

The five core elements of psychological well-being and happiness PERMA+ include (Martin Seligman, Flourish, 2011)



Positive Emotion The presence of heartfelt positivity. Improve your performance and resilience by dialling up more heartfelt positivity and dialling down heart-straining negativity.	Engagement Boost your confidence, engagement and energy by developing your strengths, those things you're good at and enjoy doing.	Relationships The opportunity for genuine connection. Improve your concentration and focus by creating genuine connections with others.
Meaning The chance to make a positive difference. Heighten your motivation, commitment and sense of satisfaction by understanding how what you do positively impacts others.	Accomplishment The ability to achieve things that matter. Move beyond your present limitations and towards your true potential by challenging your fears, igniting hope and cultivating grit.	+ Nutrition, Exercise, Sleep and Study. Build a solid foundation for wellbeing by eating well, moving regularly and sleeping deeply.

	Pre-IB				Year 11				Year 12							
	Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4				
Students	Jumpstart Program (P,E,R,M)	Balanced and Risk Taker Sport Pathways (P,E,R,+)	Battle of the Bands (P,E,R)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+)	Harmony Day (P,R)	Balanced and Risk Taker Sport Pathways (P,E,R,+)	Camp (P,E,M,R)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+)	Harmony Day (P,R)	Respectful Relationships (R,+)	Retreat (P,E,R,M, +)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+)				
	Camp (P,E,M, R)	Cross Country (P,R,+)		Athletics Carnival (P,E,R,A,+)	Elevate Study Skills Session (M,A)	QEW Survey (M,A)	Battle of the bands (P,E,R)	Academy Awards (P,M,A)	GC UNI Showcase (E,M,A)	Camp (P,E,M,R)		Battle of the Bands (P,E,R)	Academy Awards (P,M,A)			
	Harmony Day (P,R)	Certificate III Opportunity (E,M,A)		Academy Awards (P,M,A)		Australian Business Week (P,E,R,M,A)	Athletics Carnival (P,E,R,A,+)	Academy Awards (P,M,A)		Cross Country (P,R,+)	Athletics Carnival (P,E,R,A,+)	Valedictory ceremony (P,M,A)				
	Elevate Study Skills Session (M,A)	QEW Survey (M,A)				Cross Country (P,R,+)				QEW Survey (M,A)		Formal (P,R)				
	CAS program and IB Core (Grit/all elements of PERMA+), Global Leaners Community (Social emotional learning program) (all elements of PERMA+). Ongoing positive strategies and initiatives driven by the wellbeing committee e.g. termly character strength focus, annual PERMA wellbeing focus, Chill zone, gratitude boards, 'Play Friday', Termly Arts Showcase afternoon, Thrive Leadership Sessions (P, R, M, +)															
	Every Year															
	Term 1				Term 2				Term 3				Term 4			
Staff	SFD Positive Psychology PD (P,M)				Staff Wellbeing Breakfast (P,R,+)				World Teachers Day (P,R,M)				Academy Awards (P,M,A) Staff Wellbeing Breakfast (P,R,+)			
Ongoing positive strategies and initiatives driven by the staff wellbeing committee and staff culture club. e.g. random acts of kindness, positive primers (P,R,M) Introduction to Positive Psychology Online Course (all elements of PERMA+)																
	Every Year															
	Term 1				Term 2				Term 3				Term 4			
Community	Year 10 Parent Meet & Greet Engagement Session- Positive Psychology (P,M) University Showcase (E)				Parent Teacher Interviews (R,M,A) Positive Psychology Interventions (E) University Entry to Medicine Showcase (E)				PD opportunity Parents & Staff Neuroscience and Wellbeing (M,P)				Parent Teacher Interviews (R,M,A) Positive Psychology Interventions (E) Academy Awards (P,M,A)			
Termly Arts Showcase Afternoon (P,E), Whole School Assemblies (P,E,R,M,A), Campus News and Need-to-Know wellbeing articles and highlights (P, R, M, A), Yearly PERMA+ Focus (P,E, R,M,A,+), Termly Character Strength Focus																