


Positively Ignatian



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

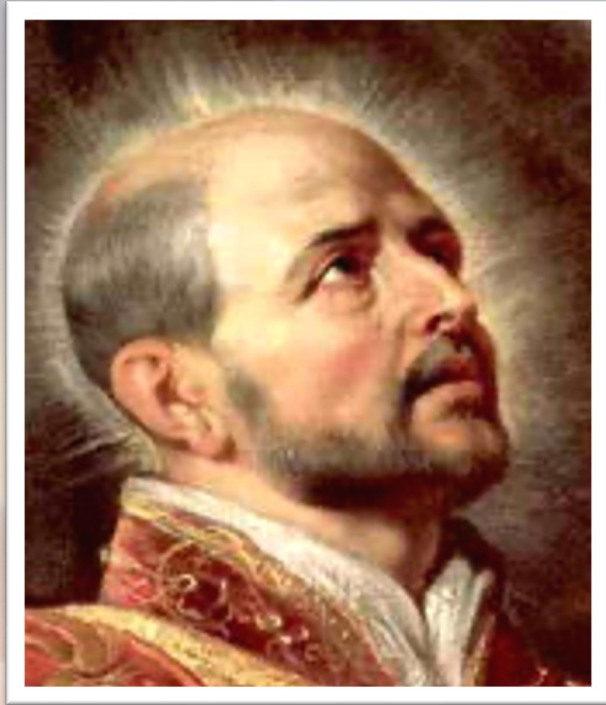


Loyola College
Watsonia, Victoria
Enrolments: 1445
(Years 7-12)



Anna Salmic
Deputy Principal Students

Jacqueline Salamon
Head of House



*Positive Psychology
and Ignatian
Spirituality*



Our Logo



Positive Education through an Ignatian Lens (PETIL)

Our Model

**We Flourish
when we are in our
Flow & Striving for the
Magis**

Doing good, for Christ, and
therefore good for others, and
feeling the benefits.

Embed It for the Greater Glory of God

Whole College policies, procedures and
practices supporting a whole school community
culture of living a Positively Ignatian life.

