

**WKA**  
**Celebration of**  
**Wellbeing!**

**2021- 2022**

# He karakia timatanga

Kia hora te marino  
Kia whakapapa pounamu te moana  
Hei huarahi mā tātou i te rangi nei  
Aroha atu, aroha mai  
Tātou i a tātou katoa

May peace be wide-spread  
May the sea be like greenstone  
A pathway for us today  
Give love, receive love  
Let us show respect for one another



# Whanaungatanga

What are you grateful  
for today?



Photo by [Nathan Dumlao](#) on [Unsplash](#)



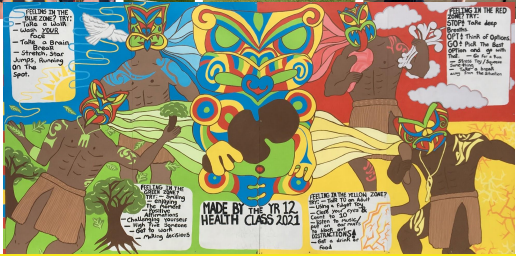
# Wellbeing Schools

<b>Chanel College</b> Slides 6-8	<b>Hadlow</b> Slides 12-14	<b>Opaki</b> Slides 20-22
<b>Douglas Park School</b> Slides 9	<b>Mākoura College</b> Slides 15-16	<b>Solway College</b> Slides 23-25
<b>Fernridge School</b> Slides 10-11	<b>Masterton Intermediate</b> Slides 17-19	<b>Solway Primary</b> Slides 26-28



**Te Tiriti O  
Chanel College**  
Our Teachers Code of Conduct

- 1 Interactions**  
We are Respectful, Kind and Professional towards each other. Living our school values in all interactions.
- 2 Communication**  
We are transparent and include all staff in communication streams. Communication streams are organised including our Drive and online spaces. Mana enhancing and solution focused conversations. All emails are acknowledged and replied.
- 3 Socialising**  
Our staffroom is a safe and informal space. We focus on each others strengths. We want more informal social events; morning teas, drinks...
- 4 Relationships**  
We are all a team and want our staff to reflect that. If issues arise we talk directly to that team member. We always look for ways to restore relationships if they break down.
- 5 Organisation**  
We all set high expectations but respect that this may look different across staff and classrooms. This could also include the way we enforce rules in our spaces.



## Wellbeing team



**Tom Campbell**  
Within school lead  
(Wellbeing)



**Kristy Boderick**  
Across school lead  
(Wellbeing)

# Chanel College

## Our strengths

Zones of Regulation

Staff wellbeing a priority – Staff Treaty, Staff Handbook

Ako Kotahi

Student led wellbeing initiatives – Year 12 student wellbeing team.

## Our wellbeing inquiry / plan / vision /

“To understand ourselves, develop resilience, and make good decisions in the context of our Hauora...”

“...ensuring teacher and student wellbeing is a priority...  
providing opportunities for leadership and growth”  
(Chanel College Strategic Plan, 2020)

[Te Tiriti o Chanel](#)

## What have you learned?

Good ideas take time. Don't beat yourself up if you can't achieve everything all at once.

You don't have to do everything by yourself, wellbeing is a team effort!

# Chanel College Student Wellbeing Journey

Ako Kotahi (School Passion Hour)

