Our AWEsome Journey
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Room: L3
Step 1/2: Regarding student wellbeing, when are we at our best?

Step 3: Regarding student wellbeing, wouldn’t it be great if?

Step 4: What’s stopping us?

Step 5: What are you/we able to do to change that?
### YEAR 8 AWE SCOPE AND SEQUENCE

#### T1 POSITIVE EMOTIONS
1. AWESome introductions
2. Understanding flourishing
3. Your strengths and virtues
4. The Spiral
5. Reframing

#### T2 RELATIONSHIPS
1. Are you empathetic?
2. Using empathetic language
3. Can you hear me?
4. Flexible thinking

#### T3 ACCOMPLISHMENT
1. Flipping your Lid
2. Humility and Apology
3. Decisions, decisions, decisions
4. Hot and Cold Decisions

#### T4 POSITIVE EMOTIONS / MEANING
1. Coaching my thinking
2. The what and the why
3. Life at 80

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The restless search for truth

"I can"

Acknowledges that truth is sought both through an inner journey, the Scriptures and in community.
Humility

“I see”

Has a sense of gratitude for life and its promise.
Is open to tradition and the wisdom of the elders.
Continues to seek self-knowledge, alone and in relationship.

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<tbody>
<tr>
<td>1</td>
<td>What is mental toughness?</td>
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<td>2</td>
<td>Stress and task prep</td>
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<td>3</td>
<td>Locus of control</td>
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<td>4</td>
<td>Emotional intelligence</td>
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<td>5</td>
<td>Values and perspective</td>
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<td>6</td>
<td>Optimistic thinking</td>
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When I struggle with my schoolwork, I think, ‘I’m a failure.’
41 (2016)
29 (2017)
34 (2018)
24 (2019)
28 (2020)
19 (2021)
16 (2022)
Our AWE Framework

EXPLICIT

Year 5, 6, 7, 8 AWE Lessons (Positive Psychology)
Year 9 AWE Program
Senior School Wellbeing Sessions
Years 5 to 10 PDHPE Curriculum

IMPLICIT

Year 9 AWEsome experiences
Mates @ Saints
Big Brother Reading Program
Guest Speaker Program
Years 5 to 10 Camps
Years 5 to 10 Reflection Days
Senior Retreats
Mass and Liturgies
Sport and Co-curricular Program
‘Nothing about us, without us’

SV: Structure

Senior: Prefect Wellbeing

SEL/AWE Framework:
Me ‘what’ /Prefect ‘how’

Consultation with Student Leadership/SRC

My ‘context’ expert

Mates @ Saints

Student led and devised

Students as Strategic Stakeholders
SV: Opportunities

Proactive and Responsive

- Meets the Seniors session
- Giant’s Shoulders
- Mates helping Mates session
- ‘Our House’ - Appreciative Inquiry
- Captain’s Choice

‘Nothing about us, without us’
Comp Pass Points

What **E**xcites you about this idea or proposition? What's the upside?

What do you find **W**orrisome about this idea or proposition? What's the downside?

What else do you **N**eed to know or find out about this idea or proposition?

What is your current **S**tance or opinion on the idea/ proposition? What should your next **S**tep be in your evaluation of this idea/ proposition? What **S**uggestions do you have at this point?

This routine helps students examine an idea or proposition and eventually evaluate it.
Driving the vision
Useful resources and research

- https://casel.org/
- https://studentwellbeinghub.edu.au/
- https://greatergood.berkeley.edu/
- https://www.jubileecentre.ac.uk/1636/character-education/teacher-resources/secondary-programme-of-study
- https://www.pesa.edu.au/
- https://teachpeec.com/