



SCOTS ALL SAINTS  
COLLEGE

## MEDIA RELEASE

28 March 2019

# Scots All Saints College announces new Positive Psychology student wellbeing ethos

Leading international author, speaker and Managing Director of the Positive Psychology Institute and CEO of APPLI, Dr Paula Robinson will visit Scots All Saints College on 4-6 April to commence introducing staff and parents to the science of Mental Fitness to help build habits of wellbeing at school, work, and life.

Dr Paula Robinson has worked with over 500 schools throughout Southeast Asia and Australia and now Scots All Saints College is delighted to be the first College within the Central West region to adopt this new ethos into its student wellbeing and pastoral care approach.

Dr Paula Robinson said harnessing positive energy in our daily lives can have profound benefits on mental health which should be a priority for every school.

“Taking a positive view on the way we live our lives is a fundamental culture shift within the school environment, focused on equipping students of Scots All Saints College with the life skills to ensure they perform at their very best and are more resilient to the stresses they may encounter in their daily life as teenagers and young adults,” Dr Paula Robinson said.

“Positive Psychology can play a crucial role in reducing depression and anxiety within the school environment and develops important skills needed throughout life. The aim is to support and improve the social, physical, spiritual and academic fitness of every student by increasing mental resilience to improve wellbeing and performance.

“With tough assignments, full schedules and day to day family responsibilities, life can be challenging for both parents and their children. It is not surprising that families forget to focus on their own wellbeing which can lead to stress, poor family relationships, feeling anxious and overwhelmed.

“We focus on equipping every boy and girl with individual mentoring to support them to grow into young men and women with a sure knowledge of who they are and how they should live,” she said.

Headmaster, Mr David Gates acknowledged the world is ever changing so it is important to provide our students with the knowledge to be agile, self-starters who can problem solve and persevere, confident in their own self-worth.

“We strongly believe it is our role to educate the whole person, and the cornerstone of this is positive mental health and wellbeing to enable every child is equipped to perform at their best,” Mr Gates said.

“Our experienced and caring teachers will now be trained in the principles of Positive Psychology by qualified psychologists to further enhance their ability to help our students find and develop their passions and talents as young adults ready for the transforming world.

“This new paradigm represents a cultural shift in how we teach, talk with students, motivate them to be the best they can be, supported by our pastoral care program which encourages our students to explore and celebrate their Christian faith and values.

“Positive Psychology has delivered outstanding results for many schools nationally and Scots All Saints College is excited to be the first school in the Central West to introduce this positive, new approach to learning and living at school. We believe it will be a game changer in education for our students,” Mr Gates said.

As the program encourages active collaboration with staff and parents, a special parent forum will be organised during Dr Paula Robinson's visit to help our College parents understand how Positive Psychology can bring benefits at home with their teenagers.

The fun and interactive forum will reveal what parents really want and need to know to help their children remain mentally fit such as:

- Discovering tips and strategies to re-establish effective communication
- Learning how to create more peace and joy in your home
- Finding out how to develop lasting bonds of mutual love and respect
- Understanding how to hear what's really going on in your teenager's life

For more information about the Positive Psychology approach adopted at Scots All Saints College, please contact 02 6331 3911 or visit [www.scotsallsaints.nsw.edu.au](http://www.scotsallsaints.nsw.edu.au)

-ends-

Editor's Note:

Dr Paula Robinson will be available for interviews in Bathurst from Thursday 4 April to Saturday 6 April.

Please feel free to visit these websites for more information – [www.positivepsychologyinstitute.com.au](http://www.positivepsychologyinstitute.com.au) and [www.appli.edu.au](http://www.appli.edu.au)

For media enquiries and interview opportunities, please contact, Mrs Mel Monico on 02 6331 3911 or 0420 870 387.