Introducing CARE @ PBC

Palm Beach Currumbin State High is committed to ensuring that every student at our school feels cared for and connected. Our whole school approach to wellbeing moving into 2017 will be based on a system of Positive Education and will be supported through four school Houses. A team of House Leaders, Student Prefects, and CARE Coordinators will work with our staff, students and wider community to strengthen student voice and foster a strong relational culture at PBC.

What is CARE?
CARE is a system that has been specifically designed for PBC to foster relationships between our students, promote leadership opportunities, encourage community mindedness and overall enhance the quality of our student’s wellbeing.

To achieve this students are assigned into one of four school houses. Each of these houses is further divided into CARE classes of 25 students from Years 7-9 or Years 10-12. These CARE classes will be overseen by a CARE teacher who will follow students through their Middle School or Senior School phase of learning, developing meaningful relationships and working with students on CARE curriculum based on Positive Education.

What is Positive Education?
Positive Education is defined as ‘the development of education environments that enable the learner to engage in established curricula in addition to knowledge and skills to develop their own and others wellbeing’ (Oades, Robinson, Green & Spence, 2011, p431). It aims to increase students happiness and wellbeing, leading to higher levels of engagement in class and ultimately higher levels of achievement.

Why are we taking on this direction?
At PBC we strive to ensure that every young person is developed to their fullest potential to ensure that they can achieve ‘nothing but their best’. We recognise that on this journey to excellence our young people face many challenges including maintaining their personal wellbeing and happiness amongst competing pressures. The CARE system is designed not only to give students a point of connection through their House and CARE Class but also to explicitly teach them tools to regulate themselves, promote growth mindset, encourage resilience and realise their individual strengths.
“...In my experience, a house system is an excellent way to ensure a child reaches their full potential academically, but also physically, socially and mentally. The house system provides an educational structure so a child feels happy, safe and supported in the school environment. A child is able to mix with a variety of year groups enabling them to feel part of a team and develop leadership and social skills and therefore developing self confidence...” - Tim Hart; House Leader- Vikings

Introducing the CARE Team

Vikings: Green

House Leader: Tim Hart
Head Prefects: Bethany Clark, Dylan Butler

Spartans: Blue

House Leader: Abbey Bryant
Head Prefects: Eloise Fisher, Connor Forbes

Phoenicians: Red

House Leader: Mitch Kennedy
Head Prefects: Kellie Meyer, Corey Parker

Athenians: Gold

House Leader: Krista I’anson
Head Prefects: Laura Suttle, Brock Styles
Orientation Program

How will this program work?
The first week of school will include a mix of academic classes and orientation activities. On the first day of school students will receive their Orientation Timetable as well as their Academic timetable from their CARE class teacher.

How will students know what House and CARE class they’re in?
Houses for 2017 have been redivided to ensure that each house has an equal distribution of students and teachers. Each student within their house has then been placed in a CARE class with fellow students from Grades 7-9 or 10-12. On the first morning of school students will refer to a notice board in their Playground area to find out what house they’re in and where to go for Period 1.

When will I as a parent or carer get to meet the House Leader and CARE teacher?
It’s important to us as a school that parents have ongoing involvement in the House and CARE structure. An invitation to the first official House Event and Orientation for Parents will arrive in the mail in the first week of school. These evenings will be held through Weeks 2-3 of Term 1.

An Example Middle School Orientation Day:

<table>
<thead>
<tr>
<th>Period</th>
<th>House Assembly</th>
<th>This session will be involve an introduction to the new House based ‘Care’ system. Students will also be introduced to the leadership opportunities within the house.</th>
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<tbody>
<tr>
<td>Period</td>
<td>Wellbeing Lesson</td>
<td>An additional positive education session on mindfulness and self-regulation will be run for Middle School.</td>
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<tr>
<td>Period</td>
<td>Team Building Activity</td>
<td>In this session students will have an opportunity to engage in games and activities that challenge both mind and body. Students will need to work together to complete the challenges they are set.</td>
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<tr>
<td>Period</td>
<td>Social and Emotional Learning Presentation</td>
<td>In these sessions to be delivered by external providers students will learn about the key SEL topics of bullying and cyber safety. Case studies will be examined to give students a real experience of the impact these issues can have.</td>
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Positive Education- Reading

**Character Strengths** - Acknowledgement to the VIA Institute.

What are strengths? Firstly, they vary from person to person and are inbuilt things in each of us which we use naturally to strive, thrive and flourish as individuals. Secondly, we use them in how we think, what we do and what we say. Strengths are different to talents and abilities, which we can choose to use or not to use. Strengths are part of our individual DNA and most of the time we unconsciously use them, just like breathing. Strengths are valued based personality traits.

For three solid years, positive psychologists, Martin Seligman and the late Chris Peterson, researched a variety of different cultures, backgrounds and beliefs from around the globe in search of common personality strengths.

They identified 24 **Character Strengths** which existed in all of cultures, backgrounds and beliefs. When announcing their findings, Chris Peterson said that there may well be more than 24, but in the scope of their research they only found 24. We have all of these character strengths in our makeup in varying degrees depending on our upbringing, life experiences, how easily they come to each of us and our opportunities to use them.

Your five strongest character strengths are called your **Signature Strengths** which you can identify by completing the free online survey on Values In Action website, [www.viacharacter.org](http://www.viacharacter.org). We will also call them your **super powers**. The positive emotion you feel when you uncover your strengths increases your engagement with what you are doing, fosters positive relationships, adds meaning to what you do and gives you a sense of accomplishment.

It has been proven through further research that using your signature strengths in your daily life adds to your elements of wellbeing to build your overall sense of wellbeing. Other benefits include:

- an enhanced focus to look for is right in what you are looking at and doing to build growth mindsets.
- a greater engagement and connection to what is happening around and to you to build mindfulness.
- an increase in your life satisfaction and **happiness** and reduce negative outlooks
- your positivity will rub off on people who are around you when you use them

Looking at life through your signature strengths builds your **wellbeing** bank to draw on to overcome life’s inevitable challenges and setbacks.