NBCS
NORTHERN BEACHES CHRISTIAN SCHOOL

Love Learning

Wellbeing Framework

AN INTENTIONAL JOURNEY FOR STUDENTS FROM PRE-K TO YEAR 12

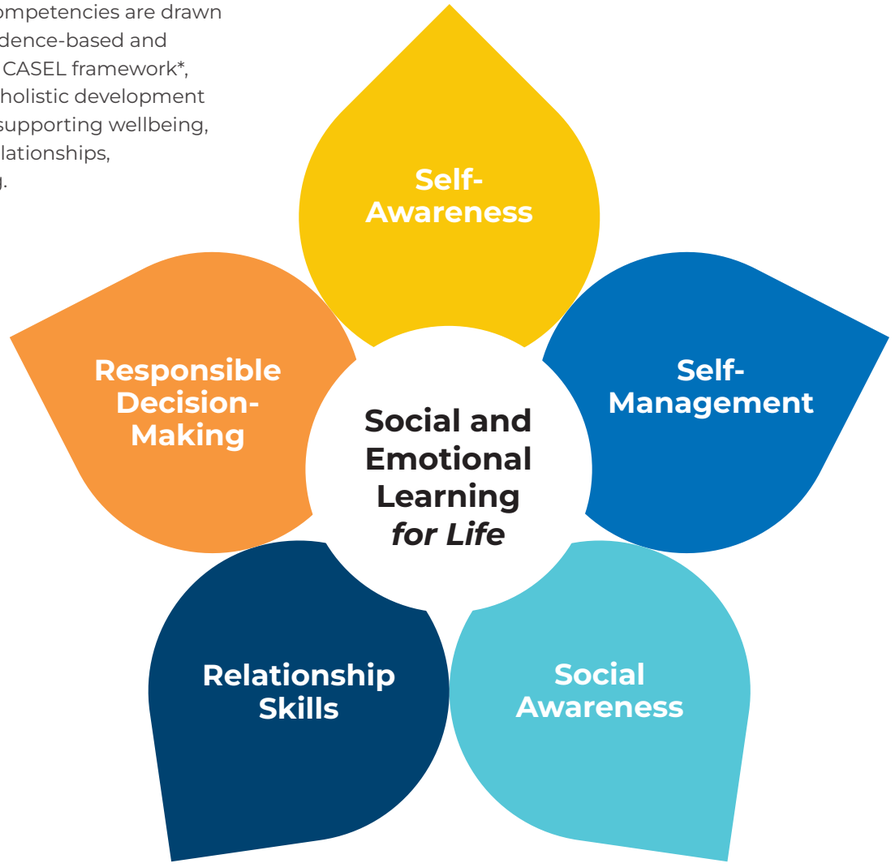


Social and Emotional Learning *for Life*

The NBCS Wellbeing Framework focuses on five core competencies.

Our Wellbeing programs promote self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

These five competencies are drawn from the evidence-based and widely-used CASEL framework*, and foster a holistic development in students supporting wellbeing, character, relationships, and learning.



* https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/

The five core competencies in action

Self-Awareness

- Recognising my thoughts and feelings
- Discovering my interests and strengths
- Acknowledging my preferences
- Understanding what it means to be me

Self-Management

- Regulating my emotions and responses
- Persevering through challenges and demonstrating grit
- Delaying gratification to achieve my goals
- Taking responsibility for myself

Social Awareness

- Understanding the perspectives of others
- Appreciating and valuing differences
- Recognising social norms of behaviour
- Acting ethically in our world

Relationship Skills

- Being a good friend
- Treating others with respect and dignity
- Knowing how to resolve conflicts and when to seek help
- Being a team player

Responsible Decision-Making

- Drawing upon the school values and my own values to inform my decisions
- Considering how my actions will impact others
- Engaging in two-step thinking
- Evaluating consequences before acting

The NBCS Wellbeing Framework:
Pre-K to Year 12



Student Wellbeing:
A *whole school approach*

Our school values, ***Gratitude, Respect, Courage, Compassion,*** and ***Commitment***, are woven into who we are and what we do.

Our goal is to partner with parents to nurture and grow every student, equipping them with the skills and capacities needed for life. By developing the whole person, body, heart, and mind, we aim to ignite a lifelong love of learning across all domains and prepare students to leave NBCS with the skills needed to succeed in the world beyond.

