

## THE URSULA FRAYNE WELLBEING CENTRE

St Joseph's College, Mildura's new Wellbeing Centre opened to the students recently. The Ursula Frayne Wellbeing Centre has been developed by the College as a special place where students can seek out information or expert advice, which gives them the ability to talk with a counsellor or psychologist in a friendly environment. The Centre puts a range of comprehensive resources and trained staff within easy reach of every student. Our goal is to support each student to flourish. We refer to flourishing as a combination of 'feeling good and doing good'. Our purpose is to assist students to develop specific skills that assist them to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness and encourage a healthy lifestyle.

Incorporated, as part of the Ursula Frayne Wellbeing Centre is the Raphael Room. Named after Archangel Saint Raphael, the patron of healing, this room has been designed to create a relaxed and comforting space for students to participate in wellbeing activities such as group work and meditation. The room will also be used by wellbeing staff to conduct information/training sessions for staff. From this room there is access to the balcony with an open air space furnished with comfortable wicker furniture.

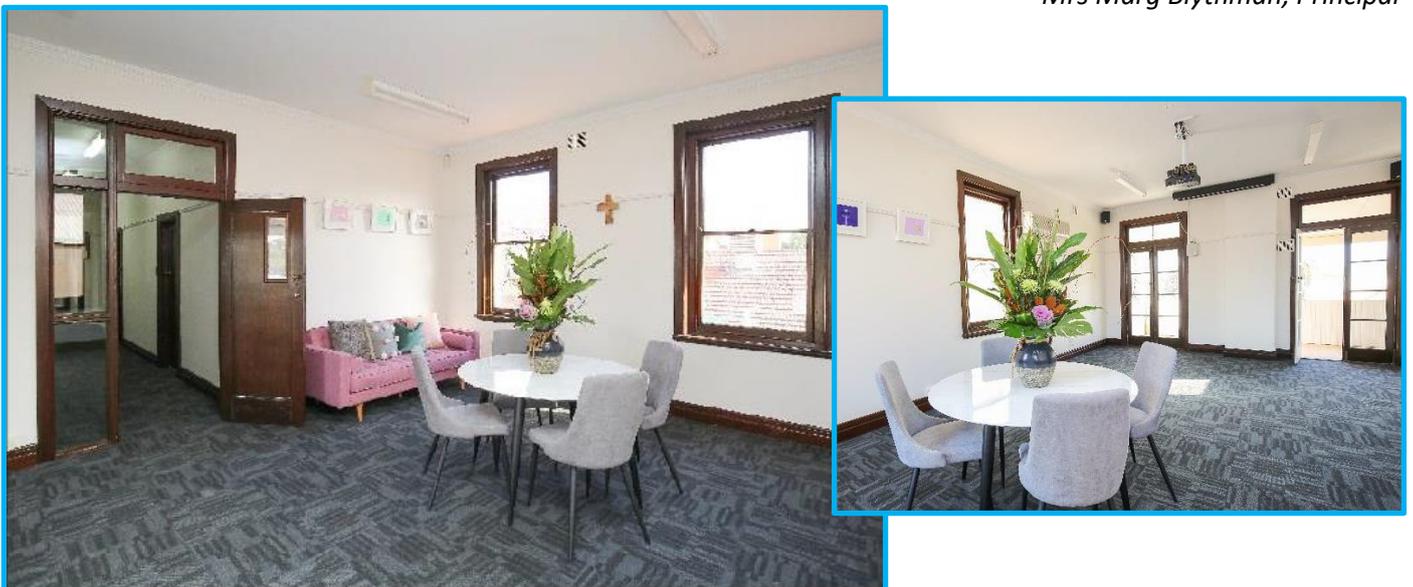
Our College wellbeing landscape incorporates all aspects of school community life from students' physical, intellectual, moral, social, emotional and spiritual wellbeing and the development of a safe and supportive environment in which they can learn and strengthen their educational endeavour for the development of the 'whole person'. It is the aim of our College to strengthen our educational community through emphasising the connections between student wellbeing, social emotional learning and curriculum based learning, so that students can be supported and optimal learning outcomes achieved.

Coinciding with the opening of the Centre is the release of our new pamphlet 'Concerned or worried about something at school?'

Through teaching these valuable life skills, St Joseph's College provides its students with an increased capacity to learn effectively, as well as offering them a strong foundation on which they can build a successful life.

Thank you to all staff who have worked to bring this Centre to fruition.

*Mrs Marg Blythman, Principal*





*Photos courtesy Darren Seiler*