

# Wellbeing

## in the PLC Junior School

**At PLC, wellbeing is fundamental to everything we do; we want our students to thrive. Promoting wellbeing is linked to good mental health while also supporting student learning, with well-established research suggesting that students with high levels of wellbeing benefit academically.**

Wellbeing is defined as feeling good, functioning well and doing good for others, with community service integral to PLC's Wellbeing approach. The School has adopted Waters (2016) framework to clearly articulate the skills, knowledge and behaviour to cultivate wellbeing. These six pathways are:

**Strengths** - The ability to know your personal capacities and characteristics that are energising and authentic to use, enabling you to perform at your best.

**Emotional Management** - The ability to identify, understand, express and manage emotions and how they are influenced by physiology, thoughts and circumstances to promote positive functioning.

**Attention** - The ability to focus awareness and consciously pay attention to a stimulus as it occurs, to support both concentration and wellbeing.

**Relationships** - The ability to develop social skills and understand, express and manage the social aspects of life to develop nourishing relationships with others.

**Coping** - The ability to balance the demands of life with the resources to manage those demands, and being able to bounce back when thrown off balance.

**Habits** - The ability to know how to break bad, and create good habits that can help you progress towards your goals, providing a sense of purpose, mastery and direction in life.

All of our Junior School students have the opportunity to spend time in the PLC Lighthouse, a world-first facility and a game-changer for health and wellbeing education. The students use this facility to practice the skills and behaviours that cultivate wellbeing and strengthen the highly successful wellbeing programmes implemented through the curriculum.

Our youngest students start their wellbeing journey using Kimochis. Kimochi (KEY-MOE-CHEE) is a Japanese word meaning 'feelings'. Kimochis look like toys but they are communication tools which give children the knowledge, skills and attitudes that they need to recognise and manage their emotions, demonstrate caring and concern for others and establish positive relationships in order to make responsible decisions to handle challenging situations constructively.

