



ST MARY'S  
COLLEGE

# WELLBEING AT SMC

**When your child is confident and comfortable with themselves, that is when they truly excel.**

St Mary's College is dedicated to fostering your child's wellbeing and has a number of resources available to ensure their health and happiness is supported. These include a team of qualified Wellbeing Coaches, our Pillars Program - which aims to build social-emotional skills, and a digital resource called SchoolTV.

# Meet the Wellbeing Team



## Courtney Hartog

Year 7 - 12 coach

## Taylor Fletcher

Kinder - Year 6 coach

## Zoe Hannaford

Kinder - Year 12 coach

(Pictured L-R): Courtney, Taylor and Zoe

## Wellbeing Coaches

Our Wellbeing Coaches Courtney Hartog, Taylor Fletcher and Zoe Hannaford are leading the College in our approach to daily student wellbeing and support. Courtney, Taylor and Zoe play a key role in the pastoral care of St Mary's College Students.

Taylor Fletcher is available three days a week, and focuses on Junior School students in Kinder to Year 6. Since finishing her bachelor's degree, Taylor has gained much experience as a Social Worker, working for Child Safety Services and non-government agencies. Taylor has specialised in long-term case management of young people in out-of-home care, and supporting children, families and foster carers.

Zoe works Monday to Friday with all Junior and Senior School students, from Kinder to Year 12. Zoe is a registered counsellor with extensive experience working with young people, both in schools and at Lifeline, where she has worked for the past four years.

Courtney is available Monday to Friday and supports Senior students from Year 7 to 12. Courtney is a registered psychologist and has a range of experiences in various industries including



child safety, domestic violence and employment services. Supporting young people is a passion of Courtney's and she looks forward to providing psychological intervention, assessment and support to those at SMC.

If you have concerns regarding your child that you think our wellbeing coaches should be aware of, please make our Head of Junior School aware of this during your enrolment interview.

St Mary's College students and parents are free to make an appointment with the College counsellors whenever a concern arises.

# School TV

School TV is a wellbeing platform for school communities that addresses modern-day realities of raising safe, happy and resilient young people, using credible information whilst offering realistic and practical strategies. The St Mary's College SchoolTV portal has many articles, videos and journals which parents and older students can access to support their wellbeing. Topics include positive parenting, school survival, cyber safety, mental health, anxiety and special topics of timely relevance based on trending topics.

You now have access to this wonderful resource:  
<https://smc.tas.schooltv.me/>



## The Pillars Program

Our Pillars program aims to explicitly teach students social-emotional skills and competencies that allow them to develop self-esteem, self-awareness, resilience and a willingness to understand and respect others—important life skills that young people need to thrive in today's fast-paced and changing world.

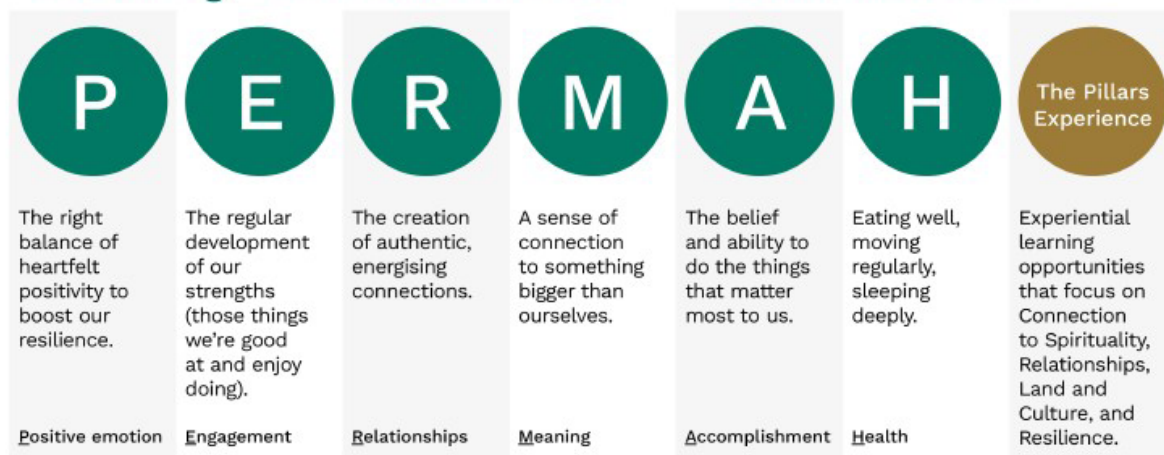
The program is enriched by a strong research base about the developmental needs of girls and young women. It is underpinned by Martin Seligman's PERMAH framework and Positive Education principles.

*“We aspire for our students to be savvy young women, to be articulate, to be problem-solvers, who think outside the square, who pursue excellence in their life aspirations and are comfortable with change.”*



The Presentation values of respect, responsibility, relationships and resilience are the cornerstones on which we build our vision and all that we do at St Mary's College, along with the touchstones of hospitality, compassion and simplicity.

# Yearly overview – themes



Central to the Pillars are experiential learning experiences that extend beyond the traditional classroom environment. Students participate in a variety of experiences including year level and House group activities, overnight camps and retreats, wilderness and aeronautical adventures, alpine and river journeys, where the focus is on connecting with self and peers, community, land and nature, respect of culture and the importance of spirituality.



“Gratitude helps me to see what is in my life rather than what isn’t.” – Year 8 student



## Early Years (Kindergarten to Year 2).

Learning about me:

UR Strong program – friendship skills, bucket fillers, sustainability, emotional regulation.

## Years 3 to 4

Building connections:

UR Strong Program – friendship skills, mindfulness, gratitude, resilience, digital world, spirit of Jesus program.

## Years 5 to 6

Confidence and Self Assurance / Committing to Challenge:

UR Strong program – friendship skills, mindfulness, gratitude, resilience, digital world, leadership, Spirit of Jesus and Making Jesus Real programs.



### **Year 7**

Transition and Creating Connections:

Self-management, empathy, emotional regulation, power of yet, digital world, goal setting, friendships, gratitude, reflection, mindfulness, power of laughter.

### **Year 8**

Respectful Relationships:

Positive identity and self-worth, empathy and active listening, acceptance and respecting, collaboration and cooperation, digital world, goal setting, gratitude and self-care.

### **Year 9**

Building Communities:

Digital world, emotional intelligence, self-care, strengths, meaningful connections, peer support training, celebrating strengths, benefit mindset and service learning, grit and resilience.

“Pillars classes are great because they make me think about a lot of things: growth mindset, the power of yes, positive friendships and that it is OK to get things wrong.” – Year 7 student

### **Year 10**

Looking Outwards:

Social safety, student agency, self-care, anxiety and stress, financial literacy, pathways and careers, responsible choices.

### **Years 11-12**

Forward Thinking – Future Thinking:

Leadership and role modelling, social connectedness, service learning, future thinking, legacy, hope and purpose, team building, gratitude, preparing for the real world, stress, tension and mental health.

