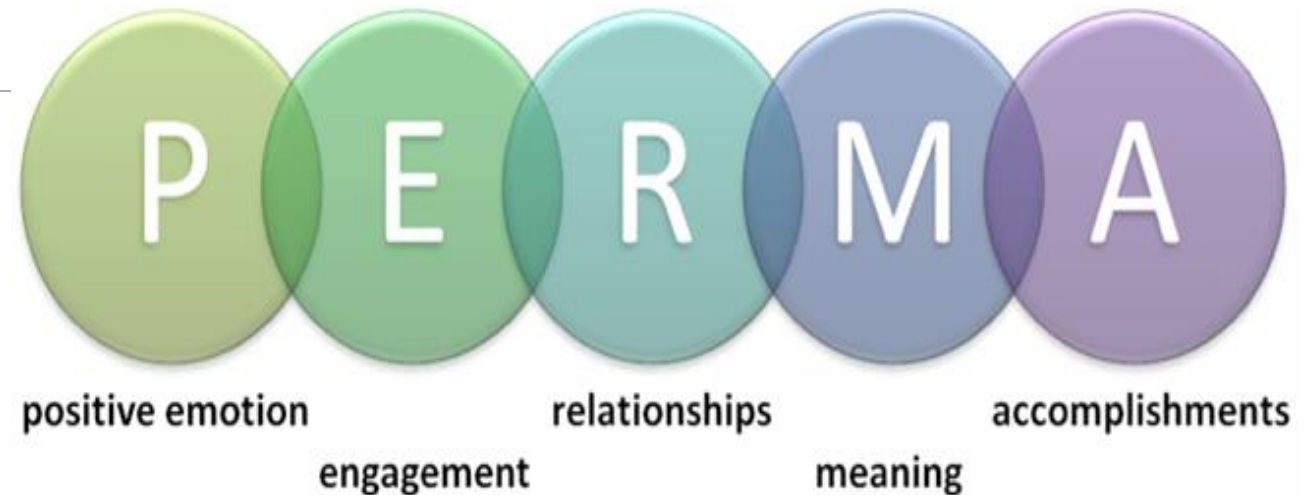The journey of Positive Education at HKUGA Primary School

正向教育之旅 –
推行正向教育校本經驗分享

黃桂玲校長
Ms Christina Wong
2 July2021

(I) What is Positive Education?
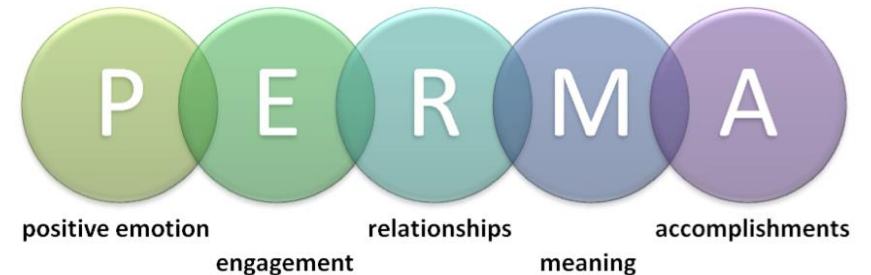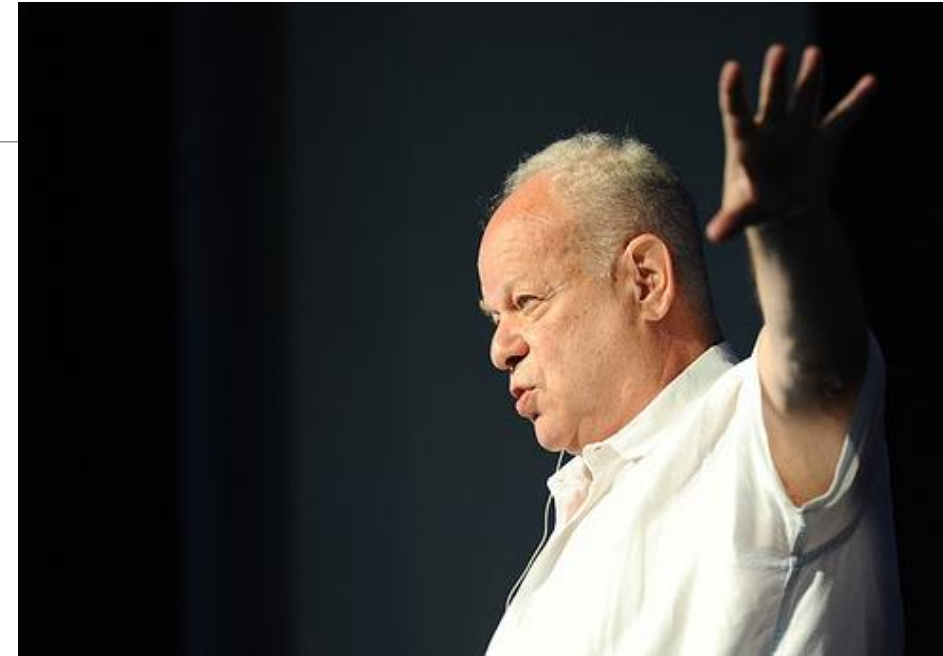