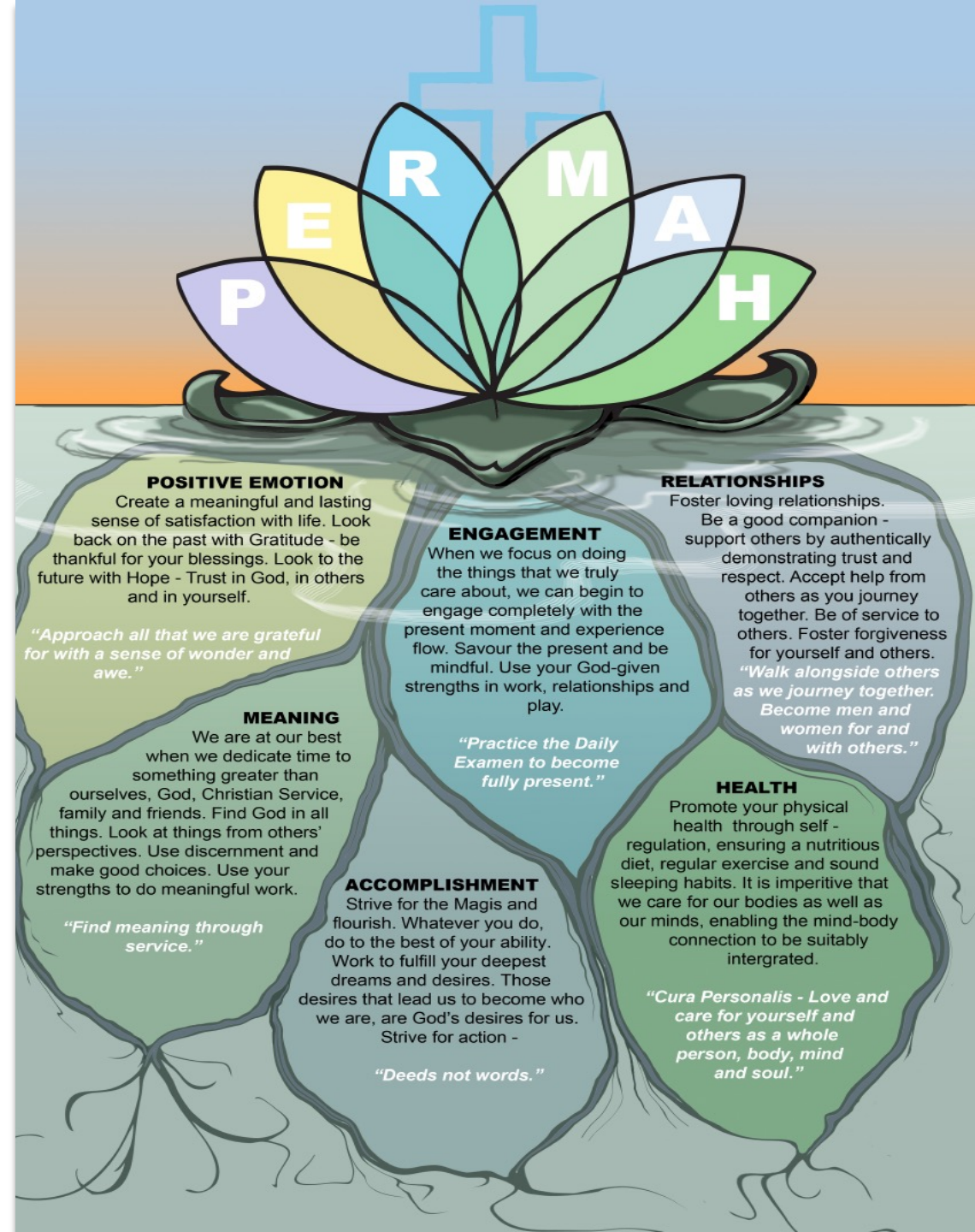
Teach It to Set the World on Fire

All staff role modelling and teaching explicit classes and integration
of implicit Positive Education instruction into curriculum.

Live It to be a School for Loving Action

Professional Learning and wellbeing programs, encourage and
support all staff to live a Positively Ignatian life.

