



Glенаeon

Rudolf Steiner School

Wellbeing at Glенаeon

THE CORNERSTONE OF
A MEANINGFUL LIFE

AT THE HEART OF EVERYTHING WE DO

At Glенаeon Rudolf Steiner School, wellbeing is at the heart of everything we do. From how we interact with each other, to the materials we use, the stories we tell, and the places we go. Our unique approach to promoting wellbeing helps us develop free, healthy human beings who are equipped to lead a meaningful life.



WHAT IS WELLBEING?

Put simply, wellbeing is a holistic state of health; the natural outcome of integrated and balanced experiences across the three stages of child development: early childhood (birth-7 years), middle childhood (7-14 years), and adolescence (14-21 years). By nurturing a child's physical, emotional, and spiritual growth in a harmonious way and creating an environment permeated by **goodness, beauty and truth**, we promote a state of optimal wellbeing and provide a strong foundation for future development.

THE THREE STAGES OF CHILD DEVELOPMENT

Rudolf Steiner recognised three stages of childhood development, each one underpinned by a key ideal.

Birth-7 Years: Goodness

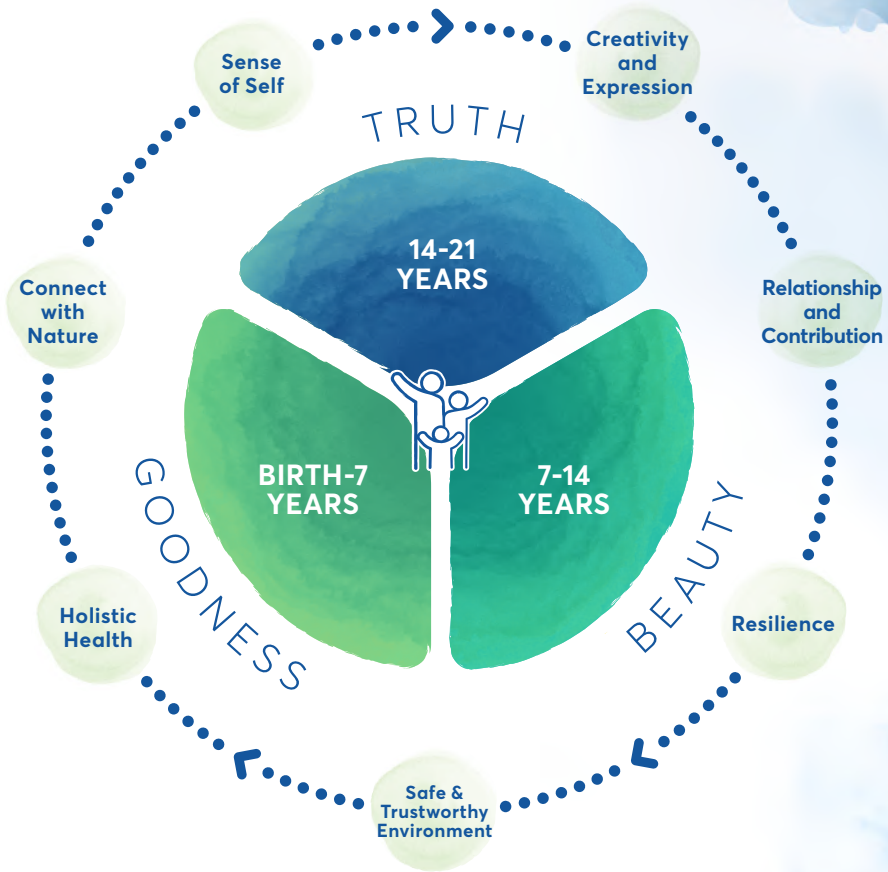
7-14 Years: Beauty

14-21 Years: Truth

These three stages are reinforced by a platform of initiatives that further promote wellbeing.

BIRTH TO 7 YEARS

In the early years at Glенаeon, children are supported by a nurturing environment where **goodness** is experienced, their needs are met, and they feel safe and recognised. Wellbeing is established through the creation of nurturing, consistent, and caring relationships that provide the warmth, healthy nutrition, movement, and sleep necessary for each child's growth. We create safe, secure, natural, and engaging environments where children can thrive.



7 TO 14 YEARS

From ages 7 to 14, children at Glenaeon are surrounded by an environment that fosters an appreciation for **beauty**. Imagination, creativity and the arts are integrated into the curriculum while children are exposed to stories that offer ethical guidance and encompass the full spectrum of human experience. Engagement with the natural world, and a developmentally appropriate curriculum are integral to holistic wellbeing during this important stage of development.

14 TO 21 YEARS

The adolescent years from 14 to 21 represent a transformative phase in the lives of our students. A sense of self is cultivated along with a yearning for **truth** and an expanding awareness of the world. During this period, attention is directed towards emerging spiritual development by fostering a sense of purpose, honing critical thinking abilities, cultivating self-awareness and nurturing personal growth.

THE SEVEN ELEMENTS

These seven elements are interwoven at every stage of development to optimise student wellbeing.

Holistic Health

Emotional, spiritual, physical and mental wellbeing promotes balance and positive lifestyle habits.

Resilience

Withstand and thrive in the face of life's challenges, building inner strength and resourcefulness.

Safe, Trustworthy Environment

Physical and emotional security, clear communication, well defined boundaries, and consistent policies provide safety and trust.

Creativity and Expression

Participation in visual and performing arts nurtures creativity and fosters self-expression.

Connection with Nature

Enhance mental and physical health through play, gardening, bushwalking and outdoor education.

Relationship and Contribution

Create interconnectedness, community, and a sense of belonging and purpose.

Sense of Self

A commitment to individuality nurtures belonging, acceptance, and self-worth.

OUR THREE TIER SUPPORT MODEL

Glennaeon aims to provide a foundation for, and to actively increase, the wellbeing of our students. If mental health intervention on a more individual level is required, we have additional staff, systems, and processes in place.

TIER 3 INTENSIVE INTERVENTION

Mental health providers

TIER 2 EARLY INTERVENTION

Pastoral care staff and external providers

TIER 1 UNIVERSAL CARE

All school staff follow our wellbeing framework



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glennaeon.nsw.edu.au/wellbeing