PERMA

positive emotion

engagement

relationships

meaning

accomplishments

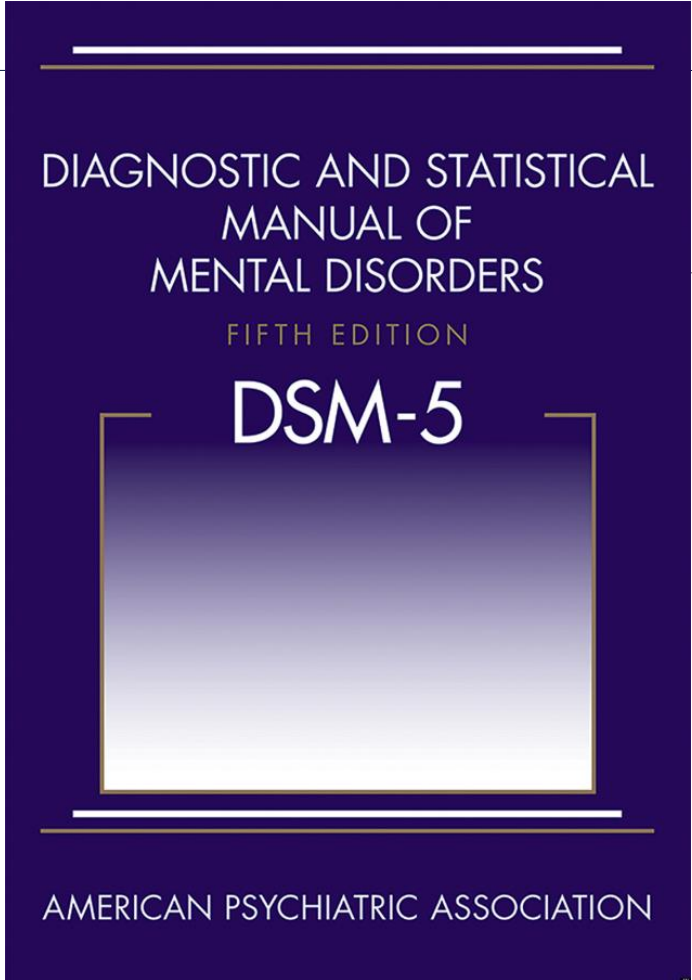

POSITIVE PSYCHOLOGY

正向心理

"**Positive Psychology is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.**"

