

Wellbeing at RCHK

Guiding Principles

#heartofRCHK

Goal: Providing the tools to flourish throughout life.

DEFINITIONS

Positive Psychology: The study of strengths, and how people use them to thrive within relationships, work and play.

Positive Education: Nurturing strengths and personal motivation to promote learning and wellbeing based on a positive psychology approach.

Wellbeing: The physical, social and psychological state needed to manage life's challenges.



What we VALUE:

These are the values we share at RCHK as being important for us in building wellbeing. They are the roots of our approach to wellbeing.

RELATIONSHIPS

A thriving community, built on mutual trust, support, open communication, empathy and respect.

HEALTH

Caring for one's psychological and physical wellbeing.

APPRECIATION

Recognising our opportunities and showing gratitude for them.

A sense of ACCOMPLISHMENT

Acknowledging and celebrating the progress we make towards our goals.

ENVIRONMENT

Creating and maintaining a loving, safe and secure space for learning and thriving.

CONSTRUCTS:

A construct is an idea or theory that is formed in people's minds. In psychology, constructs are related to aspects of human personality or behaviour, and positive psychology constructs specifically focus on a person's ability to thrive.

At Renaissance College we have selected five positive psychology constructs which support our values. The content of our formal wellbeing education programme is based on these five constructs. These are some of the possible routes to wellbeing.

CHARACTER STRENGTHS

The positive parts of your personality that are the keys to being your best self.

MINDFULNESS

Bringing attention and awareness to your thoughts, feelings, bodily sensations and surrounding environment in the present moment.

POSITIVE EMOTIONS

Markers of people's overall wellbeing or happiness; they enhance future growth and success.

RESILIENCE

Bouncing back from and persisting through challenging times.

MINDSET

A growth mindset is a state of mind in which you understand that your talents and abilities can be developed.