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‘Koru’ the Junior wellbeing Programme at
Tolcarne Boarding Residence

Three years ago we embarked on a Junior wellbeing Programme in our Boarding Hostel called ‘Koru’ – this has continually morphed over time which helps us keep our programme alive and relevant. Each year we have delivered our programme, collected community voice and adapted our facilitation and workshops. I would like to share with others our journey; how we started, what worked well and what didn’t, our feedback models, our programme structure and the fishhooks we discovered along the way. After 3 years we know that ‘Koru’ has started to positively impact the belongingness culture at our hostel – It has become more inclusive, more empathetic and more connected.
See Below the Development of our ‘Koru’ Programme.

KORU - Wellbeing programme connections				
METAGOAL / PURPOSE /OUR WHY				
To facilitate the growth and development of our junior students core wellbeing.				
KORU GOALS:				
<ul style="list-style-type: none"> • Grow compassion for self, others and the world around you <ul style="list-style-type: none"> • Embrace and increase social connections • Understand emotions and develop coping strategies <ul style="list-style-type: none"> • Be present, notice perspectives and reflect • Be empowered through learning • Build courage to take risks and increase resilience 				
Utilising Dweck’s Growth Mindset as a fundamental principle				
I can learn anything I want to. When I’m frustrated I persevere. I want to challenge myself. When I fail I learn. Tell me I try hard. If you success I’m inspired. My effort and attitude determine everything.				
Six C’s Graham	Compassion – self, others, and the world around us			
	Connections	Calm and Clarity	Competence	Courage
Connected too.....				
ERO Fundamental to Wellbeing	Whanaungatanga Mahi Tahī Manaakitanga	Manaakitanga	Manaakitanga Ako	Manaakitanga
NZ wellbeing curriculum HAUORA	Taha Whanau Family	Taha Hinengaro Mental & Emotional	Taha Tinana Physical	Taha Wairua Spiritual
PERMA + V Seligman	Relationships Engagement	Positive emotions Accomplishment	Vitality & health	Meaning & Purpose
EduCultural Wheel McFarlane	<u>Manaakitanga</u> The ethic of care; being kind, hospitable and caring. <u>Whanaungatanga:</u> Building and maintaining relationships; kinship; connectedness	<u>Pū manawatanga:</u> A term meaning beating heart; the pulse	<u>Rangatiratanga:</u> A term meaning autonomy; self determination	<u>Kotahitanga:</u> A term to describe unity, unity of purpose, bonding and collaboration.

Outcomes of the KORU programme				
	Self esteem Social wellbeing Empathy Kindness Gratitude Belonging Inclusion Friendships Communication	Happiness Know yourself Self confidence Sense of Achievement Resilience and Grit Optimism Expression of Thoughts & Feelings	Nutrition Sexuality Body image confidence Strength & Flexibility Activity Balance Mindfulness	Values Morals Goal Setting Faith True to self Contributing to something bigger than self