



A proud comprehensive high school which has an outstanding record of achievements in academic, cultural and sporting pursuits.

Colo High School

Student Wellbeing Policy

2024

@COLO – WE CARE



CONNECT



SUCCEED



THRIVE

Student Wellbeing Policy

School Commitment:

At Colo High School, we are committed to caring for and challenging our students. We challenge our students to engage and connect, support students to engage and succeed and we celebrate our successes when students engage and thrive.

We are just as strongly committed to strengthening our role as a White Ribbon School.

Welfare Mission Statement

At Colo – we care. We provide structures to ensure that our students leave our school being:

- A Community
- Aware
- Connected
- Resilient
- Respectful
- Strong Communicators
- Future Focused
- Leaders
- Having Belonged

Colo High School is committed to aligning with the Department of Education’s Wellbeing Framework for Schools.

| Wellbeing Framework | Colo High School’s Welfare Mission Statement |
|---------------------|--|
| Connect | At Colo – We are Strong Communicators At Colo – We Belong At Colo – We are Connected |
| Succeed | At Colo – We are Aware At Colo – We are Resilient At Colo – We Respect |
| Thrive | At Colo – We are Future Focused At Colo – We Lead At Colo – We are Community |

NB. Please see **Welfare at Colo High School - Scope and Sequence** document for a full description of programs.

Student welfare underpins and strengthens all aspects of our teaching and learning. Our programs, leadership opportunities, excursions and involvement in events work to teach our students to be informed, strong communicators, who are resilient and supportive of others. These attributes are crucial to supporting the efforts and teachings of The White Ribbon campaign *Breaking the Silence*, which we are trained in and proud to be a part of.

White Ribbon Breaking the Silence Schools Program

Breaking the Silence is an award-winning professional learning initiative for principals and teachers that provides foundational knowledge, tools and strategies to implement respectful relationships and domestic violence education programs in schools.

Building on existing initiatives at Colo High School

The program supports schools to bring about a commitment to stop violence against women. It builds on existing initiatives to strengthen a culture of respect and equality at all levels of the school community – through curriculum, role modelling from staff, policies and procedures, domestic violence education programs and strengthened family and community partnerships.

Through the Program, students learn and experience respectful relationships, gender equality and how to challenge attitudes which support violence. The aim is to create real generational change to stop violence against women in Australia.

At Colo High School – we are not violent, not silent.

Behaviour Code for Students

Colo High School is committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW, public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.



Wellbeing for schools sets out to enable students to be healthy, happy, engaged and successful.

Behaviour Code for Students: The Actions Required of Colo High School Students

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education and Communities will back the authority and judgment of principals and school staff at the local level.

Embedding DEC Wellbeing Policy at Colo High School

Wellbeing for schools is a contemporary strengths-based approach so that every student in NSW public schools can connect, succeed and thrive at school and beyond.

@Colo – We Connect



Our students will be actively connected to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community.

Anti-bullying - Prevent and respond to incidents of bullying, including cyberbullying.

School uniforms - Recognise the benefits of school uniforms that reflect the school community's expectations.

Student participation and leadership - Provide opportunities to support the meaningful involvement of students in their school and community.

School attendance - Work in partnership with parents to ensure the regular attendance of students.

Anti-racism- Prevent and respond to incidents of racism and racial discrimination.

Multicultural education- Enable all members of the school community to participate successfully in our culturally diverse society

| Strategy | | Description |
|----------|--------------------------------|--|
| Connect | Anti- bullying Policy | Support structures around students being explicitly taught to be respectful, responsible and resilient. |
| | National Day of Action | A day of action to highlight the effects of Bullying and give students strategies to become Anti-Bullying advocates |
| | Peer Support Program | A three term initiative developing sense of belonging, connectedness, resilience and team working skills, run by Year 10 students for Year 7 students. |
| | School Uniform Policy | Every student will aim to be in school uniform every day. Colo High School has a uniform shop run by it's P&C. |
| | Student Assistance | Senior Executive will direct resources to students which require assistance meeting costs of uniforms and mandatory programs. |
| | Student Representative Council | Student body has representation in decision making and functioning of the school. |
| | Duke Of Edinburgh Award | Students have access to completing the Duke of Edinburgh Award at Bronze, Silver or Gold Levels. |
| | School Attendance Policy | Students are expected to attend school every day and provide evidence for absence on their first day of return. Students are supported in completing incomplete class tasks. |
| | Anti-Racism Policy | All students have the right to engage in their schooling in a safe and harmonious environment. |
| | Harmony Day | Celebration of diversity and multiculturalism in our school, community and society. |



@Colo – We Succeed

Our students will be respected, valued, encouraged, supported and empowered to succeed.

Student behaviour and discipline - Foster engagement in learning by setting high standards of behaviour and discipline.

Protecting children and young people (child protection) - Ensure the safety, welfare or wellbeing of children and young people.

Out-of-home care - Support children and young people in statutory out-of-home care.

