

Fit4Life Wellbeing Policy

RATIONALE

Emmanuel College is committed to creating and embedding an environment and culture that values and promotes all aspects of health and wellbeing, where staff and students are nurtured, supported, and encouraged to develop the skills and capabilities they need to flourish and be Fit4Life. The College aligns its approach to wellbeing with the core values Faith, Hope, and Love and recognises that social and emotional development and wellbeing support academic success. Every member of the school community is encouraged to contribute to their own wellbeing and to the wellbeing of one another and the community as a whole.

SCOPE

This policy relates to students, staff and parents/guardians in regards to developing a culture of valuing and enhancing all aspects of health and wellbeing, self-efficacy, and the critical importance of positive relationships.

DEFINITION

Wellbeing is an individual's pursuit and experience of positive health across multiple domains that allows for the development and expression of the capacity and capabilities that allow individuals and groups to flourish.

Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Collaborative for Academic, Social, and Emotional Learning (CASEL) widely used framework identifies five core competencies; self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Personal and Social Capabilities (PSC) are considered as general cross curriculum capabilities by ACARA and involve students in a range of practices including recognising and regulating emotions, developing empathy for others and understanding relationships, establishing and building positive relationships, making responsible decisions, working effectively in teams, handling challenging situations constructively and developing leadership skills. PSC is the curriculum and reporting implementation of SEL in schools.

POLICY STATEMENT

Wellbeing is both an individual and a shared pursuit and experience where each person has the capacity and responsibility to engage with for themselves and for others. As a community the College has a responsibility to value, prioritise, and create a culture that supports wellbeing with each member of the community contributing equally. This policy also supports Emmanuel College's obligations under [Ministerial Order 1359, Implementing the Child Safe Standards – Managing the Risk of Child Abuse in Schools and School Boarding Premises](#).

The College coordinates and integrates wellbeing as a whole of school approach within the Fit4Life framework with foundations in four key areas; positive relationships, safe and positive environment and culture, explicit and implicit SEL curriculum and pedagogy, and universal through to individual services and support. Fit4Life then considers and equally values six aspects of health and fitness as contributing to positive wellbeing; physical, mental, social, cognitive, cultural, and spiritual with each of these domains considered and addressed in every area of the school. Fit4Life is a strength based and growth mindset framework that values and respects the capacity and capabilities of every member of the College community to achieve positive health and wellness in each of these domains.

The key phrase that encapsulates this mindset is ROCK. Staff and students at the College are; Respectful and Resilient, Optimistic and action Orientated, Creative and Connected, Knowledgeable and Kind.

GUIDING PRINCIPLES

1. Fit4Life is a strength based and growth mindset framework that acknowledges each individual’s capacity and capability to take ownership of their own wellbeing and to contribute to the wellbeing of others. This approach acknowledges and responds to individual circumstances, focusing on capacity building and positive health, wellness, and fitness, over illness.
2. The framework also recognises and works to the principle that wellbeing is an integral rather than distinct aspect of education that supports overall success and is therefore a whole of school approach that extends to and includes all members of the school community.

POLICY REVIEW

This policy is reviewed every two years or as required, and feedback will be sought from the College community as part of this process.

RELATED DOCUMENTS/LINKS

- Fit4Life Manual
- Vision, Values, and Guiding Principles
- Emmanuel Teacher Charter
- Student Behaviour Expectations
- Behaviour Management Policy
- Against Bullying and Harassment Policy
- Mobile Phone Policy
- [Ministerial Order 1359](#)
- Child Safe Standards policies and procedures
- Privacy Policy
- [CASEL Fundamental of Social and Emotional Learning \(SEL\)](#)
- [Australian Curriculum Personal and Social Capability](#)

REVIEW HISTORY

Version	Date released	Next review	Author	Approved
1.0	April 2021	April 2023	Student Wellbeing Coordinator	College Leadership Team
2.0	October 2023	October 2025	Student Wellbeing Coordinator	College Leadership Team