
Positive Education Program



LORETO
Mandeville Hall Toorak



WHAT IS *Positive Education?*

Positive Education brings together the science of positive psychology with best-practice teaching. Through Positive Education, the skills of wellbeing are taught so that school communities and the individuals within them have every opportunity to thrive.

At Loreto Mandeville Hall Toorak, we define wellbeing as 'feeling good, functioning well and doing well for others'.

Our whole school approach to Positive Education is designed to create a learning community which is strengths-focused, engenders resilience and enables individuals to flourish. This approach is grounded in our Loreto charism and supported by the values of felicity, justice, verity, freedom and sincerity.

We believe our role extends beyond teaching academic competence to educating the heart and the mind. Our Positive Education curriculum is designed to promote wellbeing as an integral component of a Loreto education, supporting and strengthening our existing academic framework and our approach to pastoral care.

Positive Education is a stand-alone subject from Preparatory to Year 10 which is taught on a weekly basis by members of the Positive Education faculty. Due to the increased academic demands at VCE, positive psychology interventions are introduced through the Pastoral Care program.

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We believe that educating our students about the research findings, the guiding principles and the application of positive psychology is essential for personal growth, character development and overall wellbeing. It is our intention to empower our students to use their skills and talents for their betterment and that of the broader community.

The Positive Education curriculum at Loreto Toorak is based on the PERMA model for wellbeing developed by Professor Martin Seligman of the University of Pennsylvania. At Loreto Toorak we have included a sixth domain, Positive Health.

SIX DOMAINS OF *Positive Education*

Positive Emotion

Building and experiencing positive emotion.

Engagement

Developing critical thinkers by promoting challenge, curiosity and creativity.

Positive Relationships

Nurturing positive relationships based on respect.

Meaning

Believing in and serving something greater than ourselves.

Accomplishment

Generating hope and optimism through the accomplishment of personal and community goals.

Positive Health

Developing knowledge, understanding and skills to promote health and wellbeing.



POSITIVE EDUCATION

A Flourishing Community



SIX DOMAINS OF *Positive Education*

Positive Emotion

It is important to cultivate positive emotion in our lives. Such emotions should not be viewed as stand-alone moments but as a means to achieving psychological growth and improved wellbeing over time. Positive

emotions help our girls perform better academically, boost their physical and mental wellbeing, strengthen their relationships, inspire creativity and promote a hopeful and optimistic outlook for their future.



SIX DOMAINS OF *Positive Education*

Engagement

When our students are actively engaged, they become absorbed by their pursuits. Increased levels of engagement provide a platform for improved momentum, concentration and focus. Positive psychology would describe these moments as flow; utter, blissful immersion in the present moment.

Through our curriculum, we aspire to provide opportunities for our students to experience the state of flow. When immersed in this state, our girls achieve heightened curiosity, an improved ability to problem solve and learn to think critically and creatively.



“*Positive Education is about making the most of our experiences and being self-motivated to act.*”

Maggie, Year 12

SIX DOMAINS OF *Positive Education*



Positive Relationships

We all have a need for social connection and we depend on the people around us to help us maintain balance in our lives. Positive Education emphasises the importance of authentically connecting with others by developing and nurturing

positive relationships based on trust and respect. Developing and nurturing positive relationships can reduce the impact of negative experiences, build resilience and help to create positive and meaningful life experiences.

SIX DOMAINS OF *Positive Education*

Meaning

Bringing meaning to our lives is often achieved by dedicating our time to something greater than ourselves. This may involve engaging in pursuits of longer-term significance which require a greater level of commitment.

We encourage our girls to contribute in ways aligned with our school values and consistent with their own personal values and beliefs.



SIX DOMAINS OF *Positive Education*

Accomplishment

Identifying, developing and working towards goals helps girls build hope for their future. Our curriculum is designed to help our girls accomplish their goals through the development of a growth mindset. Students with a growth mindset view their ability as something they can develop through study and learning rather than as something fixed, thereby

increasing their sense of self-efficacy and motivation to learn. We approach this by recognising and celebrating mistakes as opportunities for growth and teaching the basic concepts of neuroplasticity: how the brain functions, learns, and remembers, and how it changes in a physical way when we exercise it.

“ Whenever my friends say they can’t do something, I always add the word ‘yet’ onto the end of their sentences. It is so drilled into my head now that I say it automatically.

Saffron, Year 8



SIX DOMAINS OF *Positive Education*



Positive Health

Positive health incorporates the body and the mind. Promoting positive health is of critical importance when young people are undergoing rapid emotional, physical and intellectual changes, particularly the transition periods from childhood to adolescence to independent adulthood.

Positive Education develops knowledge, understanding, practices and skills to promote physical health and well-being by encouraging our girls to take specific actions to improve their energy levels on a daily basis.

“ I have applied positive education in my everyday life by doing 10 minutes of mindfulness each day to help keep me positive, hopeful, relaxed and balanced.

Maggie, Year 10



LORETO
Mandeville Hall Toorak

THE CHALLENGES
SHE NEEDS

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