



# St Mary's College

## Pastoral Care and Wellbeing Guidelines

### Preface

Pastoral Care is the integration of the academic, social and religious dimensions of a school's energy so that an atmosphere of care prevails within the school community. Pastoral Care is an expression of the mission and vision of the school.

Wellbeing describes good physical and mental health. It also encompasses a sense of social inclusion and connection with others, self-regulation, persistence and productivity. It is about being adaptable, resilient and confident and experiencing feelings of satisfaction and happiness.

A strong sense of wellbeing enables children to engage positively with their environment so they can take full advantage of all learning opportunities that will influence their life chances. We know that wellbeing is necessary for children to flourish and thrive, and the children most likely to experience school success are those with strong social and emotional foundations (Shonkoff & Phillips, 2000).

As a Catholic school operating within the Presentation charism, we see St Mary's College providing a dynamic environment in which students can fulfil their spiritual, academic and personal potential.

At St Mary's College, Pastoral Care and Wellbeing are not restricted to any program or curriculum but involves all members of the school community. It is an expression of the mission and vision of the school.

Our Pastoral Care and Wellbeing Guidelines reflect our acceptance of the Gospel values of love, justice, truth, hope, compassion, acceptance, faith, forgiveness, service, simplicity and integrity in the tradition of Nano Nagle. Our focus is on emotional support and spiritual care to all members of our school community. Using the School Wide Positive Behaviour Framework, we work together to promote *Respect, Responsibility, Relationships and Resilience (our Presentation Values)*.

### Rationale

Pastoral Care and Wellbeing are of prime importance at St Mary's College as we continue to adapt to the changing role of schools and society. We aim to use a holistic approach towards education which includes a concern and compassion for fellow human beings.

There are five factors which have influenced current interest in Pastoral Care and Wellbeing.

1. There are disturbing symptoms of alienation and fragmentation in our society.
2. Society has increased expectations that the school will provide personal development and pastoral care.
3. Schools are generally more aware of the need for congruence between the ethos of the school as described in its mission statement and pastoral care guidelines and practices.



4. There are many resources within the wider community which are useful for pastoral care.
5. Many societies are in a state of rapid change.



## Guidelines

St Mary's College aims to create and maintain a supportive, nurturing and secure environment. Each member of the College Community is responsible for the wellbeing of others and is actively involved in the provision of Pastoral Care.

Pastoral Care is valued and implemented in a variety of ways by all members of staff. The delivery of pastoral care is both proactive and reactive and aims to provide support, guidance and education for students, staff and parents.

We aim to educate with Christ as our model and use Presentation Values (School Wide Positive Behaviour Framework) to:

- be role models for our students, for each other and for the general community
- provide opportunities for the community to pray together and share liturgies.
- create and provide a sense of belonging within our community
- enable community through involvement in College events e.g New family welcome event, Mother's Day Breakfast, College Fair
- provide a sense of purpose and meaning
- show hospitality and be a welcoming community
- nurture positive relationships based on respect
- be inclusive and to promote the acceptance of cultural and religious diversity and the uniqueness of the individual
- provide opportunities for counselling for staff and students
- provide support to those who experience loss or grief
- recognise our limitations and seek the help of external professionals for the care of our students and staff when needed
- implement the St Mary's College Conduct, Anti-harassment and Anti-bullying Guidelines with fairness and forgiveness
- provide a curriculum that promotes equity and caters to the needs of students and staff
- promote resilience within our community
- promote and encourage a Growth Mindset
- maintain fair student and staff assessments and reporting
- encourage students to observe "the right to teach and the right to learn"
- acknowledge and celebrate the efforts and successes of staff and students
- provide staff and students with opportunities for leadership and mentoring within the College Community



- provide and maintain a safe physical environment on school grounds
- promote positive and effective communication between members of the College Community
- encourage students to be physically active and to participate in extra-curricular activities
- encourage staff to be involved in the student extra-curricular activities
- provide staff with appropriate Professional Learning opportunities regarding Pastoral Care and Wellbeing
- continue to support the mind matters team (Parents and Staff), including K-12 'actions'
- promote access and use of the staff, parent and student resource, Your Mind Matters, located on the St Mary's College website, <https://yourmindmatters.net.au/>
- promote an appropriate sense of play, fun and humour
- promote social justice and a Curriculum of Giving through the support of the St Vincent de Paul Society, Justice Action Group, Footprint Project and other charities and groups that support the Catholic ethos
- promote care for the world in which we all live

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