Supporting students with disability - Plan and coordinate support needs for students with disability and additional learning needs.

Positive behaviour for learning - Improve learning outcomes through an evidence-based whole-school process.

Supporting EAL/D students - Support English language learners to achieve their full potential.

Supporting refugee students - Support the wellbeing and educational needs of refugee students.

| Strategy | Description | |
|----------|---|--|
| Succeed | Student Behaviour and Discipline Policy | Standards of behaviours and set consequences to promote positive learning in classrooms and school environments. |
| | Child-Protection | Child protection aims to assist students to develop skills to protect themselves from harm |
| | Young People and the Law Seminars | Police Liaison Officers running targeted seminars and programs for specific year groups. |
| | OOHC Education | Out of Home Care Education promotes additional support structures for students to access. PLP's and regular review meetings are implemented. |
| | Kirinari | Educational and cultural programs for indigenous students to provide support and empowerment for students. |
| | Every Student Every School | Policy and support structures for students with disabilities. |
| | LAST Support | The Learning and Support Teacher program provides literacy and numeracy support to students, where required. |
| | SLSO Support | School Learning Support Officers support student needs both within the classroom setting and in the playground. |
| | ATSI Education | Educational Program that promote acceptance and understanding of the indigenous culture are integrated into our 7-12 programs. |
| | School Counsellor | Our school counsellors support students and families through a referral or self-referral system. |
| | RIOT | Students from 2024 onwards will benefit from accessing explicit lessons in resilience, anxiety and demonstrating strategies to overcome adversity. |
| | Behaviour Code for Students | DEC Behaviour Code is available to students in their diaries and referred to by all staff throughout the school year. |



@Colo - We Thrive

Our students will grow and flourish, do well and prosper.

Nutrition in schools - Promote and model healthy eating and good nutrition in school programs.

Sun Safety for Students - Plan and implement best practice strategies for sun safety.

Student health - Promote the healthy development of students and protect the health and safety of those with health care needs.

Drug education - Educate children and young people about drugs and preventing drug misuse.

Road safety education, driver education and training - Educate students to be safe on the roads through road safety and driver education.

| Strategy | | Description |
|----------|------------------------------|--|
| Thrive | Healthy Schools | Students access a P&C run Healthy Schools canteen. Volunteers prep fresh foods and students can access local, fresh produce. |
| | P&C | Parents are strongly encouraged to be part of the P&C and attend meetings and advocate on behalf of their community. |
| | Health Care | Support is available for all students with specified and documented health concerns. Health Care Plans are in place and current. Ongoing meetings and fundraising for key events ensure students feel both supported and empowered to be successful. |
| | Special Provisions | Accommodations and adjustments can be implemented to support all students, whether in class, in the playground, completing assessments or attempting an exam. |
| | Life Skills | A pattern of study where adjusted work is programmed to achievable sets of outcomes. |
| | Not Even Once | A Hawkesbury area, three year initiative to explicitly teach students the dangers of engaging in drug use even on one occasion. |
| | Think u Know | A Federal Police initiative delivering information for students about the dangers of online/cyber/electronic relationships. |
| | White Ribbon | Breaking the Silence program targets both males and females in looking for non-violent resolutions to problems and becoming strong communicators. |
| | Sun Safety | Sun safety is consistently reviewed and we promote and implement sun safe behaviours including availability of school hats, supply of sunscreen's at events and rolling out of additional shade-cloth areas. |
| | Wellbeing Scope and Sequence | A tool used to map out the individual programs and events in place annually to further engage and support students at Colo High School. (see next page). |

Wellbeing Scope and Sequence

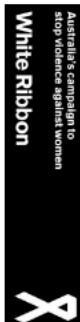
Underpinning and best addressing the wellbeing framework implementation is the scope and sequence of programs, coordinated by the wellbeing team. This document displays our mission statement, aims and associated programs and events. Evaluated and amended every year, it serves as a proactive tool to target needs and how to best address them to increase their overall wellbeing and learning outcomes.



Wellbeing at Colo High School – We are a “White Ribbon” and “be you” school.

Striving for Excellence

@Colo - We Care. Student wellbeing underpins and strengthens all aspects of our teaching and learning. Our programs, leadership opportunities, excursions and involvement in events work to teach our students to be informed, strong communicators, who are resilient, supportive of others and have a strong sense of community. These attributes are crucial to supporting the efforts and teachings of The White Ribbon foundation *Breaking the Silence in Schools* program, which we are trained in and proud to be ambassadors. Additionally, we are ambassadors for Beyond Blues *Be you* initiatives, to support our students, staff and community. *



