



Tenison Woods  
Catholic School

# **2025-2027 WELLBEING STRATEGY**

# VISION

*At Tenison Woods Catholic School,  
guided by 'In all things love,'  
the science of wellbeing is both  
culturally and intentionally embedded  
for all - all the time.*





1

Wellbeing at the forefront of decisions and requirements asked of all stakeholders

- Wellbeing Strategy included in the TWCS Decision Making Matrix
- Is included as an agenda item at all SQPT meetings
- Policy development to include wellbeing paragraph/connection (where applicable)

2

Wellbeing literacy will be ALIVE in interactions and experiences across the school

- Wellbeing Strategy unpacked during Week 0 each year
- Assembly item to include Wellbeing item
- Staff Meeting each term to have Wellbeing focus

3

Leadership staff will know, foster and create positive relationships with all school stakeholders

- SQPT to lead Year Level Team Meetings each term
- SQPT to be visible during break times
- SQPT to support staff social gatherings / P&F events and Parish Pastoral Council Meetings

# LEADERSHIP





1

All support staff feel a sense of belonging and engagement in the practices of the school

- Involved in regular PPL conversations with teachers
- Time provided for Teacher/ESO conversations
- ESO staff meetings provided with clear agenda and purpose.
- Professional development opportunities provided

2

Equip and educate support staff with evidence based language and learning/understanding to achieve our school Wellbeing Vision

- Staff provided with allocated time to undertake The Wellbeing educator 'ALIVE' framework, See attached schedule
- Mental Health First Aid training provided for all staff
- ESO meeting time allocated to discuss WB resources, develop programs and resources

# SUPPORT STAFF





1

Equip and educate teaching staff with evidence based wellbeing literacy and understanding to achieve our school Wellbeing vision

- Allocated time provided for staff to undertake The Wellbeing Educator 'ALIVE' framework learning - See attached schedule
- HAT and BUZZ curriculum training and implementation provided.
- Grow your mind curriculum PD provided.

2

Staff health and wellbeing is made a priority and thoroughly considered in setting school expectations and decision making

- Timetable considerations in regards to PPLs, PTIs and school events and student needs within the class taken into consideration.
- Clear understanding of expectations and invitations with extra curricula activities
- Decision making process and communication to be inclusive of the staff

3

All staff contribute and support each other in school wide events and activities.

- Staff commit to support each other in school events – planning, organisation etc.
- Providing an opportunity in the decision-making processes of the school
- Sharing of teacher's instruction manual, 'To Know, To Foster, To Create'

# EDUCATORS





1

To create a toolkit of strategies to enhance and support mental health and wellbeing

- ALIVE tactic implementation within the classroom
- Develop a folder of tactics accessible by students
- Physical Environment set up to meet the needs of all students
- HAT and Buzz implementation in the classroom
- Grow Your Mind curriculum for R - 2

2

All students feel a sense of belonging and empowerment to manage their wellbeing and learning through a strength-based approach

- Students understand and know their strengths
- Student Agency is made a priority in each classroom
- Each classrooms creates together an ALIVE space within their environment and room
- Year 4 - 6 students complete the VIA Character strengths survey
- Year R - 3 character strengths program created and implemented

3

All students are flourishing and connected in positive relationships.

- Investigate Action leadership teams introduced for all students to participate
- Vertically grouped wellbeing days
- JP engage in developmental social play
- Connection classes across the school – classes learning together
- Tier 2 wellbeing initiatives including: yoga, cooking, Lego club
- CESA pulse survey completed and followed up by staff
- Living Ripples Survey completed

CHILDREN





1

Elevate parent knowledge and provide strategies specific to supporting their own and their child's wellbeing

- Parent to engage in the Wellbeing Distillery parent information sessions
- Parents to be exposed to children's curriculum of HAT and BUZZ through seesaw and parent information and overviews
- Parents have the opportunity to engage in information sessions around schools wellbeing initiatives. Including: Grow Your Mind, Cyber Safety, Embrace

2

To foster a partnership between school and families developing a sense of belonging and trust

- Parents invited to participate in termly wellbeing days
- PIE grant application to participate in 'Strength Switch' course
- Community coffee catch up sessions occur regularly
- Parent information night includes a Wellbeing presentation
- P&F 'Welcome evening' and BBQ for all school families

3

To educate and inform families of the support available from allied health and extrenal services

- Principal and Assistant Principal to collate Allied Health information to share with staff and parents
- Allied Health staff invited to share available services at coffee catch up sessions
- Staff to share and inform parents of available support for children
- Newsletter articles regarding available Allied Health support

PARENTS



# STRATEGIC DESIGN FOR WELLBEING

Tenison Woods Catholic School's 2025-2027 Wellbeing Strategy was produced using TWD's Strategic Design for Wellbeing Process.

Supported by The Wellbeing Distillery team, this process was completed over six months in 2024 and involved extensive community stakeholder consultation in which parents, educators, students, support staff, and leadership co-designed a unique inspiring vision for wellbeing and a detailed strategic plan to bring the vision to life.

TWD would like to thank TWCS Principal, Ben Catalano, and Wellbeing Leaders, Courtney Quigley & Tiana Henderson for their deep commitment to placing wellbeing at the heart of this wonderful school.





**THE WELLBEING**  
 **DISTILLERY**