Martin Seligman

P E R M A

positive emotion — engagement — relationships — meaning — accomplishments

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION

DSM-5

AMERICAN PSYCHIATRIC ASSOCIATION

Vs

And

Character
Strengths
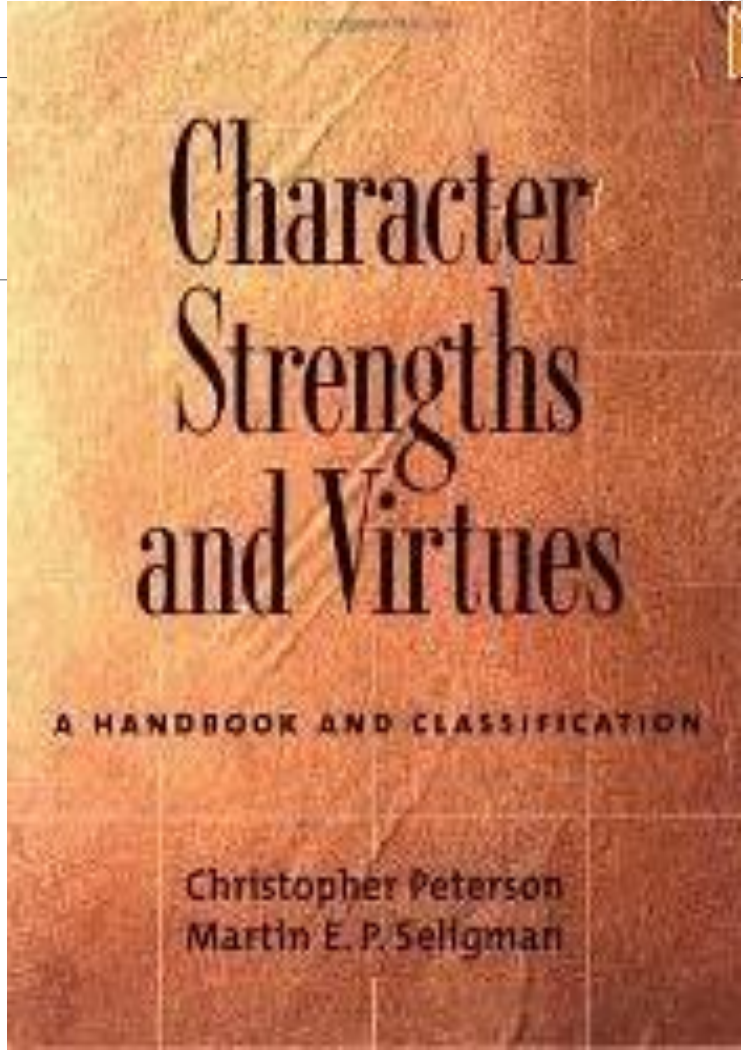and Virtues

A HANDBOOK AND CLASSIFICATION

Christopher Peterson
Martin E. P. Seligman
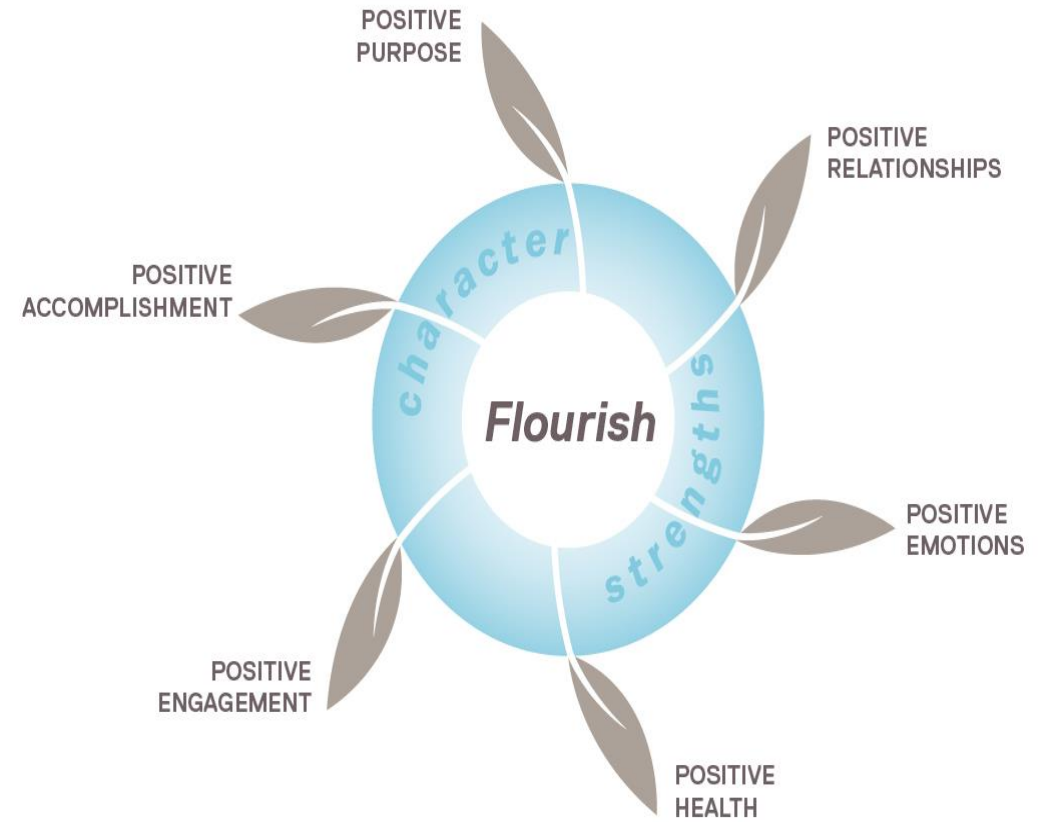
What is wrong with you?

What is right with you?