| Year Group | @Colo - We Are Aware Police & Community Seminars | @Colo - We Are Informed Health and Wellbeing | @Colo - We Are Resilient Programs and Productions | @Colo - We Engage Communication and Organisation | @Colo - We Are Future Focused STEM and AECV | @Colo - We Show Spirit Spirit Week | @Colo - We Are Community Awareness Days | @Colo - We Belong Connectedness | @Colo - We Lead Whole School Programs | @Colo - We Connect Parent Information Sessions |
|------------|---|--|--|---|--|---------------------------------------|--|---|---|--|
| 7 | Police Seminar – Young People and the Law | Not Even Once Program, NRGV Excursion (Headspace) | Brainstorm Productions, The Resilience Program, RAGE, Managing the Bull (7-10), Seasons for Growth, Building self-esteem | Peer Support Positive Paws Formal Assemblies | ABCN Full STEAM Ahead ABCN Future Thinkers | Every Year Week 10 Term 2 | Do it for Dolly 12th May | Year 7 Camp Cables Wake Park | SRC New Enrolment Orientation | Welcome BBQ Term 1 Week 3 |
| 8 | Police Seminar – Cyber Awareness | Not Even Once Program, NRGV Excursion (Ted Notts) | The Resilience Program, RAGE, Managing the Bull (7-10), Seasons for Growth, Building self-esteem | Be You - Mindfulness Positive Paws Formal Assemblies | ABCN Future Thinkers | Dress-Up and Accessory Days | Foot/sports Colours Day 19th September | Cables Wake Park | SRC Raise Mentoring New Enrolment Orientation | Subject Selection Evening Term 3, Week 1 |
| 9 | Police Seminar – Drugs and Alcohol | Not Even Once Program, NRGV Excursion (Family Planning) | The Resilience Program, Love Bites (9 and 11), RAGE, Managing the Bull (7-10), Seasons for Growth, Building self-esteem | 9 into 10 Interviews Positive Paws Formal Assemblies | ABCN Future Thinkers | Peer Support Tournament | Pink Ribbon Month of October | Year 9 Camp, Year 9 BBQ | SRC, Duke of Ed Raise Mentoring New Enrolment Orientation | Surviving Stage 5 & Careers & Mental Health 2023 - 23/24 |
| 10 | Police Seminar – Assault, Bullying, Harassment and DV, Blue Datto | Not Even Once Program, NRGV Excursion (Relationships Aust) | The Resilience Program, RAGE, Managing the Bull (7-10), Seasons for Growth, Building self-esteem | 10 into 11 Career Mentoring Positive Paws Formal Assemblies | ABCN Interview 2 Impress ABCN MY Career Rules | Kitchen Athletes Breakfast | National Day of Action Friday 18th August | Year 10 Formal | SRC, Duke of Ed, StandOut Raise Mentoring New Enrolment Orientation | Subject Selection Evening Term 3, Week 1 |
| 11 | Police Seminar – Topic of Choice | Not Even Once Program | The Resilience Program, Love Bites (9 and 11), RAGE, Seasons for Growth, Building self-esteem | Homework Club Positive Paws | ABCN Empower ABCN Aspirations | French Cafe Year Group Concerts | Hope in a Suitcase Friday 18th August | Ski Trip, Year 11 BBQ | SRC, Duke of Ed, Leaders 11, StandOut Mentors New Enrolment Orientation | Study Skills, Mental Health Term 1, Week 2 |
| 12 | Police Seminar – Schoolies and Topic of Choice | Not Even Once Program | The Resilience Program, RAGE, Seasons for Growth, Building self-esteem, Year 12 Seminars | Homework Club Platinum Futures | ABCN Empower | Spirit Week Concert | R U OK? Day 14th September | Year 12 Formal Christmas, Valentines and Easter Fundraising | SRC, Duke of Ed, StandOut, School Leadership Team, Blood Bank Ambassadors | 11 → 12 Transition Major Project Duration Term 4, Week 3 |

Key Measures of Success

Evaluation of wellbeing is often difficult. Wellbeing within itself can be difficult to define. A study commissioned by the Australian Department of Education, Employment and Workplace Relations (DEEWR) into approaches to student wellbeing came up with the following definition of student wellbeing:

“A sustainable state of positive mood and attitude, resilience and satisfaction with self, relationships and experiences at school.”

This definition, according to the report, synthesises the most common and relevant characteristics that appear in most definitions of wellbeing, namely – positive affect; resilience; satisfaction with relationships and other dimensions of one’s life; and effective functioning and the maximising of one’s potential – and applies it to an education setting.

The effectiveness of this policy in terms of the wellbeing and behaviour of students will be measured and quantified using the following tools:

- Sentral entries for Wellbeing Incidents. This includes Positive, Negative, Uniform, N-Award, Faculty Advice, Student Notes and Review of Academic Progress data.
- The Tell Them From Me: Student Engagement Surveys
- Feedback from parents via the P&C Committees.
- Feedback from Students vis the SRC Committees.

The policy, its effectiveness and the Welfare Team’s Scope and Sequence will be reviewed annually during the Term 4 Welfare Conference.

Acknowledgements

Thank you to the Welfare and Learning Support Teams of Colo High School.

Thank you to all contributors, stakeholders and the staff, students and community of Colo High School.



Peer Support Pizza Cup Tournament

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