New Skateboarding Equipment



Sensory Spaces and Equipment

Zones of Regulation

New Student Council

2022 Student Wellbeing Team

**We are tickled pink about...**

**Our new school skateboarding  
equipment.**



# Douglas Park

## Our strengths

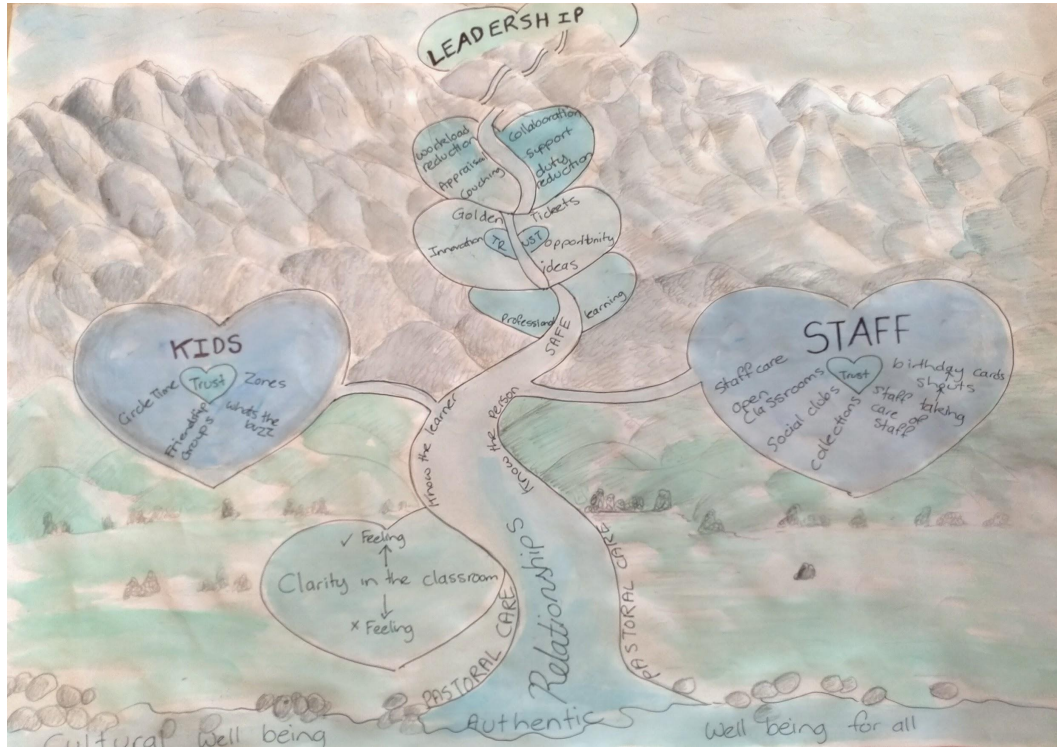
- Working wellbeing into “just what happens” around school - meetings etc
- Survey results show that for the overwhelming number of staff that wellbeing is positive.
- Staff acknowledge that problems affecting wellbeing are not necessarily under control of the school (funding levels etc)

## Our wellbeing inquiry/plan

Tapa Wha model expanded on, and built into more aspects of school life

## What have you learned?

Importance of “tagging” things as wellbeing and being explicit about “well being” initiatives.



## Wellbeing team

- Established 2021
- Ran 2x PD (into to wellbeing and strength focused)



**Wellbeing team**  
Janine Devenport  
Jo Jaquiery  
Rachel Johnston

# Fernridge

## Our strengths

- Zones of Regulation implementation
- Positive staff culture, supportive and caring environment

## Our wellbeing inquiry /plan/vision/

- To finalise our school well-being model through the mana/mitey initiative
- To continue with the implementation of the Zones programme and build upon our whole school integration

## What have you learned?

That well-being can be hard to define, but absolutely worthwhile to unpack as a staff and develop everyone's understanding and appreciation of having strategies to promote their own positive well-being.



We have formed a social committee and are having our first event of the year at the end of Term 2.



All staff were provided with a personalised Easter Egg at the end of Term 1 with a individualised message about why they are so appreciated at Fernridge School.

## Our wellbeing journey...



All teaching staff have attended Zoom meetings provided by NZIWR. We have also completed the staff well-being survey.

## MITEY - BUILDING THE MIGHTIEST KIDS IN THE WORLD

Designed for NZ children, Mitey supports schools to deliver an evidence based approach to mental health education for Years 1-8.

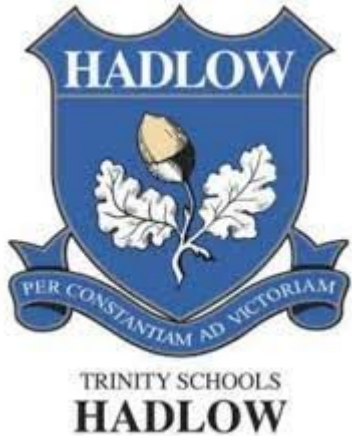
We are finalising our school well-being model, with staff consultation being finished before start of Term 3.



