

*inspiring confidence*

**RESPECT  
RESILIENCE  
REGULATION  
RELATIONSHIPS  
RESPONSIBILITY  
RESOURCEFULNESS**

WELLBEING FRAMEWORK



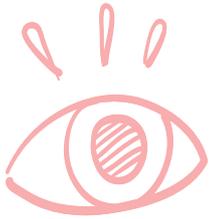
**ST DOMINIC'S  
PRIORY COLLEGE**

EDUCATING GIRLS. INSPIRING CONFIDENCE



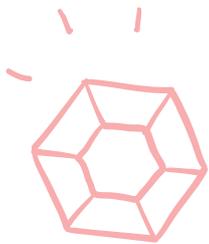
## MISSION

A Catholic College educating girls in the Dominican tradition.



## VISION

Inspired by the Gospel of Jesus Christ, we are a girls' College committed to truth and compassion. In the spirit of St Dominic, we contemplate the possibilities and honour the sacred dignity of each person through word and action. We aspire to provide an innovative, rigorous and inclusive education that leads girls and young women to achieve excellence in their studies and confidence in their future.



## VALUES

As a Dominican community we value:

- + A sense of the sacred; joyful, eucharistic and reflective.
- + A love of learning through creative and critical thinking.
- + Modelling a eucharistic community as the basis for transformation.
- + Teaching the truth, by word and example.

## GOVERNANCE

Dominican Education Australia (DEA) is the governing authority of St Dominic's Priory College, an independent Catholic School.

A Board of Directors, established in 1987, governs the College which is incorporated under the *Corporations Act 2001 (Cwlth)*. The Trustees of DEA and the College Board of Directors assures our Catholicity, fidelity to the Dominican charism, formation of Board Members, excellence in teaching and learning and financial stability.



**For more information about DEA visit: <https://dominicaneducationaustralia.com/>**

*We acknowledge St Dominic's Priory College is situated on Kurna Land and we pay our respects to Elders past, present and future.*

# STATEMENT

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We are committed to creating and maintaining a child safe community. We encourage individuals to contribute to forming a positive and inclusive environment for all. We adopt strategies and educational programs that act to inspire confidence in each girl. We endeavour to assist young people and community members to thrive through developing a sense of identity, self-worth, and wellbeing.

## PURPOSE

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This Wellbeing Framework guides the College in its vital role in promoting the wellbeing of all community members (student, staff, and families). Our attitude to wellbeing at the College is grounded by our strong Dominican values and Catholic beliefs. Research indicates that educational settings are integral places to influence positively on girls' wellbeing. Community members each play a critical role in developing and sustaining a positive wellbeing culture.

Our approach at the College is supported by research in wellbeing, to form our young women in their pursuit of being healthy, happy, active, and well-equipped citizens.

Our wellbeing program and community initiatives ensure that students who graduate from St Dominic's Priory College are equipped with the strongest foundation possible, to reach their aspirations in learning and life. The key 6 factors the College focuses on are:

- + Respect
- + Resourcefulness
- + Regulation
- + Resilience
- + Relationships
- + Responsibility

## OUR WELLBEING FRAMEWORK

St Dominic's Priory College,

- + Teaches the Child Protection Curriculum, including social emotional skills, factors that impact on girls' wellbeing and introduces appropriate channels for help seeking, to cultivate a culture of respect, resilience and belonging.
- + Provides tiered levels of support (Student Counsellor, Pastoral Care Teacher, Year Level Coordinator and Deputy Principal) to meet the diverse needs of community members.
- + Uses evidence-based data, contemporary to girls' educational and pastoral trends, ensuring that the College remains future-focussed, innovative and responsive to student needs.

# RESPECT

“Often by understanding things from other people’s points of view, we don’t take minor things so personally.” - Judith Locke, Ph.D.

**College staff, students and families share and encourage an open dialogue of mutual respect and positive behaviour. This acknowledges the impact mutual respect and positive behaviours have in supporting an effective climate for optimal teaching and learning.**

The College:

- + Actively seeks involvement of community members in the promotion and recognition of respect and positive behaviours.
- + Engages its staff in professional learning to support and model a culture of respect
- + Integrates respect and support of positive behaviour strategies that are evidence informed and specific to girls’ education.
- + Makes informed decisions and has publicly available Codes and Policies which help to form a shared understanding of what respect looks like at the College, whilst effectively meeting the changing needs of its community.



