

WGC Student Wellbeing Strategy 2019-2021

1.

In A Nutshell

Our aim is to build, and sustain, a culture of Wellbeing by providing clear support systems, programmes and strategies that students and whānau can access to enable our students to negotiate their way through change safely, and with resilience.

2.

We will promote wellbeing by:

- Understanding ourselves, developing resilience, and having the confidence to make good decisions in the context of our wellbeing
 - Understanding others, working collaboratively with a range of people and in a range of modes, and building leadership capacity
 - Understanding and connecting with our community (local, national and global) exploring ways to be socially and environmentally responsible
 - Creating a healthy, inclusive school environment
 - Recognising strengths and capabilities
 - Building and sustaining positive and trusting relationships
 - Having systems in place to notice and respond to wellbeing issues
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3.

Our strategy is underpinned by our mission statement, our vision, restorative principles and our core values:

Mission Statement

Wellington Girls' College prepares young women to go into the world as independent thinkers, with respect for themselves and others, the confidence to accept and respond to challenges, and an enduring passion for learning.

Vision

Ma te kahukura ka rere te manu, ke rere runga rawa.

Adorn the bird with feathers and let it fly, let it soar

Values



4.

Several models have informed WGC's approach to Wellbeing:

- Te Whare Tapa Wha (Mason Durie's four dimensions of hauora)
 - Five Ways to Wellbeing (NZ Mental Health Foundation)
 - PERMA (Martin Seligman's 5 core elements of psychological wellbeing and happiness)
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5.

The What

Specialist systems and programmes to support the wellbeing of our students

- Learning Support Department
- Individual and group interventions - Senior Learning Academic Advisor; Māori dean, Pacific Dean
- Programmes for Gifted and Talented students
- Travellers' Programme
- Return to School Coordinator

Student- led initiatives to support the wellbeing of our students

- Wellbeing Leadership Committee
- Peer tutoring
- Wellbeing Day student committee
- Student mediators
- Spectrum student group
- Student Council

School-wide initiatives

- Wānanga Programme and wānanga teacher - junior and senior
- Tuakana/ teina programme
- Senior Wellbeing Day
- [Junior Health Programme](#)
- Guidance counsellors
- Deans

- School Nurse
 - Social worker
 - School and Ministry Guidelines and Procedures
 - At risk register and student support plans
 - WellGC Website
 - Incident reports
 - Te Tohu Raukura
 - Staff PLD
 - Outside lunch times terms 1 and 4
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6.

The 'How Do you Know How Well You Are Doing?'

- Annual Wellbeing@school survey
- Annual Student and whānau voice
- Attendance and achievement data
- BOT Guidance reports
- Year level At Risk Summaries from deans
- Kāhui Ako achievement challenge

7.

Sources:

[ERO Wellbeing for success](#)

[ERO Wellbeing evaluation](#)

[Mental Health Foundation 5 Ways to Wellbeing](#)

[Bullying Prevention and Response](#)

[Netsafe](#)

[Te Whare Tapa Whā](#)

[PERMA](#) positive psychology

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