

Positively Ignatian



An insight into **'Positive Education Through an Ignatian Lens'**.





Positively Ignatian

At Loyola College we are committed to placing wellbeing at the centre of our community.

Positively Ignatian is our whole school approach to wellbeing where **Positive Education** and Ignatian Spirituality come together to foster a community of people who flourish through meaningful, purposeful and positive action.

We call this approach ‘Positive Education Through an Ignatian Lens’

Our **Positively Ignatian** framework underpins the importance of wellbeing through people’s spiritual, cognitive, physical, emotional and social growth.

Explicitly, we teach ‘*Positive Education through an Ignatian Lens*’ through our timetabled Personal Development program, drawing from the pillars of positive psychology: **PERMA+H (Positive Emotions, Engagement, Relationships, Meaning, Accomplishments, & Health)**.

Our designated wellbeing program is comprised of timetabled stand-alone classes that are delivered as classroom-based lessons, guest speaker presentations and external provider workshops. The program is informed by age specific content, student consultation, wellbeing survey data and current trends.

Implicitly, ‘*Positive Education Through an Ignatian Lens*’ is demonstrated in the language and behaviours we exhibit in all that we do as a college community, and is reflected through our policies, programmes and procedures.

As such, we draw from our Positively Ignatian Wellbeing Literacy Tree with its roots firmly grounded in **PERMAH**. Each lantern in the tree represents an aspect of one’s wellbeing that contributes to living a flourishing life.



Positive Emotion

We strive for **Positive Emotions** through seeking to cultivate a meaningful and lasting sense of satisfaction with life. We look back on the past with gratitude.

We look to the future with hope, trust in God, in others and ourselves. We foster love, forgiveness, compassion and empathy for ourselves and for others.



Engagement

We strive for **Positive Engagement** when we focus on doing the things we truly care about. We begin to engage completely with the present moment, experiencing 'flow' and 'consolation'. We savour the present, and become mindful of where we are and what we are doing.

Relationships

We strive for **Positive Relationships** when we become true companions. Walking alongside each other, we journey together and become men and women for others. We authentically support each other while demonstrating trust and respect. We look for opportunities to perform acts of kindness, helping to create ripple effects.



Meaning

We strive for **Positive Meaning and Purpose** when we dedicate time to something greater than ourselves: God, Christian service, family and friends. Going out of our way to serve others enables us to see the world from other perspectives, building empathy and compassion. When we reflect and discern on our choices & actions, we live a life with intention.





Accomplishments

We strive for **Positive Accomplishments** when we work towards meaningful goals, and positive mindsets, maintaining motivation and hope in the face of obstacles, in order to bring about successful outcomes and develop our talents and skills. Striving for the Magis helps us to do what we do to the best of our ability.

Health

We strive for **Positive Health** when we promote our physical health through self-regulation, ensuring regular exercise, a nutritious diet and sound sleeping habits.



Using wellbeing language to intentionally influence thoughts in a positive manner enables us to improve our own wellbeing and that of others.

Integral to our whole school wellbeing approach is our Pastoral Care Program, where, through our house and mentor system, students feel known, valued and understood.

Our Pastoral Care sessions implicitly bring Positive Education and our Ignatian Charism together through a variety of initiatives that include:

Relationship building.

Goal Setting, using our unique PERMAH Template.

