

Wellbeing Framework

PORT STEPHENS



St Philip's Christian College

FOR THE WHOLE OF LIFE



OUR MISSION

**To create a school community
of inclusion, belonging and
transformation that
*promotes and enhances the
wellbeing of every student*
according to our Christian
beliefs and values aligned with
best practice.**

What is Wellbeing?

Wellbeing is far more than the absence of mental distress or disorder. It is the combination of a person's physical, mental, emotional, social and spiritual health factors that lead towards or away from a flourishing life. Since the emergence of Positive Psychology, an abundance of scientific research has emerged demonstrating the benefits of explicitly teaching wellbeing habits (Australian Catholic University and Erebus International, 2008).

The Need for a Robust Wellbeing Approach

34% of young Australians reported high or very high levels of psychological distress – an increase from the previous survey in 2018 (Headspace 2020 National Youth Survey).

1 in every 4 Australians aged 16 to 24 are living with a mental health disorder and almost a quarter of children in Australia live in a family with a parent experiencing mental illness - New South Wales Mental Health Commission.

As we consider this data and the trend of increasing mental health complexity amongst young people, including many of our students, the need for a proactive approach to wellbeing becomes self-evident. Our whole school, “whole of life” approach uses evidence-based strategies to support mental health, promote belonging, build resilience and encourage wellbeing in students for the whole of their lives.



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Vision of a *Whole School* Wellbeing Approach

At St Philip's Christian College, wellbeing is everyone's responsibility. This distributed model is more effective because it reaches more people. It involves a broad range of stakeholders, parents, teachers, students, support staff and our Wellbeing Team. It's not just about our programs, rather it infuses our culture.

Every person is uniquely created and precious to God. A life of wellbeing is a relationship with God and with others. At SPCC our vision of wellbeing is to cultivate a culture where all members of the community thrive and experience the transformational power of God's love. Jesus said, "... I have come that they may have life, and have it to the full" (John 10:10).

The ultimate goal is to transform lives through grace, love, hope, and humility. **Grace** is for all — SPCC is a place where all are welcome, we don't need to prove ourselves. **Love** is transformational and **hope** helps us look toward the future. **Humility** gets us looking outward beyond ourselves and to the needs others.

Guiding Principles:

Our driving principles for Wellbeing come from our shared values:

***Christ* First**

Students thrive as they discover their God given gifts, strengths and purpose.

***Serve* One Another**

As students learn the value of serving others and volunteering their time, their sense of self-worth and value increases.

Strive for *Excellence*

As students continue to strive for excellence, this forward-looking perspective helps young people maintain a healthy outlook on life and improves wellbeing outcomes.

Do What is *Right*

Understanding the power of productive habits and healthy living.

Build *Community*

We are all interconnected. We reach our potential as part of a community where we belong and cultivate healthy relationships.

My Wellbeing Life

As part of our wholistic approach, we acknowledge there are many factors that contribute to student wellbeing. Below is our “Wellbeing Wheel”; the model we use to break down and clarify these contributing facets.







Our *Wellbeing Model*

As part of our whole school approach, we prioritise wellbeing in every aspect of the school. Our model below outlines key aspects of our approach, though these elements are not exhaustive – we recognise the role of every member of the SPCC community as significant in promoting wellbeing. Wellbeing is of central importance in not only addressing the challenges students face, but also developing student's strengths and providing a proactive and responsive model of student care.

RESPONSIVE:

How we care for those needing extra support.

Wellbeing Team Sessions

Wellbeing Plans
(individualised support)

Learning Support Plans

School Nurse

Resource Support

Referrals & Partnerships

PROACTIVE:

How we foster positive mental health and equip students with tools before problems occur.

K-12 Classroom Wellbeing Programs

Pastoral Care Classes

Wellbeing Days & Events

Chapel Services, Faith & Life Classes

Extra/Co-Curricular Events

Wellbeing Surveys and Student Voice

Wellbeing Info Seminars for Students & Parents

External Partnerships:

We recognise the importance of the school partnering with external professionals to provide wholistic support for students. The school's wellbeing team work together with external providers and parents in crafting our Wellbeing Plans; and instilling individualised care based on those recommendations at school.

