

# SANTA MARIA COLLEGE

## MENTAL HEALTH STRATEGY 2019-2021

(SUMMARY)



### OUR STRATEGIC OBJECTIVE

To work together to ensure that all Santa Maria College students have the skillset to manage their wellbeing\*, tackle challenges and thrive in school and life.

*\*emotional, mental, physical, spiritual and social wellbeing*

### SCOPE OF STRATEGY

This strategy aligns with our Strategic Plan and is intended to support our school community (students, parents and staff) to work together to support students at Santa Maria College.

### FOCUS AREAS



#### CULTURE & VALUES

Our school community values and culture contribute to the mental health and wellbeing of our students.

#### Action 1

Create an environment where people feel comfortable and safe to talk about mental health.

#### Action 2

Develop a sense of community which values diversity, belonging and connection.



#### KNOWLEDGE

Our school community has the knowledge to understand the mental health and wellbeing of our students.

#### Action 3

Improve awareness and understanding about mental health in the school community.

#### Action 4

Provide resources and learning opportunities for staff and parents to enhance their ability to understand students' mental health and wellbeing.

#### Action 5

Identify and implement proven programs that are innovative, engaging and effective.



#### SKILLS

Our school community has the tools and skills to identify and support the mental health and wellbeing of our students.

#### Action 6

Support students to develop a range of skills that foster positive mental health.

#### Action 7

Support students to manage stress and improve school-life balance.



#### SUPPORT

Our school community ensures students have access to the support they need for mental health and wellbeing.

#### Action 8

Promote student access to formal and informal support both within and beyond the College.

### KEY ACTIONS