THE GEELONG GRAMMAR SCHOOL MODEL FOR POSITIVE EDUCATION IS A SCIENCE-INFORMED CONCEPTUAL AND APPLIED FRAMEWORK FOR SCHOOLS TO ENCOURAGE AND SUPPORT THEIR STUDENTS AND STAFF TO FLOURISH.
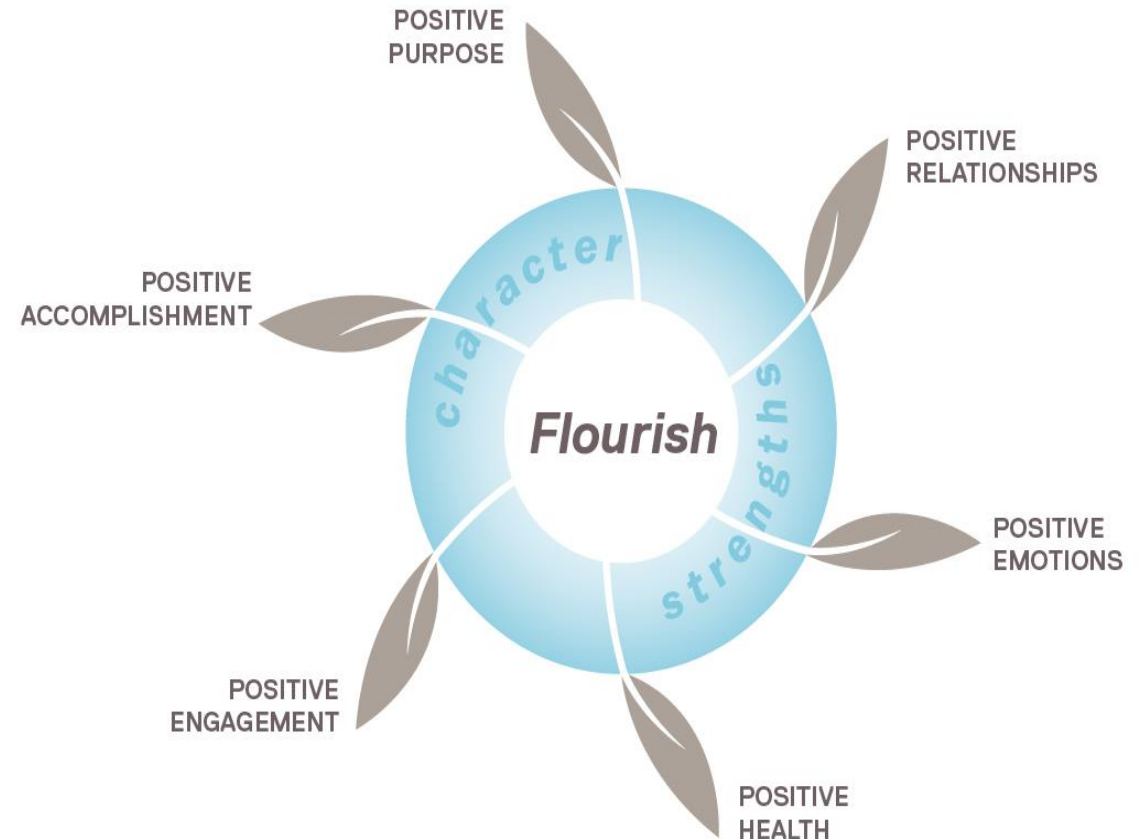

A MODEL FOR POSITIVE EDUCATION

What is Positive Education?

Teaching children to flourish intellectually, emotionally, socially and physically and developing children's well-being through 6 levers

- Positive Purpose
- Positive Relationships
- Positive Emotions
- Positive Health
- Positive Engagement
- Positive Accomplishments

What is Positive Education?

Building character strengths that

◦ **Are universally valued**   **Exist within each of us**

wisdom	**courage**	**humanity**	**transcendence**	**justice**	**moderation**
//creativity	//bravery	//love	//appreciation of beauty	//teamwork	//forgiveness
//curiosity	//persistence	//kindness	//gratitude	//fairness	//modesty
//judgement	//honesty	//social intelligence	//hope	//leadership	//prudence
//love of learning	//zest		//humour		//self-control
//perspective			//spirituality		

