



## WELL BEING PHILOSOPHY

### **Our Philosophy**

Primary Schools are the emotional hubs of their communities. They carry, in the form of children, the hopes, aspirations, potential and possibilities for tomorrow. Simultaneously they reflect the state of the community as it exists and the history that has brought it to its current form.

In each child is held the past, present and the future as it is in the school population as a whole. Schools can and must be a positive influence on the community of which they are the hub.

Schools can, directly and indirectly, expose their communities to enlightened understandings and processes of emotional wellbeing that generate harmonious, safe and purposeful coexistence.

The development of emotional intelligence must be seen as the lifeblood of the school community, and as such it must be an integral and constant part of the schools' curriculum. It must be afforded the right of being a subject in itself as well as a process woven into the daily fabric of school life and learning.

As human beings we respond emotionally first and rationally second. Emotions have the greatest influence on our behaviour. Knowing about human emotions and understanding why and how they occur allows us to take charge of, manage and change our own behaviour.

Self-awareness, self control, self motivation, empathy and the ability to get along with others are the pillars of emotional intelligence, and constitute the pathway to health, happiness and success.

Frequently, when a student behaves inappropriately it is because emotions have taken over from reason. They have become a victim of their emotions and there is every likelihood the predominant emotion was anger or one of its derivatives. At Raywood , we teach students how to be the master of their feelings, rather than a victim of their feelings.

At Raywood Primary School we teach the children to "Make a Choice" and by making that " Choice" they themselves are responsible for the outcome.