



Divine Mercy College
326 Yangebup Road Yangebup WA 6164

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STUDENT WELLBEING GUIDELINES

Guideline Statement

Divine Mercy College is committed to fostering a nurturing and supportive environment that promotes the holistic well-being of our students. We recognize the importance of physical, emotional, and spiritual health in academic success and personal development. These guidelines aim to create a culture of well-being, emphasizing preventative measures, support systems, and access to resources to ensure the overall flourishing of our students.

Aim

The primary aim of Divine Mercy College Student Wellbeing Guidelines is to cultivate a school community where students feel valued, safe, and empowered to thrive academically, emotionally, and spiritually. Through these guidelines, we aspire to equip students with the necessary tools and resources to navigate challenges, build resilience, and develop a strong foundation for lifelong well-being.

Definition of Well-being

At Divine Mercy College, well-being encompasses our students' overall health and happiness. It includes physical well-being, emphasising the importance of a healthy lifestyle, nutrition, and exercise. Additionally, emotional and spiritual well-being are vital components, focusing on mental health, resilience, and a sense of purpose and connection.

Role of the School

Divine Mercy College is committed to playing an active role in the well-being of its students. The school will:

1. **Create a Safe Environment:** Foster a safe and inclusive school environment where students feel comfortable expressing themselves and seeking support.

2. **Promote Physical Health:** Encourage healthy lifestyle choices, including regular exercise, balanced nutrition, and adequate sleep through educational programs and extracurricular activities.
3. **Support Spiritual Growth:** Provide opportunities for spiritual development through prayer, devotion, and engagement with the values and teachings of Catholicism.
4. **Offer Educational Programs:** Implement well-being education programs that address topics such as stress management, resilience building, and interpersonal skills.
5. **Access to School-Based Mental Health Services:** Provide on-site support services, including access to a school psychologist and counselling services to address students' emotional and psychological needs.
6. **Collaborate with External Agencies:** Collaborate with external agencies such as Headspace Mental Health Services WA to ensure students can access a wider range of mental health resources and support when needed.

Strategies for Maintaining School Well-being

1. **Peer Support Programs:** Implement Student Council and Buddy program to foster positive relationships and a sense of community among students.
2. **Wellness Workshops:** Conduct regular wellness workshops addressing topics like stress management, time management, and effective communication.
3. **Crisis Intervention Protocols:** Establish clear protocols for handling crisis situations, ensuring timely and appropriate responses to emergencies. See Crisis Intervention Protocols for more information.
4. **Parental Involvement:** Encourage parental involvement through communication channels, workshops, and informational sessions to support students both at home and at school.
5. **Flexible Learning Environment:** Recognize and accommodate diverse learning needs, promoting a flexible and inclusive learning environment that supports student success.

These guidelines will be regularly reviewed and updated to ensure their effectiveness in promoting the well-being of Divine Mercy College students.