



Supporting 'well beings' at Caulfield Grammar School



"There is no room for complacency when it comes to nurturing our learners to be mentally healthy and emotionally healthy. There is no health without mental health."

Ashleigh Martin, Principal

Our school-wide approach to wellbeing is guided by our mission to nurture all members of our School community (students, staff and families) to become and remain 'well beings'.

Our School Values underpin our commitment to take responsibility for our personal wellbeing while positively impacting on the wellbeing of others. This commitment can be seen, heard and felt throughout our pastoral care system, where we create (by design) a learning environment where everyone is supported to feel good, function well, connect and contribute meaningfully, and grow through challenges and change.

While quality learning is paramount within our School, we place equal value on the provision of quality care, recognising the intrinsic link between academics and wellbeing.

Pastoral Care

Student wellbeing is supported by a proactive and responsive multi-level integrated network of care that encompasses a strong partnership between home, school and community.

Within our Junior Schools, our wellbeing teams, inclusive of campus leadership, Counsellors and Learning Strategies staff, meet regularly to discuss matters relating to the wellbeing needs for all students.

Within our Secondary Schools, Heads of House collaborate with our Learning Mentors, Counsellors, Chaplains and Careers team to support students.

Having a multi-disciplinary team ensures a strong community of care and promotes a sense of belonging where every student feels known, heard and valued.

House System

From Prep to Year 12, each student becomes a member of a House, creating a supportive and nurturing environment where friendships can be formed, interests and passions pursued, and community spirit ignited. House groups come together regularly to connect, reflect, learn and play through student-led House activities, wellbeing education, assemblies, chapel services, inter-House competitions and much more.

Making Wellbeing Visible

Through planned and purposeful experiences, students are equipped with the capabilities to enhance personal and collective wellbeing. Our practices and programs are designed to reflect the developmental needs of students and ensure they are empowered with the mindset, skillset and toolset to make informed decisions and take action.

Complementing our targeted programs is our integrated wellbeing approach through Visible Wellbeing.

Visible Wellbeing is integrated with all aspects of school life – teaching and learning and broad and balanced experiences – and aims to make wellbeing more visible through the practice of SEE, HEAR and FEEL. Designed by internationally recognised research psychologist Professor Lea Waters (PhD), Visible Wellbeing combines the science of wellbeing with the science of learning.

Students, staff and families are supported to:

- Identify, build and celebrate character strengths
- Understand the connection between thoughts, feelings and behaviours
- Build greater awareness of self, others and the environment
- Strengthen relationships and maintain positive connections
- Develop resilience to cope with challenges and changes
- Form healthy habits and strive towards meaningful goals





VALUES AT OUR CORE

Our five School values guide the way we work together and behave

Learners are supported to embrace attitudes and behaviours that are reflective of our School Values. Students from every year level across our School participated in workshops to define a set of 'we will' and 'we won't' student behaviours that sit within our School Values. Active interaction with our School Values creates a supportive environment and enables our students to have ownership about what it means to be a member of the Caulfield Grammar School community – how we treat each other, and what we expect from each other.

 OUR STUDENT BEHAVIOURS	
 <p>PURSUEING <i>Excellence</i></p>	<p>AN ONGOING COMMITMENT TO INDIVIDUAL AND COLLECTIVE GROWTH THROUGH PERSEVERANCE, COLLABORATION AND RESILIENCE</p> <p>OUR EXPECTATIONS:</p> <p>We will</p> <ol style="list-style-type: none"> 1. Support the personal growth and achievements of each other 2. Strive to be our best, reflect and grow 3. Persist and learn from our setbacks 4. Respect and celebrate the drive to succeed 5. Be patient and know that progress takes time <p>We won't</p> <ol style="list-style-type: none"> 1. Let our failures define us 2. Be afraid to take risks 3. Give up on our goals 4. Ignore useful feedback
 <p>INSPIRING <i>Creativity</i></p>	<p>IMAGINING AND INITIATING NEW POSSIBILITIES AND TURNING THESE INTO PRACTICAL OUTCOMES</p> <p>OUR EXPECTATIONS:</p> <p>We will</p> <ol style="list-style-type: none"> 1. Build on old ideas with new and critical thinking 2. Push ourselves to think outside the box 3. Learn from our mistakes and turn them into opportunities 4. Encourage others to reach their creative potential 5. Give others feedback to improve <p>We won't</p> <ol style="list-style-type: none"> 1. Have a fixed mindset 2. Always stay in our comfort zone 3. Judge or criticise others for their creativity 4. Force people to think in certain ways 5. Give up on our ideas
 <p>THRIVING <i>Together</i></p>	<p>AS A COMMUNITY, TAKE RESPONSIBILITY FOR PERSONAL WELLBEING WHILE POSITIVELY IMPACTING ON THE WELLBEING OF OTHERS</p> <p>OUR EXPECTATIONS:</p> <p>We will</p> <ol style="list-style-type: none"> 1. Work together to live by our values every day 2. Collaborate with each other to promote optimism, health and wellbeing 3. Listen to understand 4. Celebrate each other's strengths and weaknesses 5. Promote safety and belonging <p>We won't</p> <ol style="list-style-type: none"> 1. Exclude others 2. Let anyone stand alone 3. Let others down 4. Force opinions on others
 <p>EMBRACING <i>Diversity</i></p>	<p>AUTHENTICALLY VALUING THE RICHNESS OF DIFFERENCE, APPRECIATING AND RECOGNISING THAT ALL PERSPECTIVES CONTRIBUTE TO OUR COMMUNITY</p> <p>OUR EXPECTATIONS:</p> <p>We will</p> <ol style="list-style-type: none"> 1. Learn from and be open to other perspectives 2. Understand that our actions have an impact on others 3. Respect others' opinions 4. Ensure everyone is heard 5. Actively understand and celebrate what makes others unique <p>We won't</p> <ol style="list-style-type: none"> 1. Behave in a way that makes others feel uncomfortable 2. Be afraid of being who we are 3. Discriminate or be judgemental
 <p>LIVING <i>Wholeheartedly</i></p>	<p>ENGAGING IN LIFE WITH PURPOSE, COURAGE, PASSION, HUMILITY AND IN SERVICE WITH OTHERS</p> <p>OUR EXPECTATIONS:</p> <p>We will</p> <ol style="list-style-type: none"> 1. Show kindness and empathy 2. Learn with and from the greater community 3. Have brave and courageous conversations 4. Be ok if things don't go our way and ask for help when we need it 5. Try new things with an open mind <p>We won't</p> <ol style="list-style-type: none"> 1. Ignore ours or others' values 2. Put ourselves or others down 3. Throw away opportunities 4. Neglect our passions