At NBCS, our Wellbeing Framework is supported by the following structures, programs and initiatives.

People

The Wellbeing Team

- Director of Wellbeing (Pre-K to Year 12)
- Director of Welfare (Pre-K to Year 12)
- Primary Wellbeing Adviser
- Primary Teachers
- Secondary Wellbeing Adviser
- Secondary Year Advisers
- Secondary Assistant Year Advisers
- Secondary Mentor Teachers
- School Counsellors
- Chaplaincy Team
- Student Administrative Services/First Aid
- Staff trained in Youth Mental Health First Aid

Programs and Learning

- Secondary Wellbeing Program aligned to the CASEL competencies
- Primary Wellbeing Program aligned to the CASEL competencies
- URStrong/Friendology program (Pre-K and Primary)
- Wellio platform (Secondary)
- Bullying prevention resourcing
- SafeConnect Program
- Student seminars
- Outdoor education
- Co-curricular programs

Groups

- Secondary Mentor groups led by teachers
- Primary Wellbeing time led by teachers
- Assembly, Chapel, grade, and stage meetings
- CRU lunchtime groups

Initiatives

- Whole school service-learning
- Grade level service-learning
- Wellbeing Prefect initiatives supporting mental health awareness

Community

- Policy and research-informed action
- Parent seminars and communications

School Culture

- Be safe. Be respectful. Be a learner (Pre-K and Primary)
- CLEAR Positive Behaviour for Learning (Secondary)

From Pre-K to Year 12: The Wellbeing Journey

FIVE CORE COMPETENCIES (CASEL Domain)	Early Stage 1 Beginning Well	Stage 1 From Me to We	Stage 2 The Power of Us	Stage 3 Stepping Up	Stage 4 Evolving Identity	Stage 5 Growing Confidence and Capacity	Stage 6 Now and Beyond
Self-Awareness	Exploring who I am	Being me and connecting with friends	Understanding my place in our school community	Understanding who I am becoming	Identifying character strengths and developing a growth mindset	Knowing self and personal capacity	Demonstrating authenticity and integrity
Self-Management	Identifying my emotions	Understanding my emotions	Managing my emotions	Regulating emotions through reflection	Managing emotion and growing self-control	Persisting through challenge and change	Setting future-focused goals and demonstrating self-discipline.
Social Awareness	NBCS is my school	Belonging at NBCS	Appreciating that we all belong at NBCS	Fostering and leading belonging at NBCS	Understanding values and considering different perspectives	Applying values through empathy and perspective taking	Living values independently and leading by example
Relationship Skills	Making friends	Including others	Growing healthy friendships	Resolving conflict respectfully	Building belonging through positive relationships	Maintaining positive relationships and managing conflict respectfully	Modelling positive relationships and empathy
Responsible Decision-Making	Being safe and kind	Choosing to be safe and kind	Solving problems with my friends and understanding my choices impact others	Modelling safe and kind choices for our community	Identifying how behaviour is viewed by others and working collaboratively to solve issues	Understanding social norms and evaluating choices and behaviour	Taking ethical responsibility and leading initiatives that benefit the school and community
	Early Stage 1 Programs	**Stage 1 Programs**	**Stage 2 Programs**	**Stage 3 Programs**	**Stage 4 Programs**	**Stage 5 Programs**	**Stage 6 Programs**
	• UR Strong • Life Education • CASEL-informed programs • Safe Connect • Service-learning	• UR Strong • Life Education • CASEL-informed programs • Safe Connect • Zones of regulation • Service-learning	• UR Strong • Life Education • Amazing Me • CASEL-informed programs • Safe Connect • Zones of Regulation • Service-learning	• UR Strong • Life Education • Amazing Me • CASEL-informed programs • Safe Connect • Resourceful Adolescent Program • Zones of Regulation • Service-learning	• Wellio programs, including identity and values, and healthy relationships • Our Futures Anti-Vaping Program • Digital Citizenship • ManCave/Burn Bright • Executive Functioning and Study Skills • Resourceful Adolescent Program • Service-learning	• Wellio programs, including consent and healthy relationships • Our Futures Anti-Vaping Program • Drug Education • Digital Citizenship • ManCave/Burn Bright • Executive Functioning and Study Skills • Consent and Respectful Relationships • Service-learning	• CASEL-informed programs, including consent, decision-making, drug education, and healthy relationships • Stress management and study skills • Career and Tertiary Planning • Service-learning

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