



# GROW Well Strengths-Based Curriculum

Always Our **Best**



## GROW Well Introduction

A positive education program of Gumdale State School

The GROW Well Program supports our GROW values and is centred around the wellbeing of staff and students. It is based on research from the field of Positive Psychology.

GROW Well understands and recognises that learning and wellbeing are connected. The GROW Well Positive Education mindset, explicit strength-based curriculum and approach to social and emotional learning ensures our students GROW Well as they;

- realise their potential;
- cope with challenges;
- embrace opportunities;
- and contribute to their community

Students are supported to reach their full potential in learning, personal development and character.



### Character Strengths

GROW Well embeds 16-character strengths that underpin each value and support the wellbeing and social emotional learning of our students.

**Great Learners** – Self-Regulation, Perseverance, Curiosity, Bravery

**Respectful** – Love/Empathy, Kindness, Honesty, Gratitude

**Organised** – Hope/Optimism, Leadership, Love of Learning, Zest

**Working Together Safely** – Teamwork, Fairness, Forgiveness, Social Intelligence

- Each class will have explicit **GROW Well lessons** taught throughout the term.
- Lessons are designed specifically for Gumdale State School, drawing from a variety of evidence-based programs and tailored to **meet the needs of our students**.
- **Character strengths** that align with our existing GROW framework are explicitly taught and practised.

## Strength Spotting Cards

These will be used to recognise students who demonstrate character strengths throughout the year both inside and outside the classroom.

### Perseverance



*I persist toward my goals despite obstacles, discouragement, or disappointments.*



### Kindness



*I am helpful and empathic and regularly do nice favours for others without expecting anything in return.*



### Love of Learning



*I am motivated to acquire new levels of knowledge, or deepen my existing knowledge of skills in a significant way.*



### Teamwork



*I am a helpful and contributing group and team member, and feel responsible for helping the team reach its goals.*



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