We have implemented Zones of Regulation across our entire school. To celebrate our Zones programme we had a colour run at the end of Term 2 which was super successful and very fun!



# Hadlow



## Wellbeing Team

Mel Heard  
Jane Milne

### Our strengths

- Strong collective (Staff focus group) involving Hub representatives, Librarian, specialist teachers and chaplain (leadership through the school)
- Intensive PLD over many years
- School Hauora model - Te Whare tapa wha
- We are part of a Trinity of schools which is positive for the shared vision of our tamariki as they move through our schools.
- Supportive leadership team which embraces change and supports new initiatives

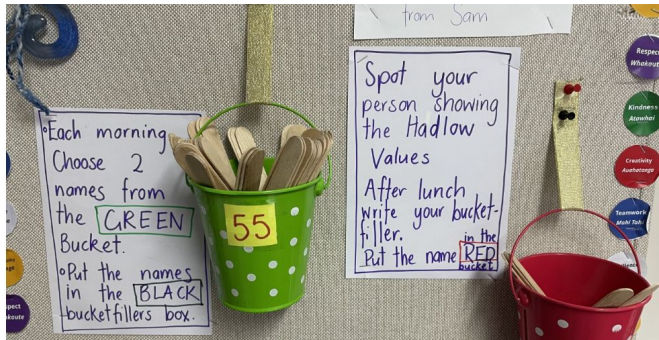
### Our wellbeing inquiry /plan / vision..

#### MLT Project

- Rebooting Circle Time practice in each hub
- The Resilience Project (in all hubs 2023)
  
- Embedding Te Whare tapa wha with students / staff and community
- Collaborating more effectively (for better outcomes for our learners) with other schools in the Trinity collective - pre-school and secondary
- Having a shared vision with our families about hauora and how we can support children's wellbeing

### What have you learned?

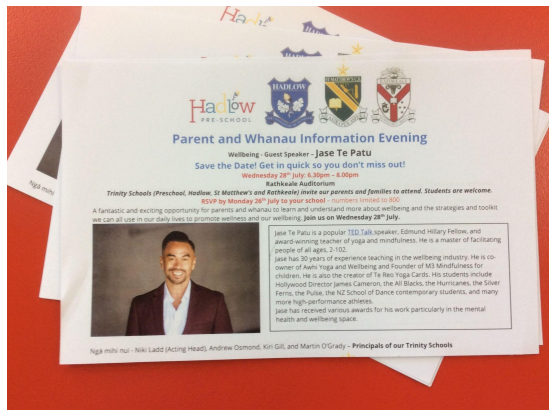
- Wellbeing is an ongoing process and journey. We need to ensure we constantly reflect on what we have in place to ensure we attend to wellbeing for students **and** staff.
- We have developed skills (and been provided with great resources) for leading staff development in Hauora
- Depth of Hauora skills i.e. strengths



# Our wellbeing journey...

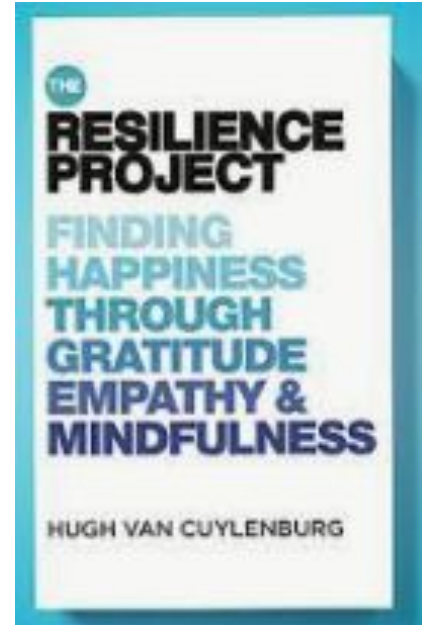


## Character Strengths Spotting





Building relationships  
with our Trinity Whanau



# MĀKOURA COLLEGE

## Our strengths

Supportive Senior Leadership Team.  
Staff understand and value wellbeing.  
Small classes make it easier to value relationships with our taura and teach wellbeing strategies.



