

# Wellbeing for Learning

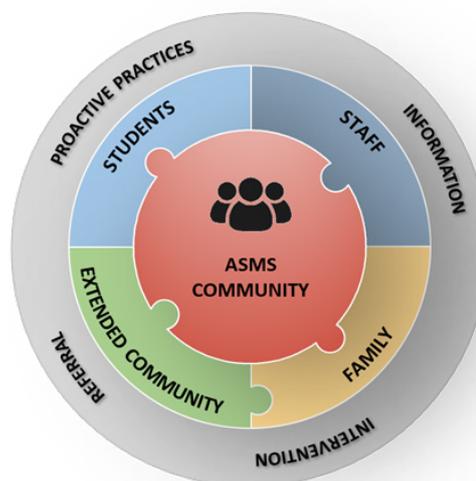
Extraordinary learning cannot happen without recognition of the importance of the relationship between students, their parents/caregivers and the school and the essential role that this plays in each student's wellbeing. This partnership is an integral factor in creating a positive learning culture and experience for students at the ASMS.

## Context

Our focus as a school is on learning programs that develop a growth mindset, build resilience and motivation for learning, and develop a student's General Capabilities. Wellbeing for learning is underpinned by our commitment to students having agency in their learning through the development of self-awareness and self-directedness. An important part of this is ensuring students take their learning personally and have a voice in the design of their learning, having the power and autonomy to drive their own learning journey.

The ASMS school values, underpinned by the Department for Education Learner Wellbeing Framework, guide our culture and our wellbeing for learning focus. Students, staff and families work collaboratively to ensure students are supported to maximise their success and achieve their learning goals.

## What does this look like?



### Phases of the Wellbeing for Learning Framework:

- + **Proactive Practices** – strategies that support members of our school community to react positively when their wellbeing is threatened
- + **Information** – 'just in time, just for me' options for our school community on a needs basis
- + **Intervention** – strategies that support our school community members to restore their wellbeing
- + **Referral** – support from external providers for those who require additional support





## Wellbeing for Learning

The four phases of the Wellbeing for Learning Framework are mutually supportive and form the core of our approach to supporting wellbeing for learning at the ASMS. All are reflected in our programs and practices.

### Approaches and programs that support wellbeing for learning:

**ASMS Learning Design** – Student wellbeing is supported through opportunities for students to personalise and co-design their learning which allows them to have agency in pursuing their passions and exploring future opportunities. Learning programs are designed to offer flexibility to students, ensuring equal opportunity and access to engage with the curriculum. The learning program and assessment approaches are adaptive and responsive to student readiness, passions and interests.

**The Learning Studies program** is focused on developing confident and reflective self-directed learners, with the support networks that foster wellbeing for learning. Students meet with their Learning Studies Group, consisting of year 10, 11 and 12 students, daily for 40 minute sessions and an additional 100 minutes each Wednesday. We endeavour to keep the same Learning Studies teacher connected to students throughout their time at the ASMS. In Learning Studies, students are supported to personalise their learning, and develop self-awareness and self-directedness. Students also engage in a designated Music, Movement and Mindfulness (MMM) program, supporting wellbeing, activity, mindfulness and relaxation.

**Passion Projects** support wellbeing for learning by involving students, staff and community members in collaborative program design. This program gives students the opportunity to explore their passions and interests while working with experts from within and beyond the school, building their confidence to take on new challenges and experiences and provides opportunities to contribute to the community.

**Enrichment programs** enable students to thrive in a range of activities in the broader community with business, industry, entrepreneurs and university. Competitions, exhibitions, student conferences and seminars, camps and a range of immersive and one-off activities provide opportunities for students to be challenged and build resilience and confidence in themselves as they take on new experiences and opportunities.

**Sport & Physical Activity Programs** include in-school lunchtime sport program and inter-school sport programs that provide a wealth of opportunities for students to be physically active and part of a team.

