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Hunter Valley
Grammar School



Wellbeing

Kindergarten - Year 12

Wellbeing at Hunter Valley Grammar School

The student wellbeing program at HVGS is underpinned by the principles of the International Baccalaureate (IB) Primary Years Programme (PYP) in the Junior School and Middle Years Programme (MYP) in the Senior School; research into social-emotional learning; HVGS Values for Life, and Positive Education. Bringing these together, with best-practice teaching, encourages and supports our students and community to flourish.

We focus on specific skills that assist students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness and encourage a healthy lifestyle.

The IB Mission Statement, and Approaches to Teaching and Learning, underpin all our programs, encompassing school-wide teaching, learning and wellbeing. By engaging students in robust lines of inquiry, driven by age-appropriate issues and students' own curiosity, we guide our young people towards becoming compassionate life-long learners who can apply attributes of the IB Learner Profile and our School Values to the pursuit of a better world.



Junior School

Wellbeing Framework

Self Awareness

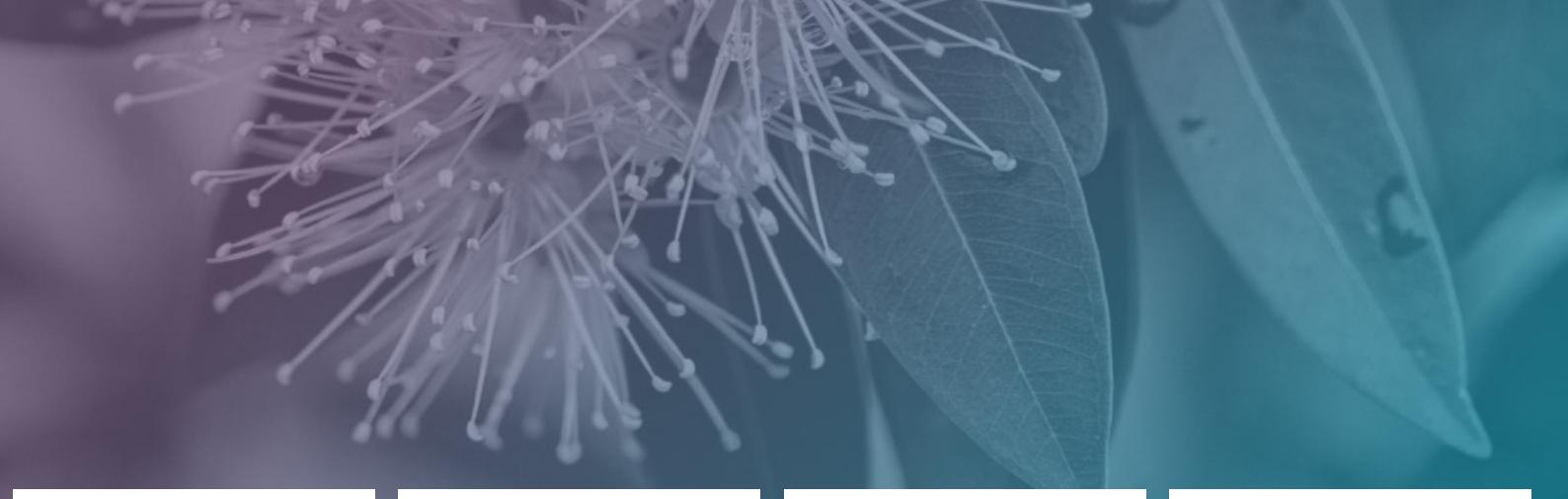
Self Management

Social Awareness

Relationship Skills

Social Decision Making

	Kindergarten	Year 1	Year 2
Recognising and understanding our feelings, while valuing our strengths and abilities	<ul style="list-style-type: none"> Identifying and labelling emotions Ways of controlling emotions 	<ul style="list-style-type: none"> Positive ways to be inclusive Feelings and responses in different situations 	<ul style="list-style-type: none"> Optimistic thinking Spreading a message of positive thoughts Actions that bring happiness to others
Controlling and directing our emotions in appropriate ways	<ul style="list-style-type: none"> Interpreting a range of feelings Feeling brave Being positive 	<ul style="list-style-type: none"> Understanding and caring for others Feeling shy Helping others who are lonely 	<ul style="list-style-type: none"> Different feelings, different days Dealing with frustration and anger Staying safe when others are angry
Being aware and respectful of the feelings and perspectives of others	<ul style="list-style-type: none"> Caring, sharing and friendship Sharing and taking turns Working through a problem Including others 	<ul style="list-style-type: none"> Being thoughtful, caring and polite Using friendly behaviours to make friends 	<ul style="list-style-type: none"> Bringing colour into other people's lives Creating friendly, happy and safe classrooms Learning to 'stop & think' in social situations Moving away from unhealthy and unsupportive friendships
Dealing positively with relationship problems and social conflicts	<ul style="list-style-type: none"> Being friendly Dealing with unfriendly behaviour Asking for help Saying sorry 	<ul style="list-style-type: none"> Working cooperatively Contributing to the classroom Roles of group members 	<ul style="list-style-type: none"> Thinking optimistically about friends The benefit of the doubt Reflecting on our responses Mean-on-purpose behaviours