## Our Wellbeing Team and our Plan

We have a Wellbeing Team, we set goals for the term and share out responsibility for tasks. Our rationale is give, receive, think, do.

We use the Durie model as the base for our framework, a Maori model of unified health.

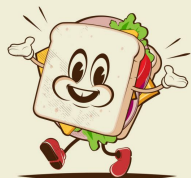
## What we have learned

We can increase our children's success by looking after ourselves, too.

We need to spot our strengths.



# Our wellbeing journey...



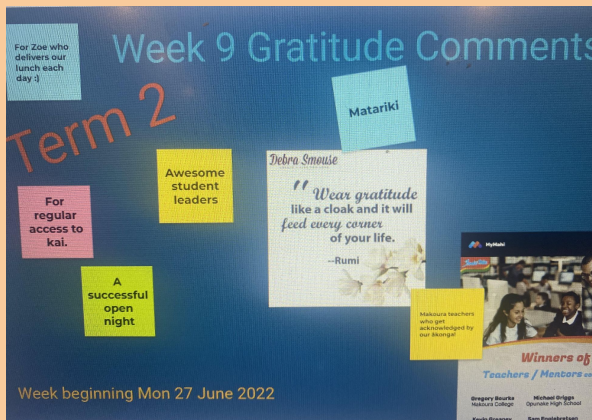
**Staff  
Sandwich  
Comp**



**WAKA HUIA  
STUDENT  
WELLBEING KETE**



## Staff Gratitude Jamboards



**We are using a variety of activities to promote wellbeing strategies with staff, students and wider into the community.**



## Attendance Allstars

Celebration of student attendance, acknowledging and rewarding those with high attendance. Explicitly teaching the link between attendance and success.

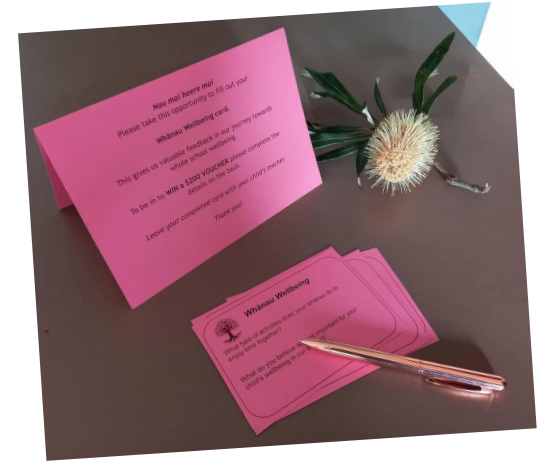
**Matariki wall display:  
Our students loved the opportunity to cast their dreams forward and to pay their respects to loved ones who had passed on.**





**MASTERTON**  
INTERMEDIATE SCHOOL

**Our strengths**  
Team, Values,  
Culture, Celebrating  
and Involvements.



## What have you learned?

- Gathering everyone's voice is crucial, even though this can take time.
- Establishing and maintaining a wellbeing team is so valuable and meeting regularly supports our journey to stay on track.
- If 'time' in staff meetings is difficult to obtain, get syndicate leaders on board and they will take tasks/info to their staff meetings to complete.

## FIVE WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation  
HEALTHY MIND, HEALTHY LIFE  
www.mentalhealth.org.uk

# Our wellbeing journey...

Wellbeing tips in every newsletter

Recognise staff strengths and contributions in our mahi pai morning tea.

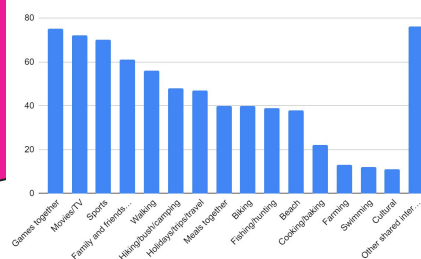
Celebrate success in our student ADMIRE and mahi pai awards



## Whānau Wellbeing

What type of activities do your whānau do to enjoy time together?

