



Active Schools

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of Education

Wellbeing

Wellbeing is the capabilities necessary to thrive, contribute and respond positively to the challenges and opportunities of life (FISO 2.0) It describes a person's optimal experience, physical health and psychological functioning, and involves factors like positive emotions, life satisfaction and mental flexibility.





FISO2.0





High Impact Wellbeing Strategies (HIWS)

Building Relationships

- Build Relationships with Students
- Facilitate Peer relationships

Safe and Inclusive Classrooms

- Clear Classroom Expectations
- Inclusion and Belonging

Student Capacity

- Student Self Efficacy
- Engage Students
- Coping Strategies and Facilitate Referrals



High Impact Wellbeing Strategies (HIWS)

Building Relationships

- Show genuine care and respect to students.
- Help students solve problems and take time to help them learn.
- Provide students with choice, empowerment and responsibility.

Facilitate Peer Relationships

- Provide a safe space for students to develop connections with their peers.
- Understand differences among students and how that may affect their interactions.
- Model and explicitly teach social and emotional skills.

Establish and Maintain Clear Classroom Expectations

- Discuss expectations with students and seek their input.
- Uses proportionate and non-punitive responses when expectations are not met.
- Create a sense of order and predictability in a classroom.



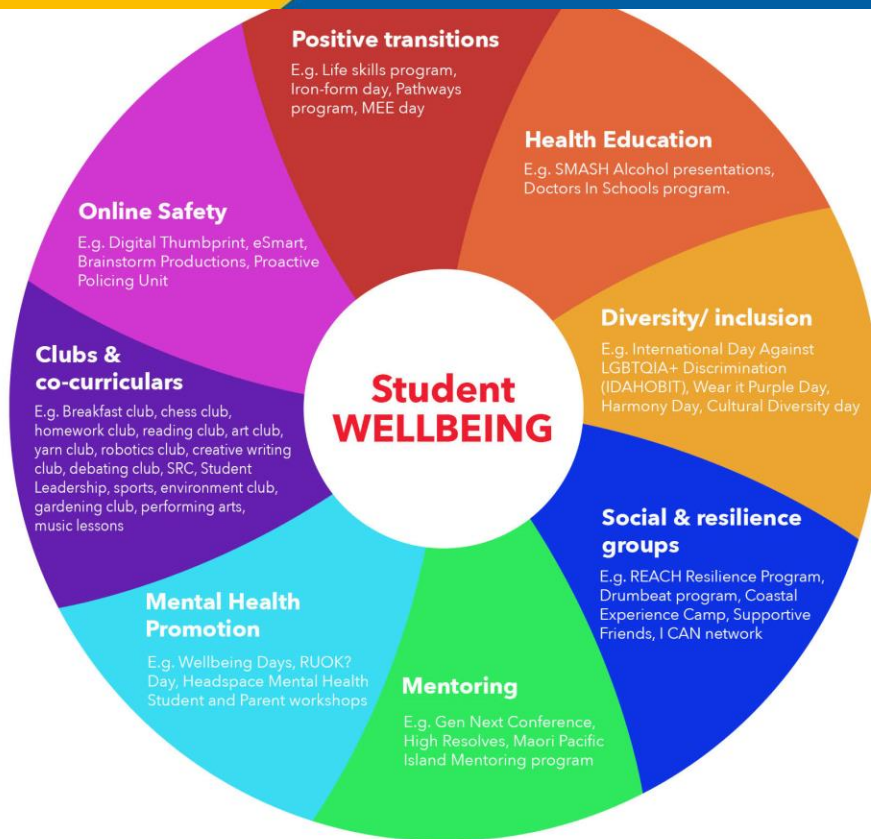
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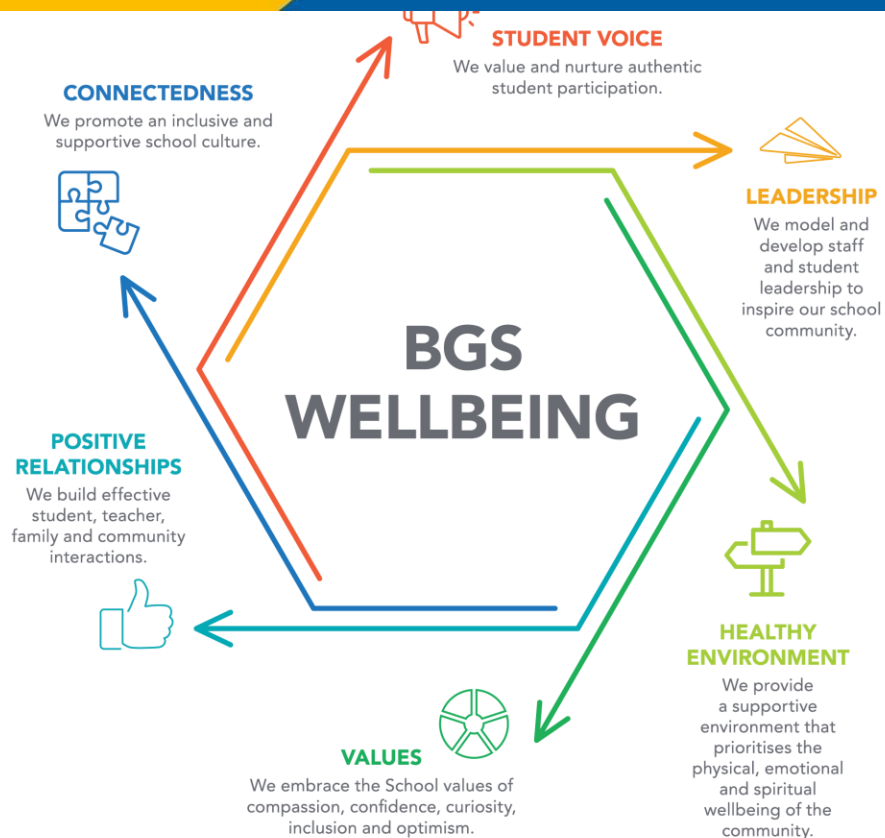
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In Year 11 or 12,
you'll have:



Classes
40-90 minutes



Morning
break



Classes
40-90 minutes



Lunch
break



Classes
40-90 minutes

Students
usually spend
lunchtime:



Visiting teachers
for extra help



Doing extra
study



Playing sport



Socialising

You may also
have lunchtime
or after-school
activities:



Sports, music or
other interests



Homework club



English as an
Additional
Language (EAL)
sessions



Tutorial sessions

Schools also
support
students to:



find out about
different careers



plan tertiary study



improve student
health and wellbeing