

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

Positive Emotions Optimism	Engagement Being completely absorbed in activities	Relationships Being authentically connected to others
Meaning Purposeful existence	Achievement A sense of accomplishment and success	+ Nutrition, Exercise, Sleep and Study

	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
<b>Students</b>	Jumpstart (P,E,R,M)	Health & wellbeing Day (P,E,R,+) Silent yoga Mindfulness Nutrition SBHYN sessions	Battle of the bands (P,E,R)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+) Academy Awards (P,M,A)	Harmony Day (P,R)	Health & wellbeing Day (R) Respectful Relationships SBHYN Australian Business Week (P,E,R,M,A) Cross Country (P,R,+) Careers Expo (E,M,A)	Camp (P,E,M,R) Battle of the bands (P,E,R)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+) Academy Awards (P,M,A)	Harmony Day (P,R) GC UNI Showcase (E,M,A)	Health & wellbeing Day (R,+) Drug/Alcohol Griffith University Info session Cross Country (P,R,+) UQ/Griffith University Presentation (E,M,A)	Retreat (P,E,R,M) Battle of the bands (P,E,R) Formal (P)	QA Spring into wellbeing: QLD mental Health week Initiative (P,R,M,+) Academy Awards (P,M,A) Valedictory ceremony (P,M,A)
	CAS program and IB Core (Grit/all elements of PERMA+) Mentor Learning Community (Social emotional learning program) (all elements of PERMA+) Ongoing positive strategies and initiatives driven by the wellbeing committee e.g. Chill zone, gratitude boards, 'Play Friday' (P, R, M, +)											
<b>Staff</b>	Year 1				Year 2				Year 3			
	Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4
	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,+)	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,+)	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,+)
Introduction to Positive Psychology Online Course (all elements of PERMA+) Ongoing positive strategies and initiatives driven by the staff wellbeing committee e.g. Random acts of kindness, positive primers (P,R,M)												
<b>Community</b>	Parent Meet & Greet Engagement Session- Positive Psychology (P,M) Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions Leadership Afternoon Tea (R, M,A)	PD opportunity Parents & Staff- Neuroscience and wellbeing Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions	Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions Leadership Afternoon Tea (R, M,A)	Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions	Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions Leadership Afternoon Tea (R, M,A)	Leadership Afternoon Tea (R, M,A)	Parent Teacher Interviews- Positive Psych. Interventions
	Termly Soiree 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)											