



INSPIRING WOMEN

## Wellbeing in Years 3 - 6

Wellbeing in Years 3 - 6 is defined by developing confident and responsive leaders who strive to make a difference in the lives of others.

Together with the IB Learner Profiles, School Pillars and Values, we use the "UR Strong" and "You Can Do It" programs, our students build and develop strong, positive relationships and use these understandings to grow in leadership and service to others. They understand that through leading of others, that individual growth and true self-reflection occurs. The students use the

explicitly taught social and emotional strategies to give them the courage and confidence to become the best that they can be and in doing so, help others to do the same.

Wellbeing at PLC is all inclusive of the programs and flexible learning spaces that we offer the students. These include the Lighthouse Wellbeing Curriculum, Protective Behaviours, Co-curricular activities and outdoor programs of Wild Space in the Early Years and Outdoor Education Programmes from Years 3-6.