



# Student Wellbeing at NBCS

# Student Wellbeing at NBCS

**OUR GOAL**

**WE NURTURE AND GROW OUR COMMUNITY**

**EARLY STAGE 1**  
BEGINNING WELL

**00**

**01**

**STAGE 1**  
MOVING FROM ME TO WE

**STAGE 2**  
STRONG FOUNDATIONS

**02**

**03**

**STAGE 3**  
POWER UP

**STAGE 4**  
NAVIGATING CHANGE

**04**

**05**

**STAGE 5**  
GROWING CONFIDENCE  
AND CAPACITY

**STAGE 6**  
NOW AND BEYOND

**06**

## PARENT PARTNERSHIP

Student Wellbeing is a key focus for NBCS. We value the opportunity to partner with parents as we look to guide our students in the best way possible. We do this by providing:

- + High quality resources
- + Helpful seminars
- + Clear communication

## NBCS VALUES

GRATITUDE

RESPECT

COMPASSION

COURAGE

COMMITMENT

## STUDENT WELLBEING INVOLVES:

- + Mentor Group (Secondary)
- + Wellbeing Sessions (Primary)
- + Grade Meetings
- + Student Seminars
- + School Counselling
- + Student Services
- + Wellbeing Curriculum



## FOCUS AREAS

## KINDERGARTEN TO YEAR 12 AND BEYOND



### KINDERGARTEN FOCUS:

- + Introducing independence
- + Understanding emotions
- + Who am I?
- + How do I serve others?
- + What are the NBCS Values?

### KEY PROGRAMS:

- + URStrong / Friendology Junior
- + Positive connections
- + Life Education – Healthy Harold
- + CASEL Framework
- + Focus on NBCS Values



### YEARS 1 AND 2 FOCUS:

- + Developing independence
- + Managing emotions
- + Where do I fit?
- + Who can we serve?
- + The NBCS values and me

### KEY PROGRAMS:

- + URStrong / Friendology Junior
- + Cyber safety and anti-bullying
- + Life Education – Healthy Harold
- + CASEL Framework
- + Focus on NBCS Values

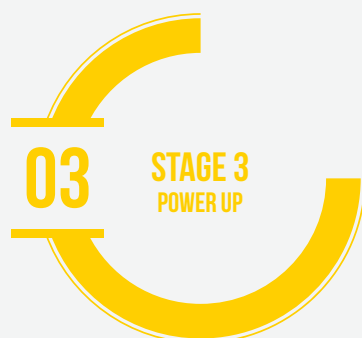


### YEARS 3 AND 4 FOCUS:

- + Growing independence
- + Emotional literacy
- + Including others
- + Why do we serve?
- + Understanding the online world
- + Applying the NBCS values

### KEY PROGRAMS:

- + URStrong / Friendology 101
- + Cybersafety
- + Life Education – Healthy Harold
- + CASEL Framework
- + Focus on NBCS Values

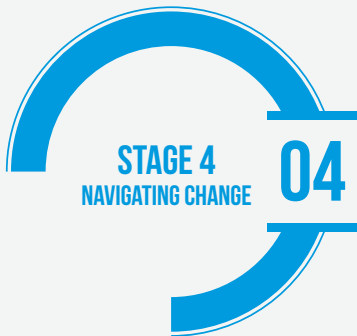


### YEARS 5 AND 6 FOCUS:

- + Independence in practice
- + Emotional regulation
- + How am I changing?
- + Service in action
- + Navigating the online world
- + Leading with the NBCS values

### KEY PROGRAMS:

- + URStrong / Friendology 101
- + Cybersafety
- + Personal Development and Sex Education
- + Preparing in Primary for High School
- + CASEL Framework
- + Focus on NBCS Values



### YEARS 7 AND 8 FOCUS:

- + Identity formation; values and beliefs
- + Belonging and understanding culture at NBCS
- + Developing emotional intelligence
- + Developing positive interpersonal skills
- + Understanding resilience (bouncing back)
- + Fostering independence, self-management and interdependence

### KEY PROGRAMS:

- + Study and organisational skills
- + Navigating the online world
- + Conflict resolution and positive relationships
- + Serving the local community
- + Developing positive mental health and wellbeing

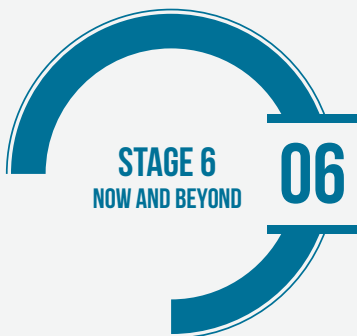


### YEARS 9 AND 10 FOCUS:

- + Becoming a person of integrity
- + Embracing opportunities at NBCS
- + Growing emotional intelligence
- + Managing interpersonal adversity
- + Growing resilience, grit and determination
- + Understanding personal responsibility and wise decision making

### KEY PROGRAMS:

- + Study and organisational skills
- + Social media and the online world
- + Positive gender identity
- + Positive mental health and wellbeing (managing stress)
- + Serving the wider community
- + Social choices and responsibilities
- + Leadership development



### YEARS 11 AND 12 FOCUS:

- + Maintaining integrity
- + Supporting and embracing opportunities at NBCS
- + Emotional intelligence in action
- + Fostering teamwork and generosity
- + Pursuing work / life balance for positive wellbeing
- + Taking personal responsibility
- + Leading by example
- + Positive student leadership

### KEY PROGRAMS:

- + Leadership opportunities
- + Service (giving back to the community)
- + Managing stress and anxiety
- + Effective study and examination skills for senior years
- + Career options and tertiary planning
- + Wise decision making