



STUDENT WELLBEING VISION STATEMENT

DETAIL	
Revision #	1
Effective Date	January 2024
Review Date	January 2025

CONTEXT

Thomas More College believes that the Wellbeing of each individual student is central to educating the whole person in pursuing personal excellence. A mentally fit student is more likely to learn. Thomas More College staff believe that our students should Connect, Persist, Respect, Act with Integrity, Serve, Strive for Excellence and demonstrate characteristics that will support them in all aspects of life.

Each individual is created in the image of God, as such Thomas More College staff treat each student gently, justly and with dignity. College expectations provide a framework that promotes stability, harmony and maximises the potential of each student. Through the use of Restorative Justice practices students are encouraged to be reflective and discuss with members of the community how they can best be supported to demonstrate growth.

WISDOM TO SEEK

Thomas More College students **Connect** through being present to others and themselves. They prioritise attendance, punctuality and communication with members of the community. Thomas More College students are encouraged to involve themselves in the life of the College through community activities and celebrations. (Relates to Mission – Outreach/Growth/Self Esteem/Excellence/Learning).

Thomas More College students **Persist** with learning and the challenges they confront daily. They are resilient problem solvers who take responsibility for themselves, take pride in their work, seek support when needed and are accountable to working with the community towards achieving learning goals. (Relates to Mission – Hope/Growth/Self Esteem/Excellence/Learning).

COURAGE TO THRIVE

Thomas More College students **Respect** that each individual is unique and each member of our community has a valuable contribution to make. Thomas More College students embrace the diversity of our community as important to their own growth. (Relates to Mission – Outreach/Growth/Self Esteem/Safety/Faith).

Thomas More College students **Strive** for excellence in all aspects of life; from the classroom to extracurricular activities and into the wider community. They are not afraid to take risks to better themselves and our world. (Relates to Mission – Excellence/Self-esteem/Growth/Learning/Safety/Hope).

POWER TO CHANGE

Thomas More College students believe that to **Serve** others promotes a better understanding of oneself. Supported by the College motto of 'God's Servant First' our students understand the importance of service to the College community, the wider community and the Mission of the Catholic Church. (Relates to Mission – Outreach/Growth/Faith/Hope/Self Esteem).

Thomas More College students act with **Integrity** aiming to do the right thing in a reliable way. They are encouraged to be self-confident, experience joy in life and unashamedly follow their passions. (Relates to Mission – Outreach/Growth/Self Esteem/Excellence/Safety/Hope).

What do Thomas More College Students do?

Nightly Checklist

- ☐ Ensure all notes are signed
- ☐ Chores done
- ☐ Homework completed
- ☐ Tablet on charge
- ☐ Appropriate uniform ready – laid out ready to go
- ☐ All equipment packed (footwear, tablet, required books)
- ☐ Bag packed
- ☐ Organise a healthy recess and lunch (sufficient water)
- ☐ Organise a leaving time for the morning
- ☐ Alarm set 30 - 45 minutes before leaving

Morning Checklist

- ☐ Correct uniform
- ☐ Check that you are correctly groomed
- ☐ Re-check - leaving time
- ☐ All equipment packed (footwear, tablet, required books, lunch etc.)
- ☐ Notes neatly signed and in diary

Arrival at College

- ☐ Locker first (ensure that it is organised, easy to see books etc.)
- ☐ Organise appropriate equipment for lessons until recess
- ☐ Wait near your Lesson 1 classroom so you are ready to enter immediately when the 8:40am bell sounds

Outside support Agencies

Reconnect Uniting Communities – 8202 5939

Reconnect Centacare – 8159 1400

Southeast Asian Reconnect - 8213 4605

Support for young people aged 12 - 18 and their parents to work on improving family relationships.

Cost: Free

Centacare Family Counselling Team Salisbury – 8250 3694

The Family Counselling Team works with families to stabilise the family environment and strengthen relationships within the family and between family and community. Families may self-refer.

Website: www.centacare.org.au

Headspace Edinburgh North - 7073 7080

Headspace is the National Youth Mental Health Foundation, helping young people aged 12 to 25.

2 Peachey Road, Edinburgh North, South Australia 5112

Website: <http://headspace.org.au/headspace-centres/edinburgh-north/>

Cost: Free

Child and Adolescent Mental Health Services (CAMHS) Elizabeth – 8252 0133

CAMHS Northern Region provides a range of therapeutic counselling services for children and adolescents from birth to 18 years of age and their families.

Parent or child can refer themselves to CAHMS. CAMHS is a free service and Medicare is not required.