What do you believe is most important for your child's wellbeing in our school?



## Highlights of student voice

Support each other  
Treat each other how you want to be treated  
E matahi ana e mataara  
Kindness  
Respect  
Inclusiveness  
Happy and positive

## Highlights of Whānau voice

Relationships and connections  
Feeling safe and secure  
Happy and Enjoyment  
Belonging and accepted

## Highlights of Staff voice

Te reo Maori elements  
Te Whare Tapa Whā or 5 ways to wellbeing  
Links to our values



FREE EVENT

LIFT DANCE ACADEMY & MASTERTON INTERMEDIATE SCHOOL PRESENTS

# MASTERTON DANCE SHOW

WAIRARAPA COLLEGE HALL

THU 7TH JULY 6:30PM START

LIFT X INTERMEDIATE





# Opaki

## **Our strengths**

We want the best for our students and staff.

We are a good team.

We have a supportive leadership team.

We have been focusing on our staff and student wellbeing and it has been part of our strategic aims which gives it a real purpose and makes others accountable.

## **Our wellbeing inquiry /plan/vision**

Consolidate and run consistent school wide circle time.

Consolidate and use the Te Whare Tapa Wha model throughout our school.

Involve our community more in our wellbeing journey.

Implement a 'Wellbeing Wednesday' programme

## **What have we learned?**

That people need time to implement new approaches.

Consolidation and consistency has been key.

Little and often seem to be effective in this stage really trying to embed these practices.

## **Wellbeing team**

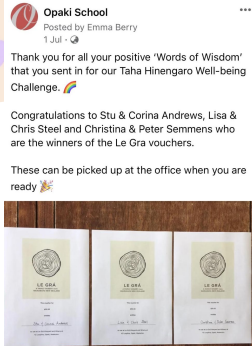
Emma and Ellie

‘Wellbeing Wednesday’ in action. Everything from ‘Connect with Nature’ to ‘Lego Masters’



We involved our Community in our ‘Whare Tapa Wha’ challenges and gave away some cool local prizes, while having fun and generating good conversations.

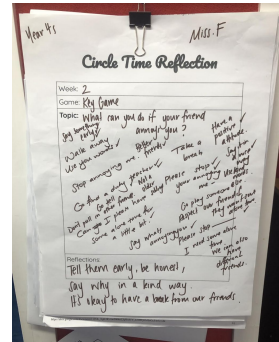
# Our wellbeing journey...



We created and have been giving out a fortnightly ‘Te Whare Tapa Wha’ award in assembly with a different focus each week.



Run a consistent school wide circle time.



Wellbeing Packs for staff when we do conferences.

**We are tickled pink about...**

**...making small but steady  
change.**

♥ E Tipu Ana Wahine Toa. Growing Great Girls. ♥

# Solway College

## Our strengths

Working as a team, keeping student needs as our core focus.

## Our wellbeing inquiry /plan/vision

Our plan is to build resilience and have students learn skills for coping with real world challenges so they have the skills to be the best they can be.

Learning Matrix for Wellbeing Program 2021								
Year 7 and 8	Intro - journal to fill in	Positive emotions	Relationships	Growth mindset	Strengths	Mindfulness	Anxiety & self talk	Happiness/Optimism
Year 9	Your wellbeing toolkit	Culture & inclusivity	Bullying	Kindness	GRIT	Problem solving	Sustainability in your school	Anything is possible / find your passion
Year 10	Random acts of kindness	Wellbeing - 3 good things & dealing with stress	Socialising - relationships/ friendships	Study skills & SMART goals	Communication & Social media	Getting off the escalator	Back mapping	Reflections - what have you done & where to next?
Year 11	Intro - My mahi	Reflections quiz - constructive criticism	Goal setting for the year & gratitude (smart goals)	Reality and Social media	Depression	Life balance - NCEA & everything else	Learning how to learn - your	Study review
Year 12	Intro - My mahi	Reflections quiz	Goal setting for the year & gratitude	Pathway planner - values and passions	Planning for success & identifying your strengths	Get driving / health and safety	Volunteering and work experience	
Year 13	Intro - My mahi	Reflections quiz & Gratitude	Goal setting for the year	Ready for work portfolio	Role modelling	Budgets, debt and renting	So you wanna leave home?	



