

## **What is Wellbeing? Why is it important?**

In very broad terms, wellbeing can be described as the quality of a person's life. The concept of wellbeing and its close links with learning are not new.

An individual's wellbeing is constantly changing. How students feel about themselves and their own wellbeing changes over time, in different situations and circumstances, and in response to community and environmental factors. Wellbeing, or the lack of it, can affect a student's engagement and success in learning.

At Mannum Community College (MCC), we understand the potential wellbeing has to bring about positive change, what is required to foster wellbeing, and how it can become a powerful force in students' learning and development.

### **The Role of Our School**

Our commitment to MCC students, parents and members of the community is that our school will be a teaching and learning environment that enables the development of healthy, happy, successful and productive individuals. Our school has a pivotal role to play in connecting character development in children and young people to individual and collective wellbeing, which in the longer term will shape the values and attitudes of the society in which we all live.- long sentence- can you split it?

MCC staff nurture and model professional relationships with students which are safe, respectful and supportive, and which help students to reach their full potential. They provide experiences that promote mindfulness (self-regulation and behaviour), curiosity, courage, resilience, ethics and leadership to benefit children and young people as they grow and develop. MCC focuses on giving children and young people voice, being active learners and developing strong character qualities that will enable them to succeed, thrive and contribute positively throughout life.

Counselling and wellbeing services provide essential expertise within the school and community to guide student growth and development.

### **The Role of Students**

Students are expected to contribute to their own wellbeing, the wellbeing of their peers and the collective wellbeing of our community. In this way our school, in partnership with parents and carers, will equip children and young people to be active and positive contributors to society.

Students are supported to become self-aware and regulate their own emotions and behaviours. The social and emotional skills to develop and maintain positive relationships and engage in pro-social behaviour are modelled and taught explicitly at all year levels.

### **The Role of Parents/Caregivers**

Parents and caregivers play an important role in working with the school to develop their child's understandings, skills and character. Parents and the broader school community are encouraged to actively participate in the school to:

- help students develop positive connections,
- support and reinforce student learning and the aspirations of every student.

Your support in its various forms is extremely valuable and always welcome. Please contact the Front Office if you are interested in taking an active role in our school community.

### **The Role of the Community**

Student wellbeing is enhanced when our school can connect with, and draw on, the expertise, contribution and support of our community. Community engagement maximises how students connect, succeed and thrive. If you are aware of ways by which the school and its students can connect in meaningful ways with our community, please get in touch via the Front Office.

*Bobbie-Jean Taylor*

**Wellbeing Coordinator**