



Student wellbeing can be broadly defined as a student's overall development and quality of life. Wellbeing is a holistic term that encompasses all aspects of a student's life, including their physical, social, mental and emotional state. A student's wellbeing can change from day to day, month to month and year to year. It is affected by changes happening inside their bodies and in the world around them.

Wellbeing does not mean students feel good all the time. Emotions such as sadness, fear, anger and frustration are all normal human experiences, and actually help them to learn, grow, stay safe and build meaningful connections with others. Wellbeing means they have the capacity, skills and resources to cope with these emotions in a way that is positive and constructive for their development.

SOME OF THE FACTORS THAT MAKE UP STUDENT WELLBEING INCLUDE:

- ❖ Having supportive relationships.
- ❖ Feeling that their life has meaning and purpose.
- ❖ Feeling connected to others in their school and community.
- ❖ Feeling confident in their ability to manage their emotions.
- ❖ Doing activities that are important to them.

STUDENT WELLBEING PILLARS

Cognitive Wellbeing



Physical Wellbeing



Emotional Wellbeing



Social Wellbeing



Types of student wellbeing

1. Physical wellbeing

A healthy body is a good foundation for overall wellbeing. Physical wellbeing is more than the absence of illness. It involves having adequate physical capacity to do what we need to each day without undue stress or fatigue. It includes taking care of our bodies by building habits that support good health, such as eating healthily, being active, and getting enough sleep.

2. Mental wellbeing

The World Health Organization defines mental wellbeing as a state in which people can cope with life stresses, realise their potential, learn and work well, and contribute to their communities. Around one in seven Australian students have experienced a mental health condition recently, making student mental wellbeing a particularly pressing issue. Healthy habits can support student mental health, as can having strong and stable family relationships.

3. Emotional wellbeing

Emotional wellness helps students handle the stresses of life and adapt to change successfully. It involves the ability to recognize emotion without being overcome by it and to allow the awareness of it to guide your actions rather than hijack them. With the right support, students are able to develop a sense of self-mastery where they can exercise self-control rather than being a slave to their passions. It involves learning to understand and express emotions in helpful ways, developing empathy, and cultivating resilience in the face of challenges.

4. Social wellbeing

Healthy relationships and a sense of belonging are essential for students. The importance of social wellbeing for happy students, emphasizing the development of safe, healthy and trusting relationships within school communities. A positive school culture that encourages social connections contributes to student welfare.

Factors that influence student wellbeing

Various factors can influence student wellbeing. Schools, teachers and parents play an essential role in creating an environment that supports student wellbeing. They can also assist students to build skills that will help them have greater wellbeing throughout their lives.

Self-regulation

Self-regulation is the ability to manage your behaviours, thoughts, and emotions in different situations. By developing self-awareness and self-control, students can navigate various circumstances effectively. Educators can facilitate self-regulation by teaching students stress-management and mindfulness techniques and giving them opportunities for reflection.

Building resilience

Resilience equips students to bounce back from setbacks, adapt to change, and see challenges as opportunities. Educators can foster resilience by providing a safe and supportive learning environment, encouraging problem-solving skills, and helping students reframe failure as an opportunity to learn and grow.

Responsible decision-making

The ability to make responsible decisions can have a profound impact on the wellbeing of students and others. Educators support this by teaching critical thinking skills, ethical reasoning, and by encouraging students to take increasing responsibility for their learning.