school to make a difference for each and every student, for them to flourish and achieve their potential now and in the future.

The cornerstones of the framework are:

Student Wellbeing Curriculum	Flourish Programs and Leadership Programs
<ul style="list-style-type: none"> <li>❖ The Wellbeing Curriculum has been developed to incorporate mandatory as well as school focussed topics and presentations, Regular surveys and student voice is used to ensure the curriculum is relevant. Head of Years and Year Coordinators work to develop year level appropriate and targeted curriculum, presentations and topics and along with Care teachers they are the cornerstone of our student support services.</li> <li>❖ Students set goals and check in with them - academic and social goals.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Student Support Services team involves the Guidance Officers, Chaplains and the School Based Youth Health Nurse. Together with Head of Years and Year coordinators they deliver Flourish programs for selected groups throughout the year.</li> <li>❖ Case Management and Targeted support for students that require support.</li> <li>❖ Student Leaders are integral to leading a sense of belonging and accomplishment in our school.</li> <li>❖ Student leaders are involved in organising wellbeing events, meaning projects and student led initiatives in the school.</li> </ul>
Inclusivity and Belonging	Growth Mindset and Grit
<ul style="list-style-type: none"> <li>❖ A school where our actions and attitudes are supportive and actively include all students.</li> <li>❖ We run Kindness campaigns, opportunities to show Gratitude, participate in wellbeing initiatives such as Bullying No Way, R U OK, Wear it Purple, Kenmore All Nations and First Nations celebrations.</li> <li>❖ We encourage all students to join a club, be a leader and get involved at Kenmore!</li> </ul>	<ul style="list-style-type: none"> <li>❖ Students who know their strengths and when to use them. Students who show Grit are able to use their strengths of Perseverance when required.</li> <li>❖ •Having a Growth Mindset is students having a positive outlook on their skills and abilities.</li> <li>❖ Teachers actively embedding Grit, Growth Mindset and Strengths language in the curriculum each and every day.</li> </ul>

## Belonging and Integrity, Excellence and Learning, and Partnerships are our core elements



We embed Character Strengths together with Positive Education pillars (PERMAH) to develop resilient young people who feel they *Belong*, have *Integrity*, enjoy *Learning*, get involved in *Partnerships* and show *Excellence* in all they do.

We create clubs, activities, events and campaigns where students get opportunities to be show *positive emotions*, be grateful, be kind, to experience a *purpose* beyond themselves (meaning). They get to focus on *health*, be a leader, and be involved with skills to be active citizens in our school.

We create learning opportunities where students get to be challenged, develop positive classroom *relationships*, show grit, *engagement*, excellence and *accomplishment*.

### For one to flourish we must all flourish

Student Support Services Team includes Guidance Officers, Chaplains and the School Based Youth Health Nurse. The Head of Years, Year Co-ordinators, Head of Special Education and school leaders are also involved and are there to support parents and students when required.

Staff flourishing and feeling a sense of belonging to the school is integral to an embedded approach to wellbeing in our school. Staff are involved in professional development on the PERMAH elements and positive Education to ensure they are able to deliver wellbeing curriculum and embed in everyday curriculum.

Parent and Community Engagement is essential for a connected school and we host various events throughout the year and encourage parents to be partners in their students' journey. Parent Information Nights are held regularly and are targeted and topical.