

WAVE Award

Winchester Rural School Mental Wellbeing 2016

Winchester Rural School have been focusing on Mental Wellbeing, particularly positive staff wellbeing as a way to contribute to student wellbeing. Anna from WAVE led a series of workshops with the staff throughout 2015 to provide a clearer understanding of how they can look after their own wellbeing as well as that of their students.

“Throughout the course Anna (WAVE) addressed identified issues in a deliberate yet sensitive way. There was no blaming, or avoiding topics. As a whole staff we were encouraged to look at why we felt the way we did, identify ways we could improve things and appreciate and value the differences between us. The values of respect and compassion came through very strongly throughout the entire course.” said Aroha, Deputy Principal.

Aroha describes the changes they have introduced.

“Since working with WAVE we have definitely made changes. We now have an annual student and staff wellness plan which we try to stick to during the year and we will continue to do this each year going forward.

We have found that it is very important to focus on wellness and we have made a deliberate effort to focus on mindfulness too. At the beginning of each term we are making 'mindfulness' our focus - that way we hope to keep it alive.

One really amazing thing Tre (Principal) has introduced for our staff is a 'wellness day'. This is when we have a day to do what ever we want, this could be used to sleep all day, go shopping, get a massage - whatever! It is really appreciated and taken up by all.” said the Deputy Principal.



Josh South presenting the WAVE Award to Principal, Tre Sylvawood



WELL-BEING AND VITALITY IN EDUCATION

2016

