

2026 St Hilda's Collegiate School Wellbeing Framework

'The whole person matters', where our young ākonga feel worthy and have a sense of belonging

Whiria te tāngata – weave the people together

Year level	Better Together – Toa takakini Taha whānau	Be You – Tū motuhake Taha hinengaro	Can Do – Ka Tae e au Taha tinana	Explore Faith Ara whakapono Taha Wairua
	Health Curriculum - Wellbeing			Religious Education
7	connect with community friendships Camp - biannual	Hauora Food for Brain Power and Body Function Puberty & Change	Digital Citizenship Growth mindset	Journalling Hauora - taha wairua aspect of spiritual health Jesus in my culture Identity & Beliefs Exploring emotions through the Easter story
8	Friendships Camp - biannual	Hauora Positive Puberty	Emotional regulation Beauty from around the world	Journalling Jesus in my culture Ethics, Dilemma Situations Beliefs, values respecting differences learning about <i>and</i> from others Identity, Beliefs
9	Social dilemma – digital media Vaping Lean in Girls – Relationships Part 3 session 2 (overcoming barriers and bias).	Hauroa – wellbeing models Self-care & self-compassion Sexuality and menstruation	Adolescent brain Emotional regulation Mental health	Journalling Whakatauki “Tapestry of Understanding” Inspirational Women Projects exploring different ways of praying, expressing hopes and gratitude through karakia & prayer Identity, Beliefs
10	Alcohol, vaping & NZ society Camp	Managing myself Sexuality road Lean in Girls - Leadership Module: Parts 1 (Values into action & leaderships strengths and Part 4 (Becoming an Ally)	Camp preparation and Camp Model Citizens	Journalling Identity, Beliefs The religious/spiritual heritage of my whānau, whakapapa

11	Pornography	Alcohol and vaping effects on Hauora Self-worth	Promoting positive sexuality (1) Mental Health Nutrition	Journalling Identity, Beliefs Beliefs, values respecting differences learning about and from others
12	Party culture Self Defense	Hauora Body Image & Empowerment	Promoting positive sexuality (2) Nutrition Positive Psychology Goal Setting	Journalling Beliefs, values respecting differences learning about and from others
Whanaungatanga Time				
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ALL	Whanaungatanga time term 4 School Fair (biannually) Anglican Family Care support	Waānaungatanga time term 3 Anglican Family Care support	Whanaungatanga time term 2 Anglican Family Care support	Whanaungatanga time term 1 Anglican Family Care support
Relational Learning Culture Support				
Pastoral Year Level Deans holistic wellbeing support for all ākonga - individual, small groups and whānau				
Pastoral Care and Hauora Systems				
We continually work towards having a relational learning culture that is underpinned by restorative practices.				
Year level Deans, School Counsellors x2 and School Nurse (1 hour a week)				
Termly Learner support meetings for year levels, Ākonga Māori, International ākonga, ākonga with learning needs				
Weekly Deans and Counsellor meeting for pastoral matters, 2x term with the Attendance Manager. 1x term Chaplain				
Kamar Pastoral posts from teachers				
STAR – school stepped attendance responses				
Weekly Orah Nurture Wellbeing Data – Junior students				
Bi-annual Wellbeing@ School Survey				
School TV – as a source of Wellbeing resources for whānau and ākonga. Linked to Te Karaka Manu our weekly school newsletter				
Special Chapel Services supporting our tamariki and community				
Questions Board for anonymous questions relating to anything religious, spiritual, or chapel related. Chaplain provides responses visible to all students to read				
Year level Gatherings (topics are subject to change)				
7/8	Friendships	Restorative conversations Graduate Profiles	Camp Preparation Aston Awards	Explore Faith Term 1 (Chaplin presents once to each year level and throughout the year as required)
9	Relational aggression Bullying and banter Gossip and rumours	Values Online self	Emotional literacy Course selection	

10	Relational Aggression The Up/Bystander	Self-Compassion Helpful thinking patterns Nurse	Camp Preparation Sleep Growth Mindset	Explore Faith Term 1 (Chaplin presents once to each year level and throughout the year as required)
11	Student Council	Assessment planners Career expo Course selection Nurse	Little habits becoming our ways Sleep	
12	Slut shaming Academic Buddy Support	Public health nurse – vaping education Assessment planners Coping with failure Nurse	Sleep Study Skills Leadership & Prefecture	
13	Relationships Leadership within the school	Wellbeing Career Pathways Uni Halls and Uni course applications Nurse	Sexual harm Living independently CV's Assessments	
Personal Growth Opportunities				
7/8	Orientation day Year 7/8 camp School Socials	Speak Up friends drama performance – relational aggression	Aston Awards	Chapel student involvement Anglican Family Care and other service opportunities RE Badges - Opportunities to explore faith in more depth on a personal level; there are badges for students to do if they wish at Y7&8 (part of the Aston Award), 9&10, 11&12, & 13.
9	Orientation week activities			
	School Socials	Attitude - Connected. Online friendships and safety citizenship (bi-annual)		
10	Year 10 camp School Socials	Attitude - Hardwired. Drug alcohol and Peer pressure (bi-annual)	Life Education trust – Behind the Scenes (risks of vaping) – (bi-annual)	
11		Career Expo Attitude - Sex and Relationships (bi-annual)	Loves me Not programme Life Education trust – Smashed (Safe decisions around alcohol) (Bi-annual)	
12	Year 12 Peer mentoring Formal Y12 and 13 PE camps	Attitude - Sex and Relationships (bi-annual)	STAR Gateway	
13	Yr 13 RE Treat Relay for Life Tātāriki & yr 10 Kōrero leadership Academic mentoring Formal	Life Education trust – Smarts (Financial decision making) (bi-annual) Last word speech	Change Maker Leadership development	