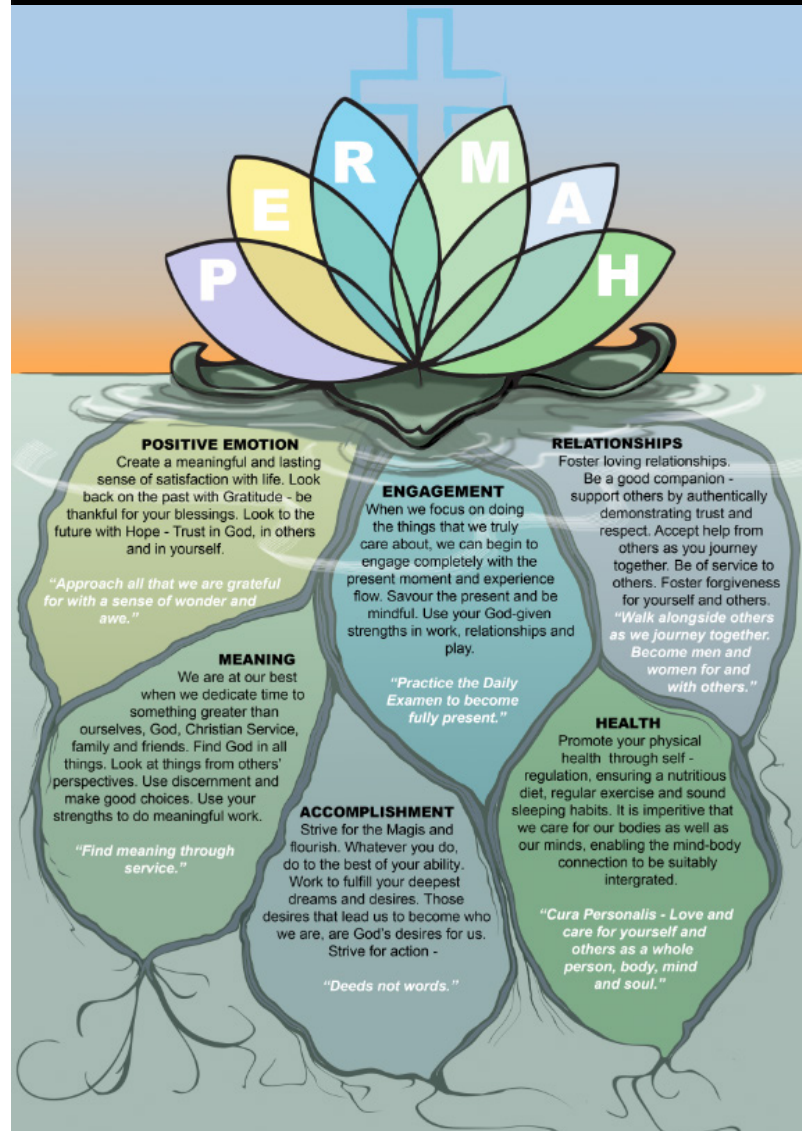
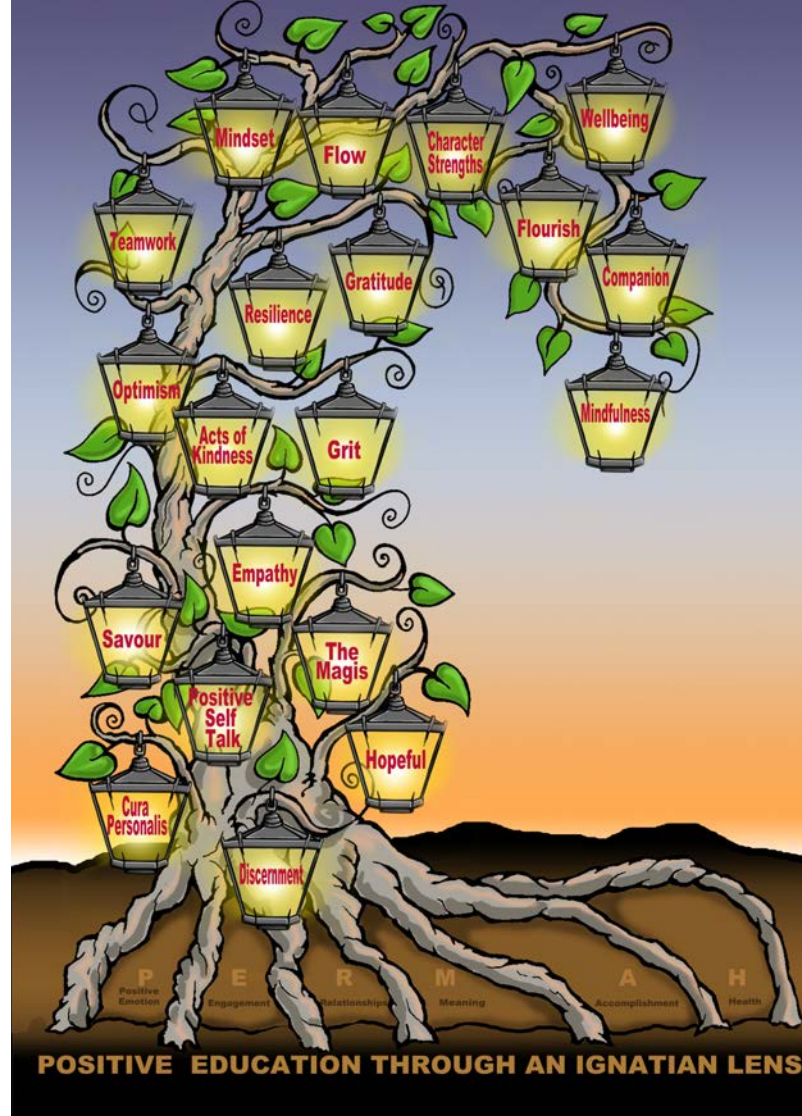
Gratitude & Hope Journaling.

Morning Prayer, drawing on our 'Character Strength Prayers'

Christian Service initiatives through the promoting and fundraising for House Charities.

Completion of our 'Bloum' wellbeing app, where students bring awareness to their emotional and social wellbeing.

Drawing on our rich Ignatian Charism provides an anchor point, keeping us connected to our mission as a Jesuit school.





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