Positive Emotion
Engagement
Relationships
Meaning
Accomplishment
Health



*Making Wellbeing Visible through
our Taught, Caught and Sought
Framework*

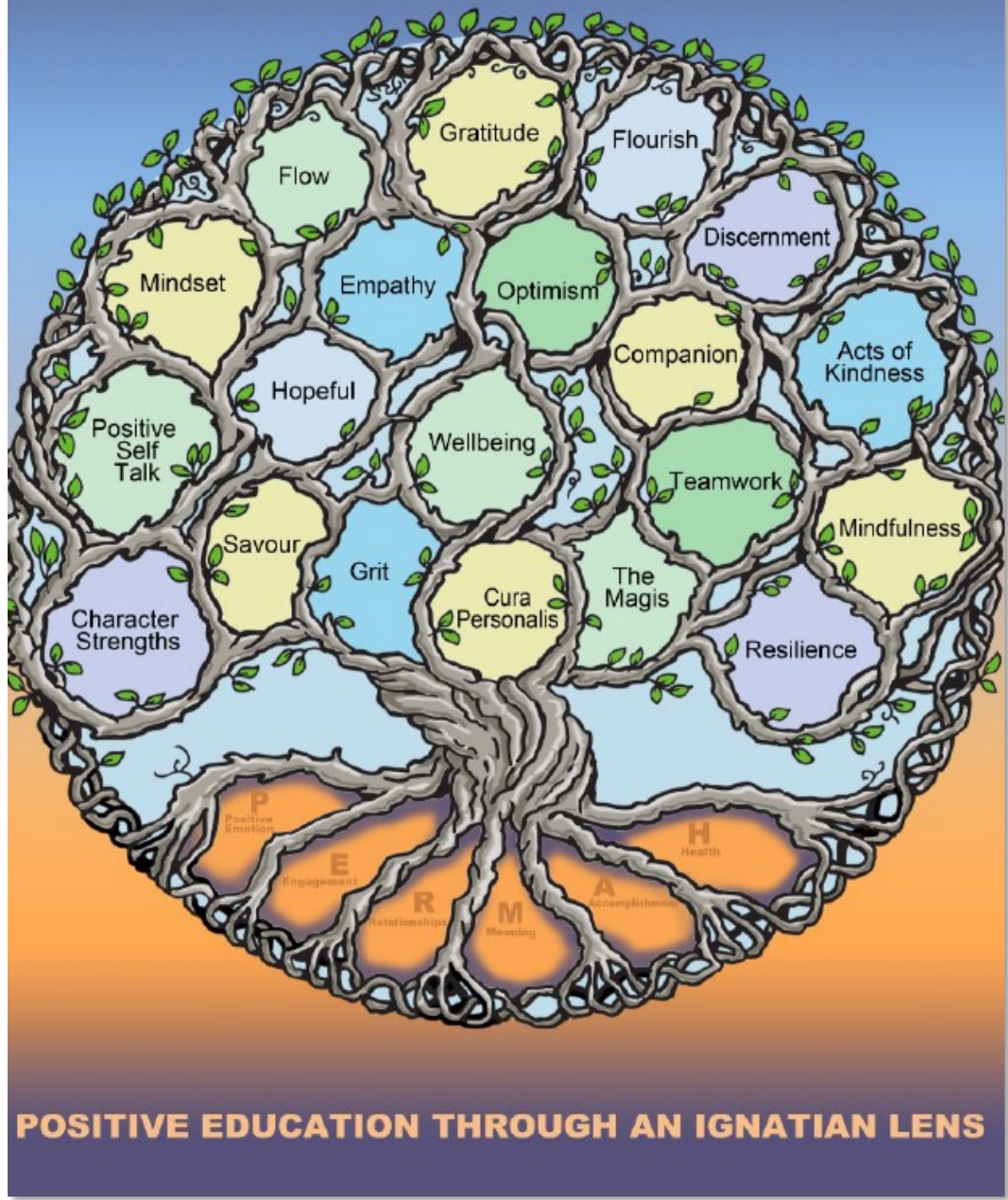


Our Taught Framework



Our Caught Framework





Wellbeing Literacy Tree

The Character Strengths of a Flourishing Life

Wisdom



CREATIVITY
Originality, adaptive,
Ingenuity



CURIOSITY
Interest, novelty-
seeking, exploration,
openness to experience



JUDGEMENT
Critical thinking, thinking
things through, open-
minded



LOVE OF LEARNING
Mastering new skills &
topics, systematically
applying knowledge



PERSPECTIVE
Wisdom, providing wise
counsel, taking the big
picture view

Courage



BRAVERY
Valour, not shrinking
from fear, speaking up
for what's right



PERSEVERANCE
Persistence, industry,
finishing what one started



HONESTY
Authenticity, integrity



ZEST
Vitality, enthusiasm, vigour,
energy, feeling alive and
activated

Humanity



LOVE
Both loving and being
loved, valuing close
relations with others



KINDNESS
Generosity, nurturance,
care, compassion, altruism,
"niceness"



SOCIAL INTELLIGENCE
Emotional intelligence,
aware of motives/feelings
of self/ others, knowing
what makes others tick



LOYOLA COLLEGE

Justice



TEAMWORK
Citizenship
Social responsibility
Loyalty



FAIRNESS
Just, not letting feelings
bias decisions about others



LEADERSHIP
Organising group activities,
encouraging a group to get
things done

Temperance



FORGIVENESS
Mercy, accepting others
shortcomings, giving
people a second chance



PRUDENCE
Careful, cautious, not taking
undue risks



SELF REGULATION
Self-control, disciplined,
managing impulses &
emotions



HUMILITY
Modesty, letting one's
accomplishments speak for
themselves

Transcendence



**APPRECIATION OF
BEAUTY & EXCELLENCE**
Awe, wonder, elevation



GRATITUDE
Thankful for the good,
expressing thanks, feeling
blessed









HOPE
Optimism, future-
mindedness, future
orientation



HUMOUR
Playfulness, bringing smiles
to others, lighthearted



SPIRITUALITY
Religiousness, faith,
purpose, meaning

					
wisdom	courage	humanity	transcendence	justice	moderation
<ul style="list-style-type: none"> //creativity //curiosity //judgement //love of learning //perspective 	<ul style="list-style-type: none"> //bravery //persistence //honesty //zest 	<ul style="list-style-type: none"> //love //kindness //social intelligenc 	<ul style="list-style-type: none"> //appreciation of beauty //gratitude //hope //humour //spirituality 	<ul style="list-style-type: none"> //teamwork //fairness //leadership 	<ul style="list-style-type: none"> //forgiveness //modesty //prudence //self-control