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Kura Connection				
7/8	Tātāriki with yr 13	SSR – P5 daily sustained silent reading Mindfulness P1/3	House Assemblies & Events Relational Learning Culture (restorative practices) Student & SLT led Assemblies weekly	Weekly Chapel Services Anglican Care Initiatives
9	Peer mentoring with Yr 12			
10	Kōrero with yr 13 Ako Kōrero – small group wellbeing			
11	Student Sport Coaches			
12	Peer mentoring with Yr 9 School Formal Student Sports Coaches			
13	Tātāriki with yr 7 Kōrero with Yr 10 School Formal Student Sports Coaches			

Kura Wide Clubs	Student Council: Student council is made up of representatives from each year level. Student reps will bring ideas and feedback from their year groups which will be used by the council in the initiatives they undertake. SAGA: Sexuality And Gender Acceptance group. This group meets weekly, it is a safe space for LGBTQIA+ students and allies, where you can meet like-minded people and make new friends. Ask Aunty Hilda: Ask Aunty Hilda is a group run by students for students, along with Marcelle. Anyone in Year and 13 who would like to be an Aunty, who is passionate about women's rights, healthy relationships, sex, sexuality and understanding and accepting ourselves and our bodies can join. Ask Aunty Hilda runs the website under the same name, and is a place for reliable information, blog posts on current events affecting women and a question-and-answer page for anything related to relationships and sex. Additionally, there is a Q and A just for puberty, for students who do not want to read questions of a sexual nature. The idea is to create discussion and talk around subjects that are often silenced and therefore continue to flourish in negative ways. Talking and sharing changes expectations and understanding. Wellbeing Committee: This is run by our Wellbeing Prefects and is an opportunity for students to participate in a variety of activities to enhance their own mental well-being and to contribute to the well-being of the school through group-led initiatives. International Buddies: This social group meet with the international students during lunchtime. It is a great way for the students to connect with young people from other countries, share their interests and culture, and make new friends. Unsubscribe: A club to encourage students to critically think about the ways in which social media creates and shapes our ideas and values about ourselves and each other as women. Critiquing current social media trends and thinking of ways to share and educate/bring attention to these issues in creative ways. Members are encouraged to unsubscribe from social media and create frameworks and boundaries for social media use and engagement. The "I UNSUBSCRIBE from and I SUBSCRIBE to" wall in Whitby is a way to involve the whole school in thinking about micro actions and social media culture. Overflow: a space for students to explore faith and support each other on their faith journey. Chapel Committee: opportunities to explore the special character of the school and take part in chapels through service and input into the spiritual aspect of school life.
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	Zonta: Student-led group focusing on empowering women and girls by organising charity events, raising funds for women's rights, and increasing community awareness, eg: Pink Ribbon Breakfast.
Kura wide art & cultural activities	Clubs: Debating, DELF, Drama Clubs, Hip Hop, Ngā Manu o Hira Tapu - Kapa Haka Group, Sings Hilda and the Junior Choir, Orchestral, Chamber Music and Rock Music groups, School Production, Theatresports. Events: The Big Sing - Biennial School Musical - Blues Awards Evening - Photography Competition - Art Exhibitions - Royal New Zealand Ballet Workshops - Rockquest/Bandquest - Group, Individual and Kapa Haka performances at parent evenings and other school occasions - Biennial Stage Challenge - Junior Orchestra Workshop Day - Artist of the Term - Arts Assemblies - Otago University Shakespeare festival - Interschool Theatre Sports Competition - NZCAF - Otago Secondary Schools Music Festival - Polyfest.
Kura wide sports	Aerobics, athletics and cross country, badminton, basketball, clay trap shooting, cricket, curling, equestrian, football, football, golf, hockey, ice hockey, multi sports, netball, rowing, rugby, swimming, touch, tennis, volleyball, water polo, water and snow sports.
Kura wide celebration	Neurodiversity week, Pink Shirt week – anti bullying, International Women’s week, Pride week, Te Wiki o te Reo Māori week, Mental Health week and more.
Whānau Connection	Tricky Chats –Webinar Series - Yr 7 and 9 Parent seminars/Parenting workshop School TV –Wellbeing resources for whānau Whānau hui Health Consultation (bi-annual)