

## **Positive Education at Hornsby Girls High School**

The elements of Positive Psychology developed by Prof. Martin Seligman underpin Teaching and Learning and Student Wellbeing at Hornsby Girls High School. Our commitment to the ideas of Positive Psychology has been driven by a desire to equip students with positive ways of thinking and to develop and nurture resilient students who are flourishing in all areas of wellbeing; physical, mental and academic. Through a whole school commitment to staff professional learning, parent and community information forums and the delivery of well-being initiatives for students that explicitly teach the elements of Positive Psychology, we endeavour to provide a holistic, positive learning environment.

The **Seven Principles of Positive Psychology** that we use in our educational setting are:

- Gratitude
- Kindness
- Optimistic thinking
- Mindfulness – living in the present
- Meaning and Purpose
- Fitness
- Identifying and maximising character strengths

**Martin Seligman's PERMA** model is a useful framework for the wellbeing programs at Hornsby Girls.

**Positive Emotions** (Peer Support, Year Group Seminars, Prefect and SRC Initiatives, School Spirit Week, House Choir, Project Based Learning and Collaborative group learning strategies, Year 12 mentoring programs, Year 10 Life and Resilience week, Friday Focus a whole school wellbeing program in a fortnightly extended roll call, Year 7, 9 and 11 Camps, Annual Community Fair, Careers Night, School Anniversaries e.g. 90<sup>th</sup> Celebrations in 2020).

**Engagement** (Gifted and Talented Teaching and Learning, Higher Order Thinking Skills, Extra-curricular activities, Project Based Learning, promoting a Growth Mindset, Student Leadership, Positive teacher/student relationships and communication, Chess, Robotics, Model United Nations).

**Relationships** (programs that develop positive relationships, SRC, teaching, camps, peer support, House Choir, Information Nights, TORCH Newsletter, collaborative based learning, Grounds and Garden Days).

**Meaning** (Goal setting, Café Gratitude, Kitchen garden, Friday Focus Mindfulness workshops, Year group Charities, School carnivals, Social Justice Group, High Resolves, FRED, Running Group, Grounds and Garden Days).

**Accomplishment** (Assemblies, TORCH, Minerva Awards, Debating and Public Speaking, Year Assemblies, Speech Day, Music and Band programs, Visual Arts, Music and TAS Exhibitions).

In 2018 the SRC developed in consultation with the senior executive seven school values. These values will help guide the whole school in the understanding of Positive Education and the practical applications of Positive Education for each student.

The seven values are Kindness, Respect, Inclusivity, Social Responsibility, Personal Bests, Intellectual Curiosity, and Resilience.

The school will continue to embed these in the school culture by including them in the school plan and by reference to them on assembly (formal, whole school and year assemblies).