



PENINSULA

GRAMMAR

INSPIRING PERFORMANCE



DEFINING WELLBEING AT
PENINSULA GRAMMAR

2024



DEFINING WELLBEING AT PENINSULA GRAMMAR

As a School community we are committed to every person feeling safe, included, known and experiencing a sense of belonging at PGS.

Wellbeing at PGS allows students to sit with discomfort, to understand and embrace strong feelings, and to feel safe and confident to seek help and support when needed.

We want students, staff, and parents to value curiosity and challenge, and to get excited about new opportunities and change.

HOW WE DEFINE WELLBEING

- Looking after yourself and others
- Growth
- Physical health
- Belonging
- Safe and positive
- Giving things a go
- Being challenged
- Embracing strong emotions
- Kindness and gratitude



WHOLE COMMUNITY WELLBEING AND FUTURE GOALS

1. STUDENTS

- 1:1 Support
- Consultation
- Collaborative meetings
- Personal development programs
- Wellbeing and Respectful Relationships workshops
- Guest speakers
- Data driven responses

2. STAFF

- Consultation regarding students
- Professional development
- Collaborative meetings
- Crisis support and resources for ongoing external support

FUTURE GOALS

- Regular meetings with Mentor or PD staff that provide support and ongoing training
- Mental Health First Aid Training

3. PARENT AND COMMUNITY

- Consultation and support
- Community and Parent Education Program
- Resources on Zenith
- Newsletter

FUTURE GOALS

- More parent communication regarding different PD programs and speakers for students
- Podcasts/videos

4. BOARDING HOUSE

- 1:1 support to students
- Collaboration with Boarding House and Health staff

FUTURE GOALS

- Workshops for students 'settling in'
- Workshops for staff - Medication/Trauma/Mental Health First Aid



STUDENT WHOLE SCHOOL DEVELOPMENT PRINCIPLES

POSITIVE EDUCATION - PGS VALUES - U R STRONG - GROWTH MINDSET - RESPECTFUL RELATIONSHIPS

JUNIOR SCHOOL

WHO ARE WE?

- Pride in history
- Know oneself
- Sense of safety and connection
- Mindfulness
- Regulation

MIDDLE SCHOOL / PRE SENIOR SCHOOL

WHERE ARE WE GOING?

- Everchanging
- Curious
- Brave
- Fluid
- Exciting

SENIOR SCHOOL

WHERE DO WE WANT TO BE?

- Future thinking
- Transitional
- Aspirational
- Launching pad
- Growth mindset
- Lifetime learner
- Community leader

BE SAFE
 BE SEEN
 BE STRONG
 BE INSPIRED

STUDENT WELLBEING PROGRAM K–YR 12

5 KEY AREAS

Different at each year level.
A continuation that is captured and built on every year.

1. RESPECTFUL RELATIONSHIPS
2. CHILD SAFETY AND CONSENT
3. BELONGING AND CONNECTION
4. EMPATHY AND COMPASSION
5. CURIOSITY AND ENGAGEMENT

*Further details available in sub-school outlines.





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