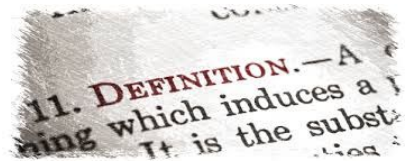


## Wellbeing @ BIS HCMC

At BIS HCMC, we believe a great education is one that balances excellent academic outcomes, positive wellbeing and character development. We believe that by establishing a partnership between parents, teachers and students to create the right conditions, our students develop into global citizens who take responsibility for their own wellbeing and that of others, with the skills and dispositions to truly flourish.

### Definition of well-being



- *Feeling good and functioning effectively.*
- *Having the skills to respond to challenges and setbacks*
- *Having a positive sense of self, positive connection with others and with the wider world.*

**(H. Street ,2018)**

These foundations of wellbeing are intrinsically valuable and contribute to a variety of positive life outcomes. In addition, we also understand the positive correlation between good wellbeing and excellent academic outcomes. We believe that explicitly teaching wellbeing to our students supports the development of a culture and ethos in our school which creates an environment in which our students can flourish and thrive in their school life and beyond.

We have drawn on the most up-to-date academic research and worked with world leading schools in the field of positive education to develop a Wellbeing Curriculum which supports the development of social and emotional competencies associated with greater health, wellbeing and better achievement.

Our Wellbeing Curriculum is designed to develop the social, physical and psychological aspects of our students' lives and empower them with the

tools necessary to not only enjoy the great moments but also to ‘bounce back’ in times of adversity.

The Wellbeing Curriculum is underpinned by the work of Professor Martin Seligman’s “PERMAH model”, an approach to developing wellbeing which is built around the six key elements of positive emotions, engagement, relationships, meaning, accomplishment and health.

A key ingredient in the success of our Wellbeing curriculum is the development of strong relationships between student, school and home.

If you have any questions or feedback about the Wellbeing curriculum, please contact Mr Robbie Alexander, Head of Middle Secondary (Pastoral & Wellbeing) at [robert.alexander@bisvietnam.com](mailto:robert.alexander@bisvietnam.com)

<https://www.nordangliaeducation.com/our-schools/vietnam/ho-chi-minh-city/bis/news-and-events#blog/category/healthwellbeing>

Through the sharing of the Wellbeing Curriculum, including an outline of the themes explored in lessons, we hope to encourage a sense of connection between school and home that can contribute towards an overall sense of wellbeing.