



Student Wellbeing @ PBC

	System Component	Purpose
Proactive Support	CARE Curriculum	Schoolwide initiative that embeds Positive Education Framework. Delivered daily by CARE teachers and in extra sessions during the Term. Strategy-based curriculum focusses on individual Character Strengths, Growth Mindset, Mindfulness & Positive Relationships. Activities of awareness and coping/management strategies encompass CARE curriculum as well as bullying, cyber-safety & drugs & alcohol awareness.
	House System	Schoolwide initiative to form positive relationships within mixed year-level CARE groups that occurs at the commencement of each school year. Supports CARE curriculum by encouraging physical activity and community-focussed involvement. Delivered primarily by student leaders through a range of assemblies and events throughout the Term. The Orientation Program at the start of each year is delivered by external presenters and includes respectful relationships, bullying, cyber-safety, drugs & alcohol. Delivers event-based programs such as Harmony Day, Anti-Bullying Awareness & Are You OK?
	HPE Australian Curriculum 7-10	Led by HPE staff across Years 7-10 to include Respectful Relationships, Embedded within HPE Australian Curriculum through Years 7-10.
	PBC Positive Behaviour Plan	Learning and behaviour at PBC are encompassed in the PB Plan. Nil Sed Optima – PBC’s motto ‘nothing but the best’ represents the core values and beliefs. Optima Code – ‘Be Safe, Be Respectful, Be a Learner’ are non-negotiables. Reds’ Pledge – honours ‘Nil Sed Optima’ and is a student commitment ‘to be my best self and actively support others to do the same’.
	Student Management & Support Team	Led by Deputy Principals across both the Middle & Senior Schools, Student Support (OPTIMA) teams include Dean of Students, Year Coordinators and Guidance Officers. This team actively provides proactive, targeted and consistent student support. New student induction – delivered by the MS/SS Student Support Officer to provide orientation to school grounds, key support staff and transition feedback to parents.
Personalised Support & Management	Behaviour & Wellbeing Student Case Management	Schoolwide process that identifies students requiring behaviour and/or wellbeing support by the Optima Team and/or external agencies. Each member of Optima Team is responsible for case management including CASE ‘Watch’ or ‘Manage’ depending upon the individual needs. Dean of Students and GO are responsible for negotiating with each student and parent/carers individual plans including Check In Check Out (CICO), Behaviour Assessment Reports (BARS) and Individual Personalised Plan (ISP) for Behaviour and/or Wellbeing. Each plan is forwarded to staff for support and feedback.
	Proactive Intervention programs	Programs that target small group restorative practices. RESTORE - behavioural program that embeds Positive Education in a targeted environment and provides students with strategies regarding mindfulness, behaviour strengths and applications of this in a home and school setting. Delivered by Guidance Officer, Dean of Students or Deputy Principal. Each student enrolled within RESTORE is provided an individualised Behaviour & Wellbeing Management Plan. Rock & Water - assists students in their development to adulthood by increasing their self-realisation, self-confidence, self-respect, boundary awareness, self-awareness and intuition. Men of Business - target boys at risk of disengaging, high risk-taking behaviours, self-esteem issues, social skills and anger management issues.
	Health Service Providers	Guidance Officers refer students and/or parent/carers to onsite or external health agencies through the Case Management process for specialisations across a range of youth-related concerns. School Based Health Nurse –provides onsite wellbeing support and proactive advice regarding respectful relationships, sex education, cyber-safety, drugs & alcohol and mindfulness. YODA – onsite drug and alcohol-related support that provides strategies around addiction and risk-management. Headspace – external organisation that specialises in youth mental health and awareness.