

# DOMINIC COLLEGE

*A Catholic School in the Salesian Tradition*



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## WELLBEING POLICY

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Date	March 2023
Responsible Position	College Leadership Team
Approved By	College Board
Next Review Date	March 2026
Related Documents	Behaviour Management Policy Child Safe Policy Student Welfare Policy

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## 1. OUR PHILOSOPHY

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The Wellbeing Policy of Dominic College provides the framework for the development of the individual student within the ethos of a Catholic School in the Salesian tradition.

Wellbeing at Dominic College is based on St John Bosco's Preventive System and the Charter of Salesian Schools. In keeping with the spirit of St John Bosco, the founder of the Salesians, "education is largely a matter of the heart" that leads young people to "know that they are loved".

Wellbeing is the overall climate of care that exists within Dominic College. It includes the policies, processes, programs, and practices delivered at school level with the purpose of supporting and enhancing the wellbeing of the students based on understandings of human dignity.

Wellbeing provides a foundation for relationships between students and staff based on mutual respect. Wellbeing is founded in community and a commitment to developing a deep sense of belonging and connection to and within community. Wellbeing is an authentic expression of the vision and mission of the school as a faith community. All staff have a role in the development of Wellbeing at the College.

Parent support for, and involvement in, their children's education is a critical factor in student engagement, achievement and wellbeing and the foundation of partnership and a view that the parent is the primary educator.

Wellbeing at Dominic College is characterized by positive relationships at school, positive attitudes, resilience, being able to maximize strengths and high levels of satisfaction with learning experiences (e.g. Noble and Wyatt, 2008). Wellbeing is promoted in a safe and supportive school.

Dominic College promotes Wellbeing through a framework of academic care by:

- Providing opportunities to develop an understanding of the strong links between learning, wellbeing, and resilience;
- Believing that all students can succeed in their learning;
- Monitoring student connectedness to the learning environment;
- Stimulating student engagement with learning;
- Providing learning experiences that are relevant to their lives fostering high expectations of all students as learners;
- Engaging staff and students in dialogue about understanding learning;
- Utilising a range of support networks and resources; implementing structures and programs in response to diverse student needs.

## 2. RATIONALE

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Each person is respected and acknowledged as a valuable member of the Dominic College Community. We seek to establish a relationship and partnership with staff, parents and students which promotes mutual understanding, respect, tolerance, and acceptance.

## 3. AIMS

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Dominic College strives to be:

### A HOME THAT WELCOMES

- Being committed to the care and support of all young people.
- Cultivating relationships based on genuine affection, openness, and acceptance of others.
- Fostering an atmosphere of joy, hope and optimism based on the 'Good News' of Jesus Christ.
- Creating a friendly, safe, and supportive community environment where all individuals are treated with dignity.

### A PARISH THAT EVANGELISES

- Having a strong and vibrant Religious Education and liturgical programme.
- Prioritising the faith development and formation of self.
- Providing students with significant experiences of faith in action.
- Integrating faith and spiritual experiences within Pastoral Care activities and learning experiences.

### A SCHOOL THAT PREPARES FOR LIFE

- Encouraging a passion for independent, life-long learning and a quest for excellence
- Developing a sense of meaning and purpose, which expresses itself in a spirit of service and self-giving.
- Supporting students in cultivating resilience, resourcefulness, responsibility, and adaptability as important skills for life.
- Supporting students in the development of the whole person and sharing with parents their child's intellectual, emotional, and spiritual development.

### A PLAYGROUND WHERE FRIENDS MEET AND ENJOY THEMSELVES

- Being present with each other in an active, engaging, and friendly manner.
- Building positive and inclusive relationships between each other.
- Having a rich experience of interaction and sharing, especially students and staff
- Creating occasions for celebration and festivity.

#### 4. COLLEGE EXPECTATIONS

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At Dominic College, we are a Catholic school in the Salesian tradition:

WE ARE RESPECTFUL

To self, others, and the environment

WE ARE RESPONSIBLE

At all times, and in all settings

WE ARE HONEST

To self and others

WE ARE LEARNERS

For Life

## 5. ORATORY PROGRAMS

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There are several Oratory programs in place at Dominic College to achieve the aims of our Wellbeing Policy:

- Primary is organised in class groups with a classroom teacher who has a wellbeing role
- Primary Buddy Program
- Vertically streamed Oratory Groups in Secondary
- Celebration of Feast Days
- Camps and excursions
- Co-curricular and Sports program
- House system
- Student leadership
- Awards
- Assemblies
- Religious celebrations
- School Wide Positive Behaviour Support practices
- Goal setting in Oratory Groups

The wellbeing of students is seen in conjunction with all other policies which operate within the College.

## 6. ORATORY PROGRAM

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At Dominic College, we are committed to providing a safe, respectful, inclusive and caring environment for all students, staff and families to learn and flourish in. The Don Bosco Oratory Program is our Learning and Wellbeing program across Kindergarten to Year 10 that aims to equip students with valuable and important life skills that will allow them to thrive as local and global citizens.

The Don Bosco Oratory Program is inspired by the work of St John Bosco in Valdocco, Turin in the 1840s where his “object always was to meet the youngsters...help them, make friends with them, and thus encourage them to come to the Oratory” to pray, listen, learn life lessons and play in a safe family type atmosphere. (*The Autobiography of Saint John Bosco – Memoirs of the Oratory*). Don Bosco founded the Oratory as a response to the needs of the youth and young adults of the area, especially those who were most in need. The Oratory offered healthy recreation, evangelisation and catechesis, an elementary education, and employable life skills.

At Dominic College, the Don Bosco Oratory Program addresses age-specific areas and topics such as Child Safety, eSafety, friendship and relationship building, critical thinking, Careers Education

and also targets specific areas that may arise from year to year in an ever-changing world. It aims to help students to grow and build their character strengths and provides them with tools to navigate their social, emotional and physical needs that in turn will help them to become resilient, confident and independent learners and citizens.

Regular advice and resources are also shared with staff and families to help them to achieve the aims of the Don Bosco Oratory Program at SCHOOL, in the HOME, in the CHURCH or CHAPEL and in the PLAYGROUND as inspired by the vision of Don Bosco and his Oratory, and by the pillars of the Charter of Salesian Schools. It supports a joint partnership between the SCHOOL and HOME assisting our young people to develop valuable life skills by the time they graduate from Dominic College.