



POSITIVE NEWS TERM 1 2016

Georgiana Molloy Anglican School

POSITIVE PSYCHOLOGY FOCUS 2016

Knowing Our Strengths

GMAS staff participated in a voluntary character survey and shared with the committee their top strengths. Knowing the strengths of our staff can help the school map future endeavours according to the top virtues amongst the staff. It is interesting to note that nearly 60% of the staff

who participated in the survey displayed 'honesty' as one of their top 5 character strengths, whereas only two staff members demonstrated 'strength in self-control'. The results of the character survey are visually represented in graph form on the following page.

STUDENTS PARTICIPATE IN CHARACTER SURVEY

Helping Students to Acknowledge Their Strengths – To Your Own Rescue.

Students from years 7-12 are currently undertaking the character strengths survey. The committee hopes that in the near future this information will be available to teachers as a means for tailoring support for both staff and students when individuals are faced with challenges that appear to be beyond the scope of understanding. Developing the ability to reflect upon problems that we face and gaining an

insight into the character virtues that shape us as individuals can be a great asset for supporting positive thinking and sound mental health, both within the classroom and beyond.

This rationale is supported by the "TO YOUR OWN RESCUE" programme, developed by the creators of the VIA Character Institute, under the direction of Dr Martin Seligman.

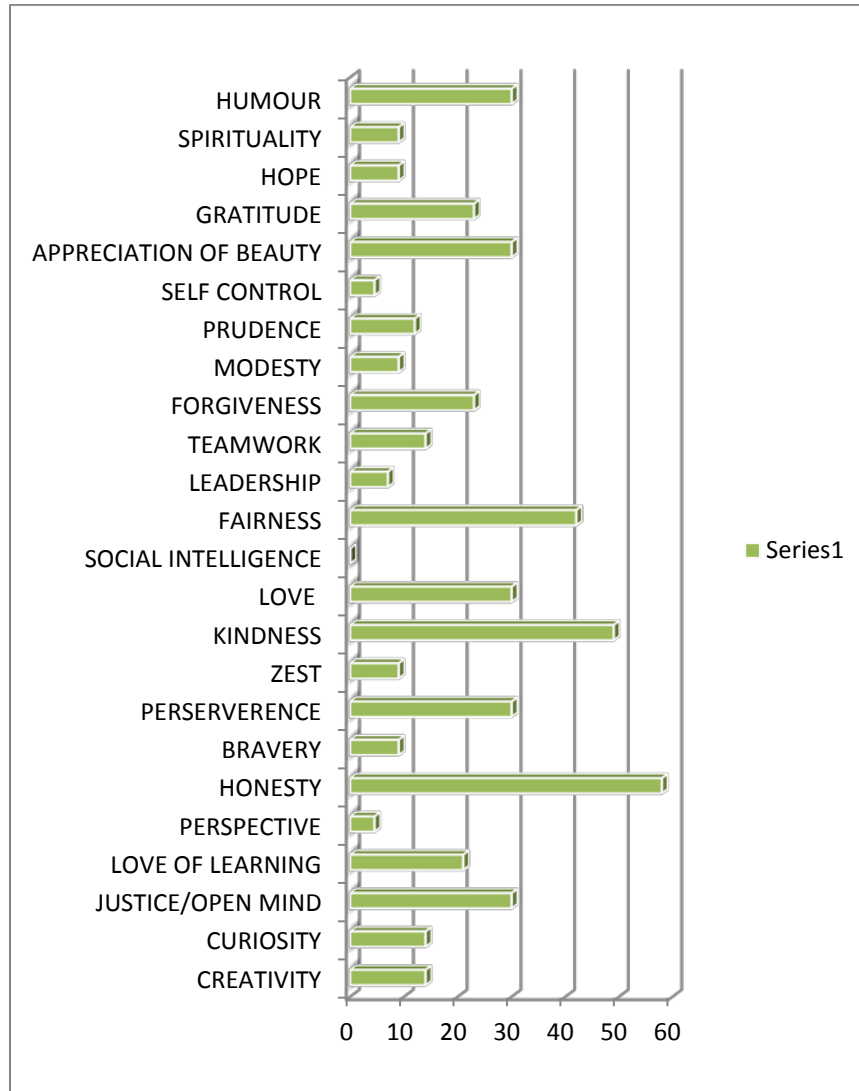
MINDFULNESS
CONTINUES TO
FLOURISH AT GMAS

POSITIVE
EDUCATION
COMMITTEE
MEMBERS BECOME
CHARACTER
STRENGTH
MENTORS TO STAFF

CHARACTER
STRENGTHS
LANGUAGE TO BE
INTRODUCED TO
THE GREATER GMAS
COMMUNITY VIA
FACEBOOK AND
WEEKLY 'WHATS
ON'.

STAFF MENTORING
BEGINS AT STAFF
MEETINGS 2016 WITH
5-10 MINUTES BEING
MADE AVAILABLE
TO THE POS ED
TEAM AS A
REGULAR AGENDA
ITEM

STAFF AT GMAS
THINK THE COFFEE
VAN IS FANTASTIC



GOALS FOR TERM 2 ALREADY SET

Professional development is already planned and booked for Term 2 with Suzy Green.

Resources to assist with character strength language and implementation have been purchased and should arrive shortly.

AWE survey being compiled at the moment and is calendared for week 10 of Term 2. This will give GMAS its first feedback data since the baseline data was collected in 2015.