24 Character Strength Prayers

Goal Setting Incorporating PERMAH

MY GOALS: Semester 1

Student Name:

Year:

Mentor:

Academic:

Strategies to achieving goal:

Step 1:



Step 2:



Step 3:

Academic:

Strategies to achieving goal:

Step 1:



Step 2:



Step 3:

Academic:

Strategies to achieving goal:

Step 1:



Step 2:



Examples of Academic Goals and Strategies incorporating PERMAH

PERMAH

- Positive Engagement
- Positive Accomplishment

Improve my results

-identify a percentage point or grade that you would like to strive for

Improve subject/skill understanding

- listen during teacher explanations
- ask for assistance when confused
- record and complete all homework

Improve my organisation

- identify what materials are needed for each class and bring all materials to each lesson.
- retain a neat locker and workbooks, checking & maintaining this every two weeks.
- record important dates and homework for each subject in the diary.
- use class time effectively
- employ a consistent routine



Improve my attitude

- behave appropriately
- display a positive attitude
- identify and manage stress
- be the best I can be

Examples of Academic Goals and Strategies Incorporating PERMAH

PERMAH

Positive Engagement & Accomplishment

Improve my results

Identify a percentage point or grade that you would like to strive for.

Improve subject/skill understanding

Listen during teacher explanations.

Ask for assistance when confused.

Record and complete all homework.

Improve my organisation

Identify what materials are needed for each class and bring all materials to each lesson.

Retain a neat locker and workbooks, checking & maintaining this every two weeks.

Record important dates and homework for each subject in the planner.

Use class time effectively. Employ a consistent routine.

Improve my attitude

Behave appropriately.

Display a positive attitude.

Identify and manage stress.

Be the best I can be.

Examples of Academic Goals and Strategies Incorporating PERMAH

PERMAH

Positive Emotions, Relationships & Meaning

(P) Strive to experience some of the following positive emotions:
Joy, Hope, Serenity, Gratitude, Kindness, Confidence, Enthusiasm, Pride, Love.

(R) Make new friendships
Talk to at least one new person each week
Sit next to a different person in one class each week.

(M) Go out of my way to make a difference
Cook a meal for my family
Invite others into my friendship group
Become involved in some Christian Service activities.

PERMAH

Health

Increase fitness & 'Get in shape'
Identify a realistic & healthy diet to meet nutritional needs.
Increase exercise through activity or sport
Allocate specific days and times.



LEAN IN & STEP UP



NAVIGATING OUR WELLBEING THROUGH AN IGNATIAN LENS DURING COVID 19



CURA PERSONALIS
CARE FOR THE ENTIRE PERSON
"Our talents, abilities, physical attributes, personalities, desires, hearts, faith and minds are equally worthy of care and attention"
Ignatian Spirituality

