At Melbourne Girls Grammar we believe an exceptional education for life not only provides academic skills and attributes, but emotional and physical wellbeing as well. That’s why the focus on wellbeing is central to our school experience.

THE WELLBEING MODEL

Melbourne Girls Grammar has developed a Senior Years Wellbeing Model – a progressive, preventative and education based program that responds to the challenges young people are faced with today in the areas of social connectedness, mental health (including anxiety, depression, stress and perfectionism) and physical health (sedentary behaviours, diet, sleep).

It builds on the current curriculum and wellbeing provisions, providing a sophisticated, integrated experience of academic, co-curricular and wellbeing programs.

Our approach ensures the social, personal and environmental factors in each of our girls’ lives work together to maximise her learning and develop her as an independent, self-aware and resilient young woman. The approach is holistic and is about proactive care strategies. Positive relationships between staff, students and parents are central for success.

Why it’s important

Research indicates that young people thrive when living and learning in an environment that optimises both choice and challenge. Our integrated wellbeing model responds to this and provides the conditions that best support positive mental health and overall wellbeing.

What it means for our girls

Our overarching objective is to empower our girls to understand what underpins good health, such that they set and pursue goals to ensure their wellbeing is a priority. Our girls will learn to take responsibility for their wellbeing by developing understanding and skills for life. They will track and manage their physical, emotional, psychological and social elements of their lives. Our girls experience the independence to exercise and develop:

- Self-determination
- Self-advocacy
- Proactive goal setting and self-review
- Personal resilience

What success looks like

- Our girls will be strong and capable, self-directed and good decision makers
- Our girls will take responsibility for their wellbeing and develop wellbeing skills for life
- Our girls will become women with flourishing lives

How it works

Our Wellbeing Program is responsive, prevention and education focused. It is founded on our girls assuming personal responsibility and is built on the evidence based tracking of individuals, cohorts and the whole school. Our wellbeing environment is characterised by:

- Peer-to-peer learning
- Whole School language and understandings
- Selection of validated tools for girls to track/monitor their social, physical, emotional, psychological lives
- Strategies for girls to choose and implement, either independently or with targeted coaching
- Relationships with health providers
- Evidence and research focused on developing our own wellbeing benchmarks for individuals and their cohort

The MGGS Wellbeing Index – based on research from Queensland University of Technology – is a benchmarking tool for the wellbeing experience of MGGS girls in Years 9 to 12. The Index provides us with significant longitudinal data when taken at entrance and exit points of the program. It will capture information for continuous program improvement.

The key indicators of the MGGS Wellbeing Index are:

- Mental health
- Self-esteem
- Resilience
- Physical health
- Community connectedness
- Emotion regulation
There are many unique components of our Senior Years Program, and all are designed to create a holistic experience for your daughter. Our leading academic and wellbeing programs are a response to the research on current and future contexts in which our girls will need to be able to flourish as an adult. Confident and capable young women emerge from Melbourne Girls Grammar, with sound values and an enthusiasm for pursuing opportunities.

Catherine Misson, Principal

Wellbeing Coaches are non teaching staff specialised in counselling and/or health qualifications. They will be specially trained by RMIT through their Wellness School and expert facilitators. The coaches will provide a simple format for the girls to self report across the five subset areas (sleep, nutrition, stress, anxiety and social connectedness).

The Wellbeing Coach is specifically involved in:

- day-to-day efficacy of the student’s wellbeing
- one-to-one discussion and negotiation with the student
- guiding the student in optimising their opportunities, academic and co-curricular
- tracking the student’s holistic progress
- engaging with Fit for Life Coaches
- being the key contact for parents
- providing educational wellbeing sessions that are group and cohort specific

Year Level Co-ordinators are responsible for the stewardship and administration of their cohort. This involves establishing a relationship of mutual respect and understanding with students and a supportive and guiding relationship with parents and guardians. They ensure girls know, understand and demonstrate our Values in Action, and manage the implementation of the Student Code of Conduct and Discipline Guidelines.

Fit for Life Coaches within the new Artemis Centre will work with our senior girls to create individual fitness goals and tailored personal programs. Every girl will have a Fit for Life Profile and benefit from one-to-one coaching.