# RESOURCEFULNESS

**Community members experience success when they can demonstrate resourcefulness. This involves having the ability to cope with sudden change and make decisions to adapt to current circumstances.**

The College:

- + Actively teaches and models the skills associated with resourcefulness, including patience, open-mindedness, adaptability, creativity and persistence.
- + Encourages a growth mindset when facing challenges and difficulty.
- + Provides opportunities for students to learn about themselves to better understand ways to maximise their resourcefulness.
- + Has accessible Processes and Policies which build agency in young people.
- + Explicitly teaches strategies for decision-making and problem solving so that students are aware of steps they can take to navigate new and challenging situations.
- + Integrates opportunities for students to demonstrate resourcefulness in a safe environment.

“Some of us have great runways already built for us. If you have one, take off. But if you don’t have one, realise it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you.”

- Amelia Earhart

# REGULATION

“In the midst of movement and chaos keep stillness inside of you.”

- Deepak Chopra



**In partnership with families, College staff help students understand and manage their emotions, reactions and behaviours in the pursuit of short and long-term goals. While students navigate through their experiences, both personal and academic, they will aspire to be the best version of themselves.**

The College:

- + Actively encourages students to demonstrate social behaviours, in line with our Dominican values.
- + Fosters students' self-regulation which includes talking, planning, problem-solving and role-modelling.
- + Guides students to make appropriate decisions and learn how to behave in new situations.
- + Helps students recognise and respond to safe and unsafe situations.
- + Make students, staff and families aware of avenues of support in and outside of the College.
- + Teaches and models self-reflection and continuous improvement.



# RESILIENCE

“At the end of the day, we can endure much more than we think we can.”

- Frida Kahlo

**Key stakeholders at the College foster a supportive partnership in order to cultivate an environment that encourages students to develop skills towards resilience. Students will learn how to identify a problem, develop coping strategies and confront adversity. Students are encouraged to adopt positive behaviours in order to rise to new challenges across their academic and social landscapes.**

The College:

- + Acknowledges that students are faced with many challenges (personal, social and academic) that involve change, adaptability and the need to develop grit and personal resilience.
- + Contextualises the Pastoral Care curriculums and resources to teach students that resilience is developed through facing adversity and strategising for the future.
- + Understands the diversity in student experiences, and actively builds inclusivity through identifying each student's emotional capacity so that students are allowed to develop at their own pace.
- + Engages appropriate and relevant external providers to support students in their personal journeys of developing interpersonal skills and strategies to overcome adversity.

# RELATIONSHIPS

All members of St Dominic's Priory College are active participants in building a welcoming school culture which fosters positive and respectful relationships. By embracing both personal and community relationships, we build a foundation for individual growth, shared success, and holistic wellbeing.

"Being a good human being is absolutely my priority every single day"  
- Ash Barty

The College:

- + Honours the sacred dignity of each person, through word and action.
- + Encourages families to be active and collaborative members of the community, sharing in showcases, workshops and seminars, which directly impact the relationships families hold with the College and their daughter/s.
- + Creates opportunities for students to engage in service and community involvement by immersing themselves in our local, wider and global community.
- + Engages students and community members in restorative practices, to minimise the prevalence of victimisation and bullying.



# RESPONSIBILITY

At St Dominic's Priory College, we cultivate a culture of responsibility that encourages individuals who strengthen our community. Personal accountability and collective duty are essential for creating a thriving, supportive environment where everyone can succeed.

"Nothing great is ever achieved without much enduring"  
- St Catherine of Siena

The College:

- + Encourages students to take ownership of their actions and learning.
- + Provides opportunities for students to set and pursue meaningful goals.
- + Promotes programs that add to a positive, inclusive atmosphere.
- + Expects that all community members will support and care for one another.
- + Engages families in services and providers that benefits our school and wider community.

# KEY PROGRAMS & ACTIVITIES

## LITTLE DOMS - YEAR 5 FOCUS

(Beginning Well & Strong Foundations)

- + Growth Mindset
- + Identify, values and beliefs with a Dominican lens
- + Emotions
- + Belonging
- + Inclusion
- + Identifying and developing positive interpersonal skills
- + Fostering independence and self-management
- + Reconciliation Week
- + Harmony Week
- + Goal setting
- + Safe and Unsafe
- + Service
- + The Right to be Safe
- + Relationships
- + Recognising & Reporting Abuse
- + Protective Strategies

## KEY EXPERIENCES

- + Brainstorm Productions
- + Cybersafe Families
- + R U OK? Day
- + Growth Mindset Day
- + Wellbeing Day
- + JP Mother's Day Mass
- + Transition programs for new students
- + Buddy class activities
- + Year 4 & 5 Camps
- + Made in the Image of God (MITIOG)
- + Child Protection Curriculum