Considering consequences and making thoughtful, sensible decisions	<ul style="list-style-type: none"> Making choices 	<ul style="list-style-type: none"> Making good choices Learning to think, feel and act 	<ul style="list-style-type: none"> Feelings and responses to mean-on-purpose behaviours Asking for help and support



Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none">• Self-esteem• Physical and emotional health• Keeping safe in social situations	<ul style="list-style-type: none">• Values are meaningful• Manners and their role in social situations• Values and social rules• Being a part of a community	<ul style="list-style-type: none">• Controlling negative emotions in social situations• Caring and supporting others• Being a good friend	<ul style="list-style-type: none">• Power and authority, status and respect• Being assertive without being aggressive or submissive
<ul style="list-style-type: none">• Managing feelings• Positive thinking• Perseverance	<ul style="list-style-type: none">• Resolving conflict• Learning to say a 'no' confidently• Standing up for what you believe in and value	<ul style="list-style-type: none">• Controlling triggers of emotions• Getting back in control• The importance of apologising• Have a positive attitude	<ul style="list-style-type: none">• Taking care of body and mind• Positive self-talk• Facing new challenges in a safe way
<ul style="list-style-type: none">• Giving to and sharing with others• Making things better	<ul style="list-style-type: none">• Valuing positive friendship groups• Fostering fairness and equality in our school community• Being empathetic and understanding	<ul style="list-style-type: none">• Healthy and unhealthy friendships• Belonging to a healthy friendship group• Friends and tricky situations• Being socially responsible in the home, school and community	<ul style="list-style-type: none">• Peer groups and peer influence• Influencing others positively• Responding to negative peer influence
<ul style="list-style-type: none">• Mean-on-purpose behaviours• Keeping safe• Assessing risks• Discouraging mean-on-purpose behaviours	<ul style="list-style-type: none">• Mean-on-purpose behaviours• Safe actions to reduce mean-on-purpose behaviours• Why some people are mean-on-purpose• Being an upstander	<ul style="list-style-type: none">• Mean-on-purpose behaviours• The truth about bullying• Responding to mean-on-purpose behaviours• Cooperating, respecting and tolerating	<ul style="list-style-type: none">• Being an upstander• Resolving conflict and being empathetic• Upstanding online
<ul style="list-style-type: none">• Making choices and having consequences• Responding safely to mean-on-purpose situations	<ul style="list-style-type: none">• Taking steps to solve social problems• Using the decision-making model	<ul style="list-style-type: none">• Applying the decision-making model• Responding safely to mean-on-purpose situations	<ul style="list-style-type: none">• Decision-making skills• Decision-making model• Critical thinking skills• Times of transition

Senior School

Wellbeing Framework

Year 7

Skill building for Senior School

During Year 7, students experience a well planned and effective transition into the Middle Years Programme in the Senior School. Mentors assist students to build a range of social, emotional and cognitive skills.