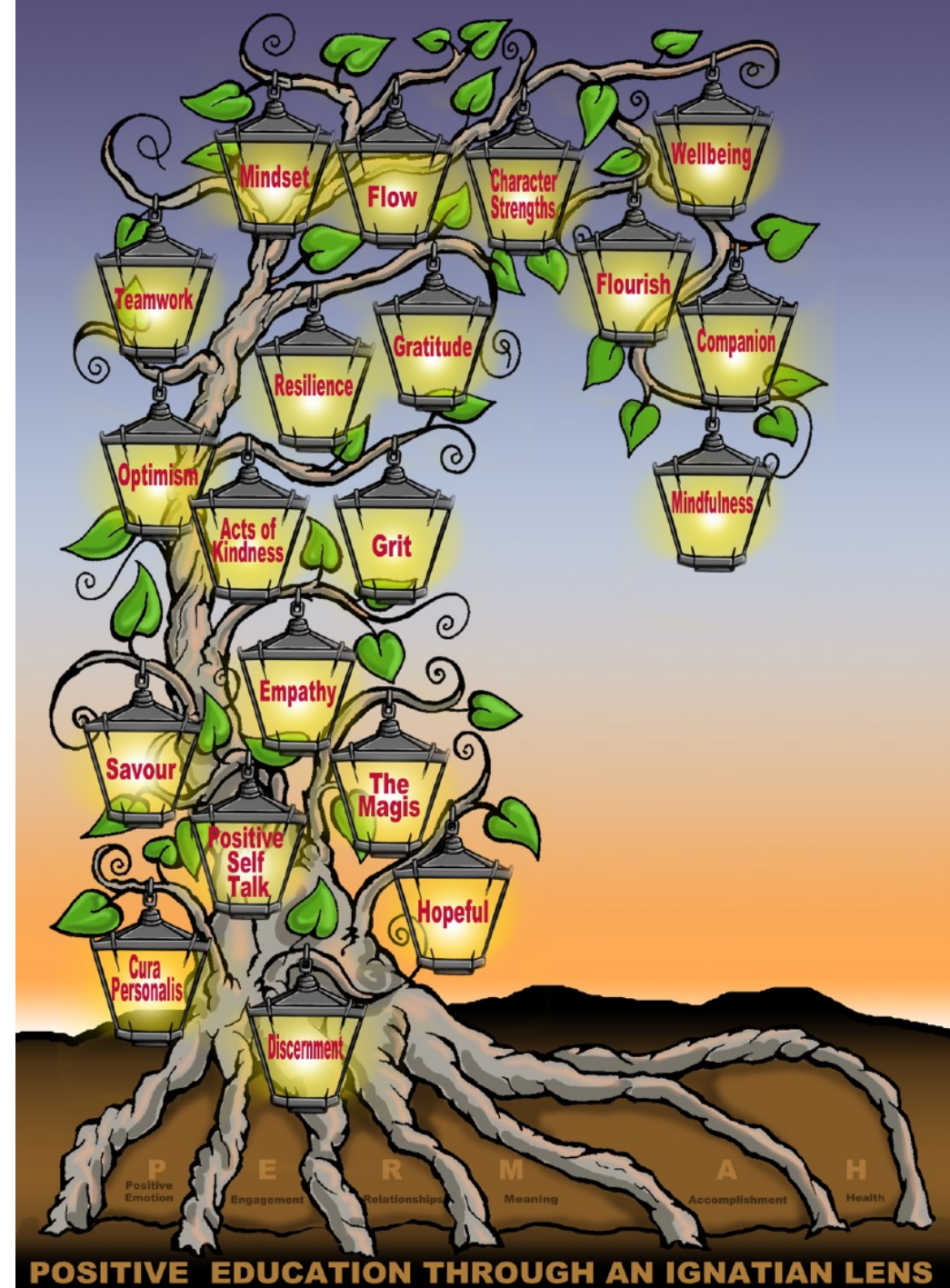
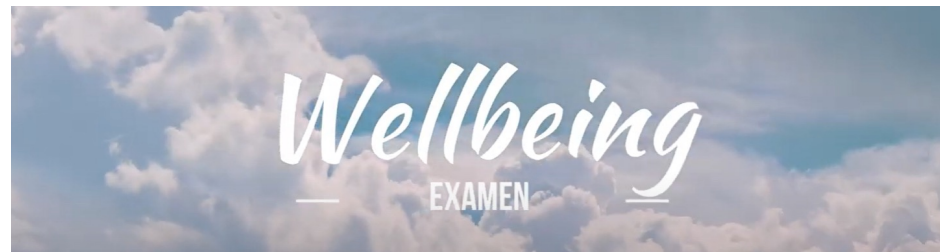
MIND
MAINTAIN DAILY ROUTINES
PRACTISE MINDFULNESS
BE AWARE OF YOUR MINDSET
BE RESILIENT

BODY
WASH HANDS
MAINTAIN SOCIAL DISTANCING
SLEEP 7-9 HOURS A DAY
EXERCISE WALK OR RUN
NUTRITION EAT WHOLESOME
FOOD AND DRINK PLenty
OF WATER

SOUL
BE A COMPANION TO OTHERS
STAY CONNECTED
WITH FAMILY
AND FRIENDS
SAVOUR THE SMALL
MOMENTS
PRACTISE DAILY GRATITUDE
PERFORM ACTS OF KINDNESS
PRAY.

Student Wellbeing Campaigns

Weekly Examinens



Our Sought Framework



Wellbeing

EXAMEN

