



**Emmanuel  
College**  
EST. 1911

# Student Wellbeing Strategy

To provide Emmanuel students with a comprehensive wellbeing program that enables opportunities to strengthen the development of their sense of self, encourages them to explore and understand their own wellbeing, offers support and specialised care when they need it as well as opportunities to safely report behaviour that is in breach of our code of conduct.

# Student Wellbeing Strategy

Find out more [emmanuel.uq.edu.au](https://emmanuel.uq.edu.au)



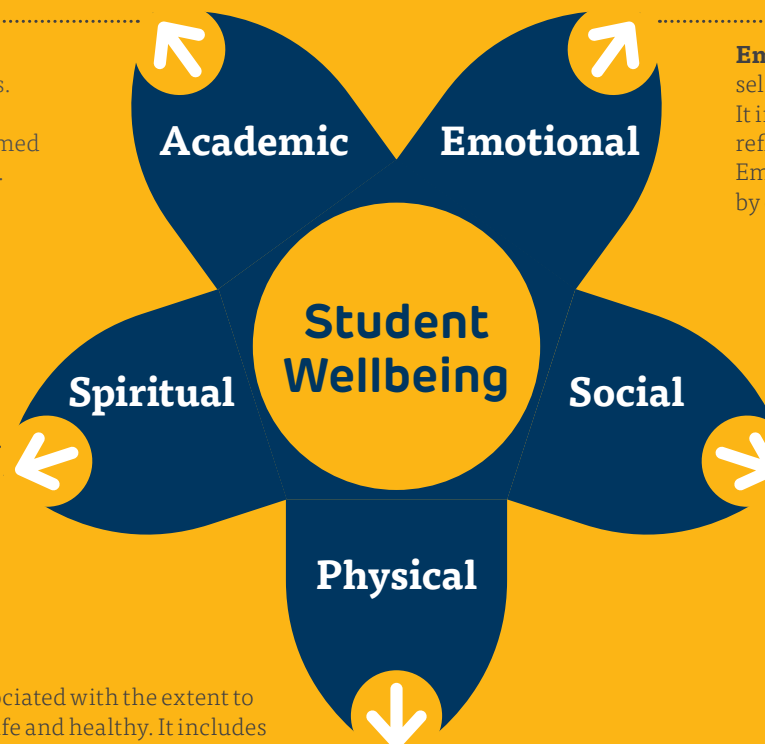
**Cognitive/Academic** wellbeing is associated with achievement and success. It includes how information is processed and judgements are made. It is also informed by motivation and persistence to achieve. Cognitive wellbeing is important for attaining knowledge and experiencing positive learning.



**Spiritual** wellbeing relates to our sense of meaning and purpose. It can include our service to others, connection to culture, religion or community and includes the beliefs, values and ethics we hold.



**Physical** wellbeing is associated with the extent to which we feel physically safe and healthy. It includes nutrition, preventative health care, physical activity and physical safety and security. Physical wellbeing enables positive health outcomes.



**Emotional** wellbeing relates to self-awareness and emotional regulation. It includes how well we cope, and is often reflected by the level of a person's resilience. Emotional wellbeing is in part informed by our capacity for self-reflection.



**Social** wellbeing includes the extent to which we experience positive relationships and connectedness to others. It is important for pro-social behaviour and our empathy towards others.



## How we achieve this at Emmanuel

### Promotion

- Wellness Program
- Academic Program
- Community activities
- Cultural activities and education
- Life Group
- Social events
- Sporting program
- Life skills program
- Respectful Relationships education and information
- Leadership program

### Support

- Onsite Counselling
- Academic guidance and support
- Peer support model through Wing Leaders
- 24/7 access to staff support
- Student Incident response and support
- Safety plans and specialised case management

### Report

- Safe and supportive reporting options that can be Anonymous, Informal and Formal reports
- Referral and support to access specialised services external to College

### People and Resources

- Staff available to students 24/7
- Staff training to support all staff to be First Responders
- Professional Development opportunities to staff to excel in their field
- Resources for staff to provide promotion and prevention activities

### Governance

- Commitment from Senior Management and Board level to consider Strategy in all decisions
- Incorporate Strategy into student facing policies and procedures
- Student Advisory Committee (SAC) to incorporate student voice into strategy and implementation of promotional activities