- Social Skills through Outdoor Education
- Critical Thinking skills
- Online safety
- Research skills with the Weeks library
- Organisational skills for successful learning
- Weekly affective skills development

Year 8

Embedding the MYP Learner Profile

During Year 8, Mentors guide students in embedding the principles and attributes of an MYP learner into their daily practice, nurturing their unique strengths and areas for growth.

- Organisation skills with ATL focus
- Managing workload
- Engaging in outdoor experiences and building resilience
- Online safety

Year 9

Caring for ourselves and others

During Year 9, students begin to look outwards and apply their character strengths to serve our community and broaden their networks outside of HVGS.

- Approaches to Learning (ATL) Social skills development: Collaboration
- Exploring service as action
- Effective revision skills
- Online safety

Term 1

Term 2

Term 3

Term 4

- Social skills through the Buddy Program with Year 10
- Global citizenship
- Reflection skills through journaling
- Weekly affective skills development
- Character strengths

- Service within the School
- Research skills
- Information literacy - learning how to effectively locate information

- Collaboration skills with the psychology team
- Service and citizenship skills through the United Nations (UN) 170 Actions to Transforms our World
- Communication and reflection skills through the learning portfolio
- Weekly affective skills development

- Social/emotional skills
- Learning how to work effectively with others
- Collaborating on group tasks
- Communicating safely online

- Transfer thinking skills through interdisciplinary problem-solving
- Weekly affective skills development
- Reflecting on Year 7 and preparing for Year 8

- Thinking skills
- Interdisciplinary problem-solving
- Reflecting on Year 8 and preparing for Year 9

- ATL Self-management skills development: Affective Skills
- Developing Service as action
- Broadening perspectives beyond the walls of HVGS

- ATL Research skills development: Information Literacy
- Reflecting on student progress
- Individual acts of Service
- Communicating safely online

- ATL Thinking skills development: Critical Thinking
- Exploring the pathways ahead
- Exploring the Personal Project
- Reflecting on Year 9 and preparing for Year 10

Year 10

Futures planning, positive and negative risk taking

During Year 10, students are actively able to apply and lead with the skills they have accumulated during the MYP and are looking ahead to future pathways.

- Efficient and Effective study habits
- Positive and Healthy relationship choices
- Buddy program with Year 7
- Online safety
- Gratitude and mindfulness

- Careers research: Allwell follow-up
- Year 11 subject selection process
- Developing personal qualities for life
- Buddy program with Year 7

- Real-world writing
- Study approaches for senior schooling
- Buddy program with Year 7
- Introduction to independent learning

- Buddy program with Year 7
- Developing a personalised approach to study
- Reflecting on Year 10 and preparing for Year 11

Year 11

Independent Learning skills and Mindfulness

During Year 11, students are learning to apply self-regulation techniques in order to improve their study skills and preparation for their final year of studies.

- Consolidation of independent learning
- Improving approaches to self-regulation
- Effective study skills development and understanding of a HSC or IB environment

- Affirming and formalising a personalised approach to study
- Cultivating a mindful approach to school
- Contextualising subject knowledge with service
- Online safety

- Refining personalised approaches to study
- Achieving success through collaboration and teamwork
- Formal preparation to the HSC or IB
- Managing risk

- Introduction and planning for the year ahead
- Re-affirming post-school goals and options
- Reflecting on Year 11 and preparing for Year 12

Year 12

Success in Y12 and preparation for life beyond HVGS

During Year 12, students are adopting and implementing strategic advice from their teachers and carers for their success in Year 12 and life beyond the gates of HVGS.

- Preparation is key to success
- Managing stress
- Futures focus
- Refresh and renew work ethic
- Online safety
- Managing risk

- Exploration of options
- Careers advice
- University requirements
- Gap year options
- Life hack- skills to survive and thrive

- Stress management
- HSC and IB examination preparation
- Preparation for independent learning at home



Hunter Valley Grammar School

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