

Wellbeing@ISB

A sense of Belonging and Safety,
Respect for our unique Identities and Diversity,
Balance and Bouncebackability.
Wellbeing is important for ALL members of our Community.



We achieve this by:

- Committing to building school spirit and Dragon pride, including cross-divisional and cross grade level collaboration.
- Developing in all students the skills they may need to navigate changes and challenges.
- Providing access and resources to learn skills for self-utilisation and to improve or reflect on our wellbeing.
- Aiming to ensure everyone feels understood and heard in both physical and psychological aspects.
- Creating welcoming spaces for people to connect with each other and meet new people.
- Practicing respect, compassion and kindness towards ourselves and others.
- Providing a strong, in-school support system for student wellbeing and ensuring students know where and how to access this.
- Partnering with additional support services beyond school for students who have short or longer term needs.
- Fostering a sense of personal responsibility for our impact on the culture at the school, on the wellbeing of others, and on our own wellbeing.