



Being a 'well being' 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

Wellbeing is much more than just the absence of illness. Being a 'well being' at Caulfield Grammar means feeling good, functioning well, connecting and contributing meaningfully, approaching learning and life with purpose and optimism, and adapting to and evolving from change and challenge.

CaulfieldCARES – Our School-Wide Approach

Our school-wide approach to wellbeing is articulated through CaulfieldCARES. This guiding framework supports a positive school climate and enables a thriving community. CaulfieldCARES moves beyond individual program offerings and practices and embraces the school environment as a vibrant ecosystem.

CaulfieldCARES

Enabling schoolwide wellbeing for students, staff and families.

C	A	R	E	S
Capabilities	Attitudes	Relationships	Empowerment	Support
to enhance wellbeing for self and others	and behaviours reflective of our values-led culture	that build belonging and connectedness	and participation through voice, agency and leadership	and safety through our network of care

To support students, we:

<ul style="list-style-type: none"> • Integrate wellbeing <i>with and through</i> learning • Provide explicit wellbeing education 	<ul style="list-style-type: none"> • Establish shared community expectations • Reinforce our School Values • Engage our Anglican Tradition • Commit to Reconciliation 	<ul style="list-style-type: none"> • Foster House communities • Facilitate our Community Life program • Offer broad and balanced experiences • Deliver the Respectful Relationships Initiative 	<ul style="list-style-type: none"> • Encourage student driven and led initiatives • Provide diverse leadership opportunities • Create transformative residential experiences 	<ul style="list-style-type: none"> • Provide quality pastoral care • Partner with families and community services • Integrate Student Services • Embed the Child Safe Standards
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Wellbeing Across all Learning Experiences

We recognise the intrinsic link between wellbeing and learning. Wellbeing positively influences student learning outcomes, and success in learning enhances student wellbeing. Integrated into our quality lesson design is our Visible Wellbeing™ approach. Developed by Professor Lea Waters (PhD), Visible Wellbeing combines the science of wellbeing with the science of teaching and learning. By incorporating the practices of See, Hear and Feel we make wellbeing more visible and accessible in all learning spaces. Through utilising the SEARCH framework, we intentionally build the six pathways that lead to positive functioning.



Holistic Pastoral Care

At Caulfield Grammar School, pastoral care encompasses comprehensive support and guidance for students with a focus on overall wellbeing, personal development, growth and academic success. While all staff contribute to pastoral care, our dedicated pastoral leaders possess additional expertise and responsibility in providing proactive, responsive and individualised care for each student. These leaders work collaboratively with staff, including Student Services, and actively engage parents and caregivers to maintain a strong integrated network of care. The provision of holistic pastoral care ensures that every student is known, supported and well-equipped for success throughout their educational journey.

Belonging to a House

Every student in our School belongs to a House, fostering tradition, pride, identity and connectedness. Our House system serves as the heart of our supportive and caring environment where genuine friendships can be formed, interests and passions pursued, and community spirit ignited. House groups come together regularly to connect, reflect, learn and play.

Spirituality

Caulfield Grammar has been an Anglican school since it was founded in 1881. Today, this tradition is observed through regular chapel services and informs some of our faith studies program, which also integrates the study of other religions. We don't expect that all students, families and staff share the Christian faith – in fact, many different faiths can be found within our School community and we welcome learners and their families from all faiths and beliefs. We do expect that humility and openness to learn from our tradition be modelled, just as our tradition thoughtfully recognises the diversity in our community.

Child Safety is Our Priority

We have zero tolerance for child abuse. We are committed to ensuring the safety and wellbeing of every student in our community. We strive to create a culture of safety by embedding child safe practices throughout our School.



A Values-Led Culture

Our School Values reinforce what it means to be a member of Caulfield Grammar School. These five School Values drive our attitudes, behaviours, decisions and perspectives, and bring purpose and meaning to learning.

Our student behaviours

PURSUIING *Excellence*

An ongoing commitment to individual and collective growth through perseverance, collaboration and resilience.

Our Expectations

We will

- ✓ Support the personal growth and achievements of each other
- ✓ Strive to be our best, reflect and grow
- ✓ Persist and learn from our setbacks
- ✓ Respect and celebrate the drive to succeed
- ✓ Be patient and know that progress takes time

We won't

- ✗ Let our failures define us
- ✗ Be afraid to take risks
- ✗ Give up on our goals
- ✗ Ignore useful feedback

INSPIRING *Creativity*

Imagining and initiating new possibilities and turning these into practical outcomes.

Our Expectations

We will

- ✓ Build on old ideas with new and critical thinking
- ✓ Push ourselves to think outside the box
- ✓ Learn from our mistakes and turn them into opportunities
- ✓ Encourage others to reach their creative potential
- ✓ Give others feedback to improve

We won't

- ✗ Have a fixed mindset
- ✗ Always stay in our comfort zone
- ✗ Judge or criticise others for their creativity
- ✗ Force people to think in certain ways
- ✗ Give up on our ideas

THRIVING *Together*

As a community, take responsibility for personal wellbeing while positively impacting on the wellbeing of others.

Our Expectations

We will

- ✓ Work together to live by our values every day
- ✓ Collaborate with each other to promote optimism, health and wellbeing
- ✓ Listen to understand
- ✓ Celebrate each other's strengths and weaknesses
- ✓ Promote safety and belonging

We won't

- ✗ Exclude others
- ✗ Let anyone stand alone
- ✗ Let others down
- ✗ Force opinions on others

EMBRACING *Diversity*

Authentically valuing the richness of difference, appreciating and recognising that all perspectives contribute to our community.

Our Expectations

We will

- ✓ Learn from and be open to other perspectives
- ✓ Understand that our actions have an impact on others
- ✓ Respect others' opinions
- ✓ Ensure everyone is heard
- ✓ Actively understand and celebrate what makes others unique

We won't

- ✗ Behave in a way that makes others feel uncomfortable
- ✗ Be afraid of being who we are
- ✗ Discriminate or be judgemental

LIVING *Wholeheartedly*

Engaging in life with purpose, courage, passion, humility and in service with others.

Our Expectations

We will

- ✓ Show kindness and empathy
- ✓ Learn with and from the greater community
- ✓ Have brave and courageous conversations
- ✓ Be ok if things don't go our way and ask for help when we need it
- ✓ Try new things with an open mind

We won't

- ✗ Ignore ours or others' values
- ✗ Put ourselves or others down
- ✗ Throw away opportunities
- ✗ Neglect our passions