## Wellbeing team

Sally  
Aroha  
Kiri



## What have we learned?

Good things take time!



Class korowai

## Our wellbeing journey...



Kindness day



Games in the quad

Marshmallows at the Matariki sleepover



Matariki



**We are tickled pink  
about... being on our  
journey**

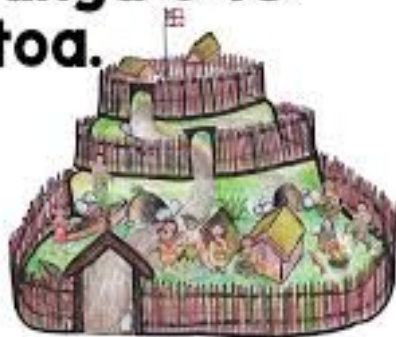


# Solway Primary



**Me mahi tahi tātou  
mō te oranga o te  
katoa.**

We should  
work together  
for the  
wellbeing of  
everyone



©The Māori Language Centre 2017

## Wellbeing team

Meet at least once a term. This team consists of Lorna, Hannah and Deb.

### Our strengths - how do we measure this?

- Our Wellbeing Journey has started
- Wellbeing has been addressed in our Annual Plan and localised curriculum
- Established wellbeing team
- Kaitiaki Group
- Weekly Wellbeing Emails
- Building up Staff morale

### Our wellbeing inquiry /plan/vision/

[Hauora at Solway](#)

[Connecting Video for Whanau](#)

[Solway School Wellbeing Timetable for Tamariki](#)

[Solway Staff Wellbeing Handbook](#)

### What have you learned?

We have learnt that our wellbeing journey has only just started. It is a slow journey with sometimes three steps forward and two steps back. In the long term the school's plan, goals, vision and programme need to be sustainable.

# Solway's Wellbeing Journey...



Cosmic Yoga



Working Co-operative Games



Te Whare Tapa Wha  
Taha Wairua  
Taha Hinengaro  
Taha Tinana



Designing Outdoor Wellbeing Space

## FIVE WAYS TO WELLBEING

CONNECT

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

GIVE

Your time,  
your words,  
your presence

TAKE  
NOTICE

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

KEEP  
LEARNING

EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF

BE  
ACTIVE

DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

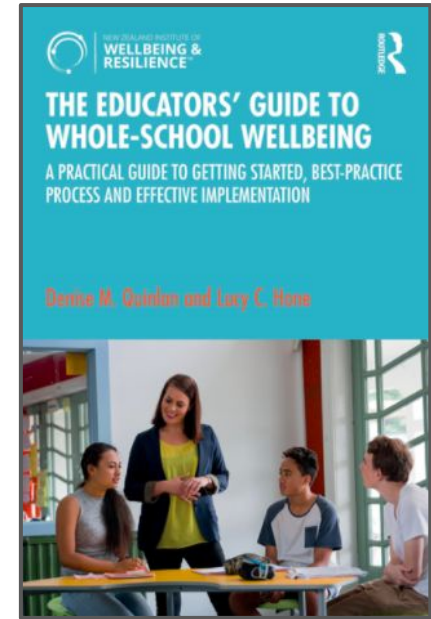
 Mental Health Foundation  
mauri tu, mauri ora  
www.mentalhealth.org.nz

# We are tickled pink about ...

- Getting Wellbeing written into the annual plan
- The adoption of Te Whare Tapa Wha
- The outdoor wellbeing space
- Kaitiaki Group
- Wellbeing Wednesday Emails
- Gratitude Box
- Wellbeing features in our weekly newsletter
- Wellbeing timetable for our tamariki at lunchtime

# Lessons learned...

- One size doesn't fit all
- Good things take time
- Don't do it alone...
- Consider the policies, practices and pedagogy...through a wellbeing lens
- Learn from your mistakes - be kind to yourself & others making mistakes
- Provide multiple & diverse opportunities... to increase knowledge and capacity for wellbeing
- Be curious not defensive...
- Slow down; if working on wellbeing is making you miserable, you're going too fast.



