



Positive Education
at
Stretton State College

With Purpose and Spirit our mission is to develop



Caring hearts



Curious minds



Flourishing Future

Our vision is that every member in our school community can lead a happy and meaningful life

Why Wellbeing?

Educators throughout the world are concerned about the growing number of young people experiencing increases in anxiety, depression and mental illness. Less time in the sun, unhealthy food choices, lack of family and community bonding, easier access to drugs, pressure to complete high levels of education and increases in 'screen time' are all factors that contribute to the problem.

The statistics are alarming; in Australia, "one in four people are living with a mental disorder, and one in three young people experience moderate to high levels of psychological distress" (Muir et al., 2009, p. 17). In addition, according to Maslach (2001) teachers experience the highest rates of emotional exhaustion compared to any other profession and Dinh, Strazdins and Welsh (2017) found that most Queensland principals are working longer hours which is significantly increasing their long-term health risks.

Schools play an important role in the prevention and promotion of mental health and evidence indicates that wellbeing also heightens academic achievement. Consequently, we are taking action to embed a culture of wellbeing in our school by giving our students, staff and parents the language and evidence based tools from the science of positive psychology to help them handle the challenges and embrace opportunities that life will throw at them in school and beyond.

What is Wellbeing?

At Stretton State College, we define wellbeing as leading a happy and meaningful life.

Being happy is about maximising positive emotions through positive experiences, such as laughing with friends, watching a beautiful sunset on school camp, spending quality time with family, winning a sports competition or feeling inspired after an engaging lesson.

Leading a meaningful life is about using our character strengths to achieve personal development and growth as well as serving others. For example, persevering at a valued goal despite obstacles, volunteering our time, carefully listening to another's point of view, and expressing gratitude.

The Benefits of Wellbeing

- Better performance at school, sport, work
- Reduce risk of dropping out of school
- Less depression and anxiety
- More satisfying relationships
- Better physical health
- Fewer sleep problems
- Greater self-control
- Stronger immune systems
- Better coping abilities and self-regulation
- Lower levels of burn out
- More pro-social (helping, sharing, donating, co-operating, and volunteering)

What is Positive Education?

Positive Education is the merging of academic learning with the science of wellbeing to equip young people with life skills such as resilience, growth mindset, grit, self-control, gratitude, mindfulness etc.

Our Wellbeing Framework

Our wellbeing framework is based on the work of one of the world’s leading psychologist’s Martin Seligman. He suggests that there are 5 specific areas that contribute to wellbeing

Positive Emotions, Engagement, Positive Relationships, Meaning, Accomplishment.

We (along with other researchers) believe that the development of Health (eating, sleeping, moving) is also very important so we have added the H for Health, making our model:

Pillars of Wellbeing

Positive Emotions	Engagement	Relationships	Meaning	Accomplishment	Health
Balance of Positive and Negative Emotions	The development of our strengths	Create relationships of effective giving and belonging	A sense of connection to something bigger than ourselves	The belief and ability to do the things that matter to us most (grit, growth mindset, self compassion)	Eating well, moving regularly, sleeping deeply
P	E	R	M	A	H



Our Positive Education Strategy

Our wellbeing strategy is a preventative approach based on the world's leading Positive Education school - Geelong Grammar.



LEARN IT

Teachers and Parents
Learn the language
& Science of Positive
psychology



LIVE IT

Teachers and Parents apply
evidence based wellbeing
habits in personal lives and
at work



TEACH IT

Teach an explicit wellbeing
curriculum mapped to
students needs



EMBED

Embed policies and practices
across the school that
reinforces & cultivates
wellbeing within individuals
and our community

Our School Logo



Our school logo is
symbolic of our two
campuses and the
Eucalypt leaves in the
Karawatha Forest that
encompass our school.

Our Pos Ed Logo



Purpose & Spirit

POSITIVE EDUCATION

LEAVES

The leaves on our Pos Ed logo represent the leaves on the trees in the Karawatha Forest that surround our school which are powerful symbols of strength, generativity, growth and resilience that we aim to nurture in each student.

The PERMAH wellbeing framework is divided among the leaves to show that the ability to flourish as a whole involves tending to each 'leaf pillar'

STEM

Like the stem that supports the leaves, the 24 character strengths are represented in the stem that underpins and supports our PERMAH framework.

COLOUR

The colourful leaves represent our diversity and our hope that all our students can flourish in school and beyond.



Positive Emotions

Balancing positive and negative emotions

This is the hedonic path to wellbeing. We can increase positive emotions about the past (by fostering gratitude and forgiveness), positive emotions about the present (by savouring and mindfulness) and positive emotions about the future (by building hope and optimism)



Engagement

The development of strengths

Engagement is when we use our skills, strengths and attention for a challenging task which produces flow. In flow, we are fully absorbed in the moment, our self-awareness dissolves and we lose track of time. We can experience flow when we are playing a musical instrument, having a good conversation, studying, writing, gardening or building a house.



Relationships

The opportunity for genuine connection

Relationships are considered the most important factor when it comes to contributing to one's wellbeing. Connection with and serving others is one of the most powerful remedies for 'the downs' of life and a dependable method for lifting us up. Strong relationships are supported by our capacity for kindness, teamwork, empathy, love self-sacrifice and cooperation.



Meaning

Using a service mindset to make a positive difference

This is the Eudemonic path to wellbeing. Belonging to and serving something bigger than ourselves can help us to create a sense of meaning and purpose in our lives. Institutions that enable a sense of meaning might include family, politics, religion, work organisations, schools, social causes, science, or our community.



Accomplishment

The ability and belief that we can achieve the things that matter

We pursue achievement, success and mastery using grit and growth mindset for its own sake in many areas of our lives, such as sports, the workplace, hobbies games etc.



Health

Moving regularly, eating well and sleeping deeply

The mind and body are interconnected. Moving regularly, eating well and sleeping deeply can have positive effects on our energy levels, positive emotions, behaviours, productivity and relationships.



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