

WRAP PROGRAM



ST MARY'S
COLLEGE

EST. 1869





Our core purpose at St Mary's College is to empower young women to excel in learning and in life. We nurture relationships that challenge and support students to contribute to a more just and compassionate world.

Our purpose, and our values of truth, justice and community are embedded in our learning and wellbeing programs.

WRAP is St Mary's College Wellbeing Program. It has four domains - **W**ellbeing, **R**elationships, **A**gency and **P**ersonal Responsibility - each designed to help us achieve our purpose and live our values.

Our Reception to Year 12 program explicitly teaches social and emotional wellbeing. It has a solid focus on teaching personal and social capabilities, safety, social skills, empathy and building respectful relationships with others. **WRAP** covers complex topics in an age-appropriate way through weekly lessons. Parent sessions and resources support families to reinforce this learning at home.

WRAP is designed to meet the needs of girls and young women in a complex and changing world.

WRAP is evidence informed, using data from our students to review and shape the program.

WRAP is shaped by research. Firstly, about the skills young women need to navigate their world. Secondly, by contemporary wellbeing literature.

WRAP nurtures and develops social and emotional wellbeing.

WRAP strengthens our students capacity for learning in all areas.

WRAP develops the social and emotional learning competencies: self-awareness, social awareness, self-management, relationship skills, responsible decision making.

WRAP explicitly teaches skills such as personal safety, empathy, cyber safety, setting personal boundaries and building respectful relationships with others.

WRAP incorporates the explicit teaching of the Child Protection Curriculum along with diverse, age appropriate Social-Emotional Learning Programs.

WRAP is delivered through a collaborative approach utilising industry experts, professional guest speakers, and the expertise of our wellbeing team.

WELLBEING

We empower young women to excel in learning and life

FOCUS AREAS AND SKILLS

- Self-Awareness
- Confidence
- Connection
- Purpose

| | SELF-AWARENESS | CONFIDENCE | CONNECTION | PURPOSE |
|---------------|---|--|--|--|
| EARLY YEARS | Learn about themselves and their feelings | Independently transition into school life | See themselves as a member of their community | Belong and contribute to their world |
| PRIMARY YEARS | Develop strategies to respond to their emotions | Name their strengths and use them in a variety of settings | Identify and connect with their peers and broader school community | Explore who they are, what they like and where they fit in |
| MIDDLE YEARS | Implement appropriate strategies when responding to emotions | Appreciate themselves and what they bring to the world | Actively involve themselves in their school community | Develop their sense of self on their own and in relation to peers and important adults |
| SENIOR YEARS | Reflect on their emotional responses and understand the impact on themselves and others | Embrace their unique identity | Role model participation and engagement in the community | Articulate their goals and direction |

W

WRAP supports the development of self, deepening each students' self-awareness by creating a secure space for understanding and managing their emotions and fostering connection with others. Self-awareness, growing confidence and connection with others supports the growth of purpose and meaning. Finding their place, belonging in a community, is foundational for our students to excel in learning and in life.

RELATIONSHIPS

We nurture relationships

FOCUS AREAS AND SKILLS

- Awareness of Others
- Effective Communication
- Empathy
- Conflict Competent

| | AWARENESS OF OTHERS | EFFECTIVE COMMUNICATION | EMPATHY | CONFLICT COMPETENT |
|---------------|--|--|---|--|
| EARLY YEARS | Learn about relationships and being a good friend | Learn to interact appropriately with others | Imagine and describe the feelings of others | Develop the skills to name when things go wrong and work with adults to repair harm |
| PRIMARY YEARS | Recognise how their emotions affect themselves and others | Express themselves in appropriate ways when engaging with others | Understand the experience and perspective of others | Develop the skills to work through relationship concerns with others and repair harm |
| MIDDLE YEARS | Work collaboratively with others and value the contribution of others | Engage positively with others | Respond to others without judgement | Identify aspects of conflict, the rights and responsibilities of those involved and develop skills to repair harm |
| SENIOR YEARS | Engage in, and maintain strong, healthy and respectful relationships with others | Understand their audience and positively influence others | Connect with the feelings and experiences of others | Take responsibility for their part in the conflict, see it from multiple perspectives, and work to repair the harm |

R

WRAP creates safe, supportive classrooms that encourage effective communication, and support students to develop empathy and awareness of others. Restorative Practices places relationships at the centre of all that we do supporting students to be effective communicators who grow the necessary skills to be conflict competent.

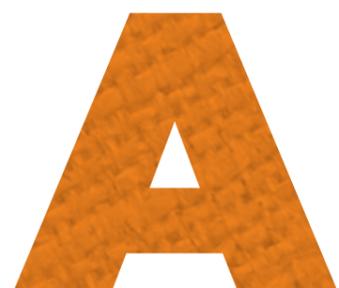
AGENCY

We challenge and support

FOCUS AREAS AND SKILLS

- Critical Thinking
- Voice
- Power
- Self Determination

| | CRITICAL THINKING | VOICE | POWER | SELF DETERMINATION |
|---------------|--|---|---|--|
| EARLY YEARS | Ask questions about their world | Use 'I' statements to express their thoughts and feelings | Understand that we all have the power to make personal choices | Learn about who they can be |
| PRIMARY YEARS | Observe and form opinions about the world around them | Speak up about what matters to them | Learn about rights and responsibilities | Know they have choices and can set boundaries |
| MIDDLE YEARS | Consider a range of perspectives and how this relates to their world | Understand the power of their voice for raising concerns and caring for self and others | Know their rights and responsibilities, and participate in decisions that affect them | Explore and exercise choice and control over thoughts feelings and behaviour |
| SENIOR YEARS | Critically analyse complex issues from different perspectives | Positively use their voice to lead others and activate change | Activate their right to participate in decisions that affect them | Develop a sense of efficacy about their future possibilities |



WRAP encourages critical thinking and supports students to develop and use their voice in matters that are important to them. Students are encouraged to understand their power and how to grow as strong leaders for now and the future. Within the WRAP program, we support and encourage our students to use their voice to express their thoughts and concerns, therefore promoting self-determination to act as agents in their own lives.

PERSONAL RESPONSIBILITY

We contribute to a more just and compassionate world

FOCUS AREAS AND SKILLS

- Accountability
- Resilience
- Compassion
- Ethical Awareness

| | ACCOUNTABILITY | RESILIENCE | COMPASSION | ETHICAL AWARENESS |
|---------------|---|---|---|--|
| EARLY YEARS | Know that their words and actions can impact others | Try new things | Recognise when someone may be hurt and show them care and kindness | Understand the notions of fair and unfair |
| PRIMARY YEARS | Understand that their choices have consequences | Understand how they feel when trying new things | Show compassion across a range of situations within and beyond their immediate sphere | Make careful choices about what is the right thing to do |
| MIDDLE YEARS | Take responsibility for their actions | Know they can bounce back from challenges | Take action to support vulnerable people | Understand their values and how they inform decisions |
| SENIOR YEARS | Critically evaluate their actions, words and decisions to inform future choices | Take risks and find ways to navigate through challenges | Advocate for the common good | Contribute to a more just and compassionate world |



WRAP focuses on students developing personal responsibility, being able to work with others and build resilience. Personal responsibility fosters a student's understanding of accountability and the role they play within our community. WRAP guides students to be aware of the world around them and how to navigate their footprint on the world with ethical awareness and compassion.



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