Local Psychologists

Health and Mental Health Services

External apps and parent resources

Expert led training events

THE GOAL:

Thriving Students, Prepared for Life

As part of our 'whole of life' approach, our vision for students is broader than academic performance – we prioritise all the aspects that would equip students for life beyond school. As such, wellbeing is infused into everything we do at SPCC Port Stephens, with the goal of seeing thriving students, prepared for life.

Resources and Contacts

EMERGENCY SERVICES

Emergency Police, Fire or Ambulance 000

Nelson Bay Police Station (02) 4927 7220
16/18 Government Rd Nelson Bay

Raymond Terrace Police Station (02) 4983 7599
55/57 William St Raymond Terrace

Tomaree Community Hospital (02) 4984 0700
2 Trevally St Nelson Bay

John Hunter Hospital (02) 4921 3000
Lookout Rd New Lambton Heights

Adult Psychiatric Emergency Care Centre (02) 4033 5900
Mater Hospital, Edith Street Waratah

Child and Adolescent Mental Health Service – Nexus (02) 4985 5800
John Hunter Hospital, Lookout Road New Lambton Heights

CRISIS SUPPORT

Lifeline 1800 55 1800
For confidential one-to-one support with a trained telephone crisis supporter [24 hours]

Kids Helpline 13 11 14
For telephone and online counselling for young people aged between 5 and 25 [24 hours]

Men's Line Australia 1300 78 99 78
For telephone and online counselling service for men [24 hours]

<i>ParentLine NSW</i>	1300 1300 52
for telephone counselling and support service for parents/carers with children aged 0 to 18 [9am to 9pm Monday to Friday and 4pm to 9pm on weekends]	
<i>Suicide Call Back Service</i>	1300 659 467
For telephone and online counselling to people affected by suicide [24 hours]	
<i>Beyond Blue</i>	1300 22 4636
For advice and support via telephone [24 hours], as well as web chat or email support	
<i>Child Protection Helpline</i>	13 21 11
If you need to report a child who has been abused, neglected or is at significant risk of harm.	
<i>Domestic Violence Line</i>	1800 65 64 63

PROFESSIONAL SUPPORT

<i>Yacaaba Centre</i>	(02) 4982176
Family Counselling Service (Free) – 29 Donald Street Nelson Bay	
<i>Wavelengths Allied Health</i>	(02) 49191171
Psychologist Services: 260 Soldiers Point Rd Salamander Bay	
<i>Port Stephens Child & Adolescent Psychology</i>	0409722193
Psychologist Services: 34 Stockton St Nelson Bay	
<i>Nelson Bay Specialist Rooms</i>	(02) 49180180
Specialist Doctors: 33 Stockton Street Nelson Bay	
<i>Nelson Bay Allied Health</i>	(02) 49815660
Psychologist Services: 35 Stockton Street Nelson Bay	
<i>Jupiter</i>	0490 716 265
Free Counselling Service: 7 Community Cl, Salamander Bay	

Online Safety & Wellbeing

The eSafety website is a fantastic, easy to use website with everything you need for internet safety and wellbeing. It includes how to report online abuse and harassment, resources for how to stay safe online, how to create parental controls for devices, training seminars and videos, wellbeing resources for young people—and much more.

For parents, visit:

<https://www.esafety.gov.au/parents>

For young people, visit:

<https://www.esafety.gov.au/young-people>

List of Recommended Wellbeing Apps:

Each app is evidence based, free and has a 4 star & above rankings out of 5.

Moodmission is targeted at people experiencing symptoms of stress, anxiety or depression. The app provides different activities, or “mission”, based on how the user is feeling.

<https://moodmission.com>

SuperBetter is a motivational app that comprises a series of games and challenges that helps to build resilience. By using words that relate to gaming the app aims to get you to build on your strengths and overcome your weaknesses.

<http://superbetter.com>

Calm Harm is intended to help adolescents regulate their emotions and work through overwhelming feelings without harming themselves.

<https://au.reachout.com/tools-and-apps/calm-harm>

Breakup Shakeup provides ideas for fun, easy things to do to help you cope after a breakup. The app teaches you that planning activities and increasing your social support will help you recover faster.

<https://au.reachout.com/tools-and-apps/breakup-shakeup>





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