

STUDENT HEALTH AND WELLBEING



To create a culture in which the health and wellbeing of students is central to the learning success of students.

Wellbeing Team: DMI/GRI/MTS/SAC

Health & Wellbeing: AMC

Junior SSL: GFA

7: SDA & KRE

8: SPA & PCA

Middle SSL: TWI

9: JCO & GJA

10: JWA & MKA

Senior SSL: AMA

11: RFI & BCH

12: JLA & MTA

WELLBEING MODEL

Year 7

- Changes associated with puberty (physical, emotional, social, mental)
- Help seeking/support
- Harm minimisation
- Respectful relationships (online and offline)
- Personal/ character strengths
- Note taking and study skills
- Mindset
- Empathy, Gratitude & Mindfulness
- Social and Emotional learning
- Management of emotions

Year 8

- Mental Health (coping strategies, support, help seeking)
- Healthy Lifestyles
- Respectful Relationships (red flags, responses to different situations)
- Reading body language
- Youth health issues
- Self development, problem solving & character strengths
- Empathy, Gratitude & Mindfulness

Year 9

- Sexual Health & Respectful Relationships
- Consent & Sexting
- Gender stereotypes
- Support for family violence
- Growth & fixed mindsets
- Emotional literacy
- Future pathways
- Self reflection & character strengths
- Study skills
- Empathy, Gratitude & Mindfulness

Year 10

- Study Skills
- Party Safe
- Social and Emotional Learning
- Respectful Relationships
- Career Pathways
- Road Safety
- Gratitude, Resilience & Mindfulness

Year 11

- FitzDrive (Road Safety)
- Careers & Pathways
- Health & Wellbeing HG day

Year 12

- Setting Learning Goals
- Party Safe
- VCE Documentation
- Careers & Pathways Planning
- Managing stress
- Wellbeing advice
- Managing life after school



Taylors Lakes
SECONDARY COLLEGE

PHYSICAL • SPIRITUAL • EMOTIONAL
SOCIAL • MENTAL

RESPECT | COMMITMENT | SAFETY