



SENIOR SCHOOL

KWS Wellbeing Framework

The KingsWay School Wellbeing Framework is our vision for enabling our young people to live a thriving, purpose driven life.

It has four essential features; the hub, the rim and tyre, the spokes and the inner tube. Together these fashion a well-being wheel - indicative of the interconnectedness of all features to the successful movement of a person towards sustained wellbeing in their life.

The Hub: Faith

At the centre of every wheel is a hub. The hub is pivotal and essential. Without it, the wheel loses all structural integrity and becomes worthless. The KWS wellbeing framework places Faith as it's hub. This is based on our understanding that:

- Everyone has 'faith' in something.
- Optimal wellbeing is based on faith in Christ's atoning work on the cross, God's Word, and the counsel and wisdom of the Holy Spirit.
- Faith aside from Christ can still bring a degree of wellbeing that is attainable for all under common grace.

The Rim and Tyre: Wellbeing

The wheel rim and tyre is literally where the 'rubber meets the road'. For this reason, the rim and tyre is seen as the successful outworking of wellbeing in life. Where the hub and spokes are regularly cleaned and tuned, the rim and tyre spin straight and true through varying trails of life; whether rough terrain or smooth.

The Wheel Spokes: Resourcing Wellbeing

Wheel spokes connect the hub to the rim and transfer structural strength and torque to the exterior of the wheel. Wheel spokes require regular cleaning and tuning so to ensure correct strength and tension. In the same way, the five spokes of the KWS wellbeing wheel resource our young people to provide strength and support for their overall wellbeing.

None of the five spokes stand alone and all are important for the overall integrity of the rim and tyre. Should one crack or bend, the wheel no longer runs straight and true. In the same way, all spokes are connected to the hub, transferring the power and energy within it through each to the rim.

Spoke 1 : Identity & Belonging

Be secure in who I am in Christ and my place in the biblical meta-narrative

Indicators:

- Defend who I am in Christ and what God says about me.
- Have certainty about what God says about me and my sense of belonging in His narrative.
- Challenge unhelpful or contending messages about who I am and what God says about me.
- Possess a strong internal script about who I am and what I believe.
- Allow certainty about who I am inform my relationships with God and others.
- Allow certainty about who I am inform my relationship choices.

Spoke 4 : Growth & Resilience

Embrace challenge as essential to thriving amidst the highs and lows of learning, life and love.

Indicators:

- Actively try, fail, reflect and go again in all areas of life.
- Recognise challenges in my life and enact strategies to overcome them and support others to do the same.
- Celebrate my successes and those of others.

Spoke 2 : Purpose

Know what I value and that this shapes how I use my strengths and talents in action

Indicators:

- Know God's design for me and my life.
- Identify core values, knowing that these values shape how I do life.
- Articulate and practice strengths/talents when living life.
- Allow clarity of purpose to inform a vision of the future for the way I do life.
- Articulate and action what purposeful living looks like for me.

Spoke 3 : Action

Act in accordance with my purpose for the glory of God and in the service of others even when I don't feel like it.

Indicators:

- Identify barriers to action, problem solve and enact strategies to overcome them.
- Engage in small, intentional action steps that shape my future picture.
- Be bold and courageous taking action in all circumstances.
- Live a healthy lifestyle.
- Acting when others cannot or will not, to serve and love.
- Act out my future legacy today in the service of God and others.

Spoke 5 : Hope

Confident expectation of living a thriving, purpose driven life

Indicators:

- Articulate what wellbeing looks like for me in relation to Hauora (Te Whare Tapa Wha)
- Recognise seasons in my life and how these relate to the future picture of my life.
- Know the hope for my life - my future picture - and have plans in place to walk in that direction.
- Hold hope for others when they are unable to do so themselves.