## YEARS 6 - 9 FOCUS

(Inspiring Confidence in the Adolescent Girl)

- + Growth Mindset
- + Study skills and organisation
- + Conflict resolution
- + Goal setting
- + Mindfulness
- + Stereotypes
- + Physical activity
- + Fostering sense of community
- + Vaping prevention education
- + Creating kindness culture
- + Mental fitness
- + Acts of service
- + Spiritual wellbeing and development
- + Help seeking
- + Psychological pressure and manipulation
- + Resilience and growth mindset
- + Listening to warning signs and recognising unsafe situations
- + Assertiveness
- + Healthy relationships
- + Anti-bullying / anti-victimisation
- + Navigating the online world
- + Domestic and family violence
- + Navigating identity and psycho-sexual stages of development

## KEY EXPERIENCES

- + Brainstorm Productions
- + Year 6-9 Reflection Day
- + R U OK? Day
- + Harmony Day
- + Wellbeing Day
- + Year 6, 7, 8 and 9 Camps
- + Made in the Image of God (MITIOG)
- + SAPOL ThinkUKnow Presentation
- + Hutt St Centre: Walk A Mile
- + Year 6 into Year 7 Transition Program
- + Self Defence
- + Year 6-9 Parent Information Night
- + Child Protection Curriculum
- + Year 9 Parent Breakfast
- + Student Leadership

## YEARS 10 - 12 FOCUS

(SACE & Beyond)

- + Growth Mindset
- + Aspiring to be the best version of yourself
- + Spiritual wellbeing and development
- + Leading by example
- + Positive Student Leadership
- + Academic Honesty
- + Fostering Teamwork and Generosity
- + Subject & Careers Counselling
- + The Right to be Safe
- + Relationships
- + Recognising & Reporting Abuse
- + Protective Strategies
- + Growing Grit, Resilience and Determination
- + Social Choices & Responsibilities
- + Female Health
- + Future Focus – SACE & Beyond

## KEY EXPERIENCES

- + Wellbeing Day
- + Reflection Day
- + Encounter Youth Presentation #Adulting
- + SATAC Presentations
- + Road Awareness Program (RAP)
- + Period Pain and Endometriosis Program
- + Child Protection Curriculum
- + Presentations from School Community
- + Buddy Program
- + Yoga
- + Student-led calendar events
- + Mary Potter service program
- + Made in the Image of God (MITIOG)
- + Kickstart for Kids - Period Poverty
- + Black Dog Institute
- + Student Leadership
- + Subject Expo
- + Careers Expo
- + Subject Selection Counselling
- + R U OK? Day

# ST DOMINIC'S PRIORY COLLEGE STUDENT CODE OF CONDUCT

In line with the Wellbeing Framework, the Student Code of Conduct provides guidance to students on behaviour, attitude and disposition. It is designed to foster a positive school culture that provides a safe, respectful and productive learning environment to all.

Students at St Dominic's Priory College are inspired by the College Vision Statement and are committed to being young people who:

- + **RESPECT** others by adhering to school rules and treating peers, staff and visitors with kindness, dignity and consideration.
- + Show **RESOURCEFULNESS** by being active listeners, engaged collaborators, and proactive innovators.
- + **REGULATE** their emotions; acting honestly and ethically in all situations; taking ownership of their actions and accepting any consequences.
- + Demonstrate **RESILIENCE**; engaging in constructive conversations, contributing to group work, and demonstrating good sportsmanship.
- + Contribute to positive **RELATIONSHIPS** that promote a safe environment, build community, and cultivate a spirit of cooperation and support among their peers.
- + Take **RESPONSIBILITY** for their learning; arriving to class on time, completing all assignments honestly and independently, and being an attentive student.

This Code of Conduct further expects students to:

- + Report any unsafe conditions or violations of the Student Code of Conduct to a member of staff.
- + Refrain from any form of harassment, discrimination, intimidation, disruptive behaviour or violence.
- + Avoid cheating, plagiarism, or any form of academic dishonesty.

Failure to honour the Student Code of Conduct may result in disciplinary actions, such as:

- + Verbal or written warnings
- + Parent/guardian conferences
- + Community Service/loss of privileges
- + Suspension or expulsion for severe/repeated violations

By following the Student Code of Conduct, we can all contribute to a positive and respectful school environment. Together, let's make St Dominic's Priory College a place where everyone feels safe, valued, and ready to learn.



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EDUCATING GIRLS.  
INSPIRING CONFIDENCE

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