Chapter 16 - Lessons learned from a decade of wellbeing. p.300

# Most importantly...

- Slow down; if working on wellbeing is making you miserable, you're going too fast.

*"This work is about wellbeing. We are doing it because it matters- and your wellbeing matters too ... Notice when this work is feeling onerous. Stop and have a cup of tea. Re-group, remember why you are doing this work, prioritise and start on something small but useful." \**



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\*Chapter 16 - Lessons learned from a decade of wellbeing. p.300-301

# Enjoy the ride!

“Change is hard, but you can have fun along the way...this is not just a nicety, it is actually a powerful support...”

- Research supports our abilities to do difficult work with a sense of fun and joy infused into it - it means that people are more likely to help each other out, be more motivated & productive and experience less stress.

“ Each of these outcomes goes a long way toward supporting character strengths (or any!) change effort.”

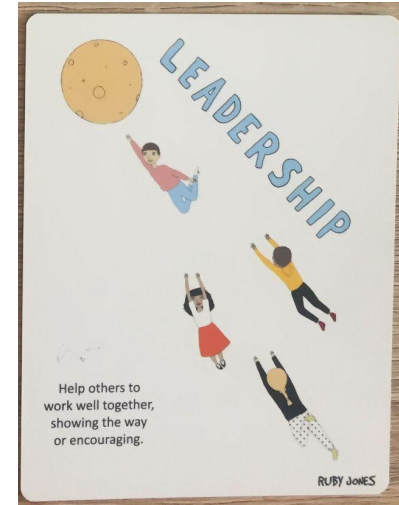
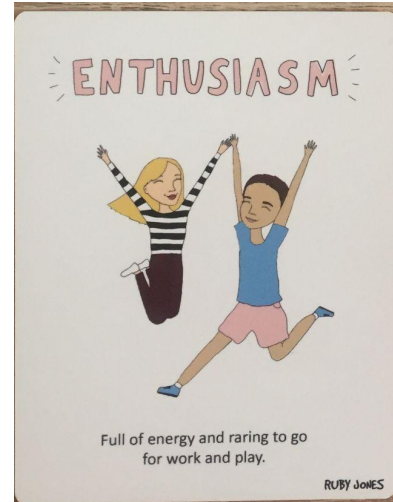
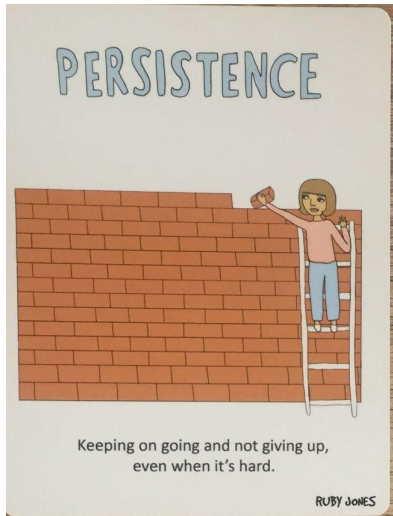


Chapter 16 - p.294

Photo by [Itai Aarons](#) on [Unsplash](#)

# Thanks! Kia ora! Fa'afetai lava!

Acknowledging and appreciating your shared strengths...





# Karakia Whakamutunga

Ka whakairia te tapu

Kia wātea ai te ara

Kia turuki whakataha ai

Kia turuki whakataha ai

Hui e, tāiki e

Restrictions are moved aside

So the pathway is clear

To return to everyday activities

To return to everyday activities

Enriched, unified and blessed



Photo by [Eric Ward](#) on [Unsplash](#)