© 2012

VIA Character Strengths & Virtues
(Peterson and Seligman, 2004)
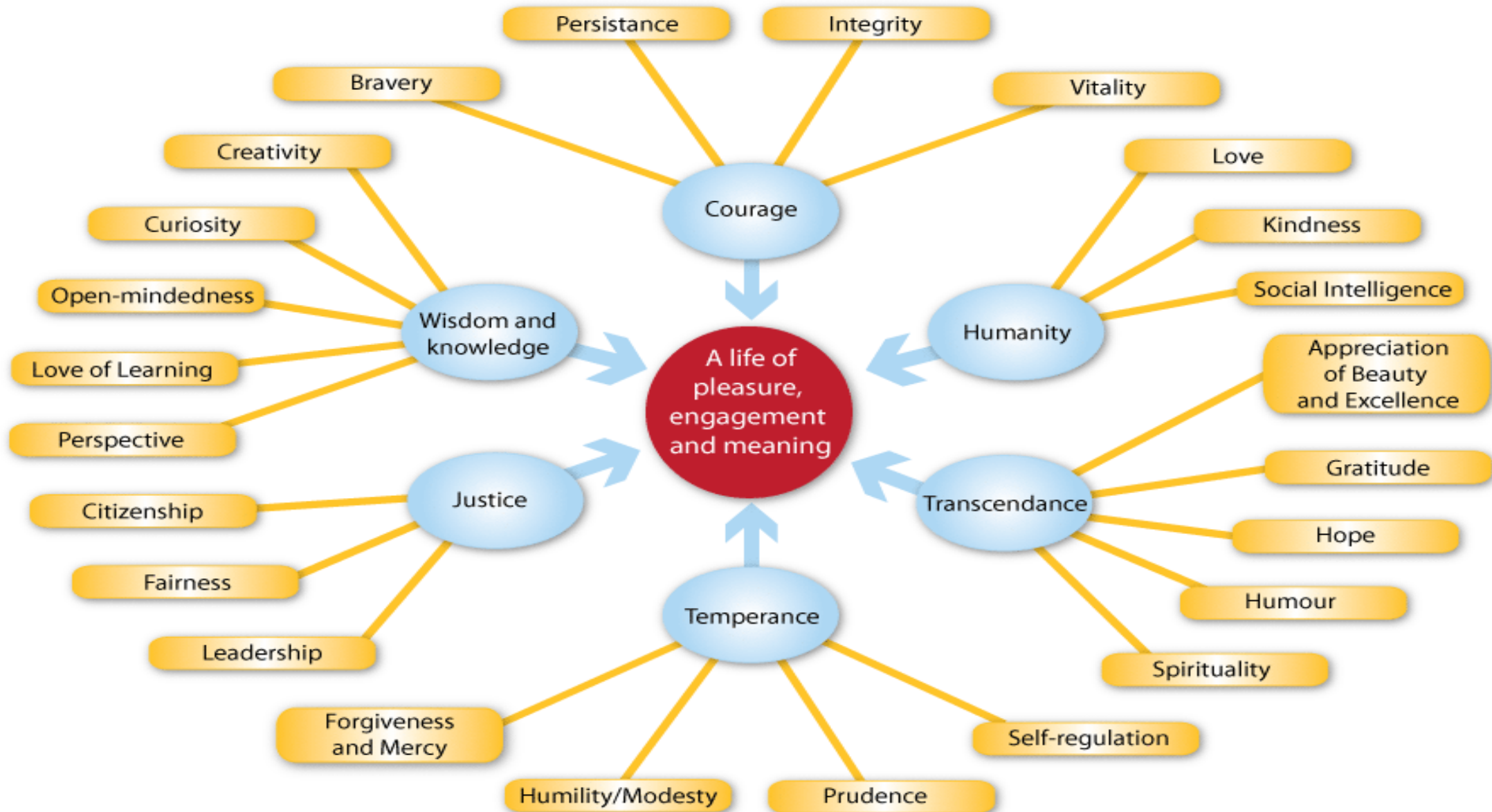
1) Positive Relationships

DEFINITION
◦ Increasing social and emotional skills in order to create and promote strong and nourishing relationships with self and others

TOPICS
◦ **Social Intelligence**
◦ **Friendship and Teamwork**
◦ **Positive Resonance**
◦ **Kindness**
◦ **Compassion**
◦ **Empathy**
◦ **Forgiveness**

2) Positive Health

DEFINITION
◦ **Practising sustainable habits for optimal physical and psychological health**

TOPICS
◦ **Physical Health: Sleep, Nutrition, Exercise**
◦ **Energy Management**
◦ **Resilience**
◦ **Optimism**
◦ **Mindfulness Training 靜觀**

3) Positive Engagement

DEFINITION

◦ **Promoting complete immersion in activities** through understanding the nature of engagement, the pathways to it and the function it has in individual wellbeing

TOPICS

◦ **Flow**

◦ **Curiosity and Interest**

◦ **Creativity and Passion**

◦ **Motivational Theory**

◦ **Self-Determination Theory**

◦ *Character Strengths*

Applying Model for Positive Education
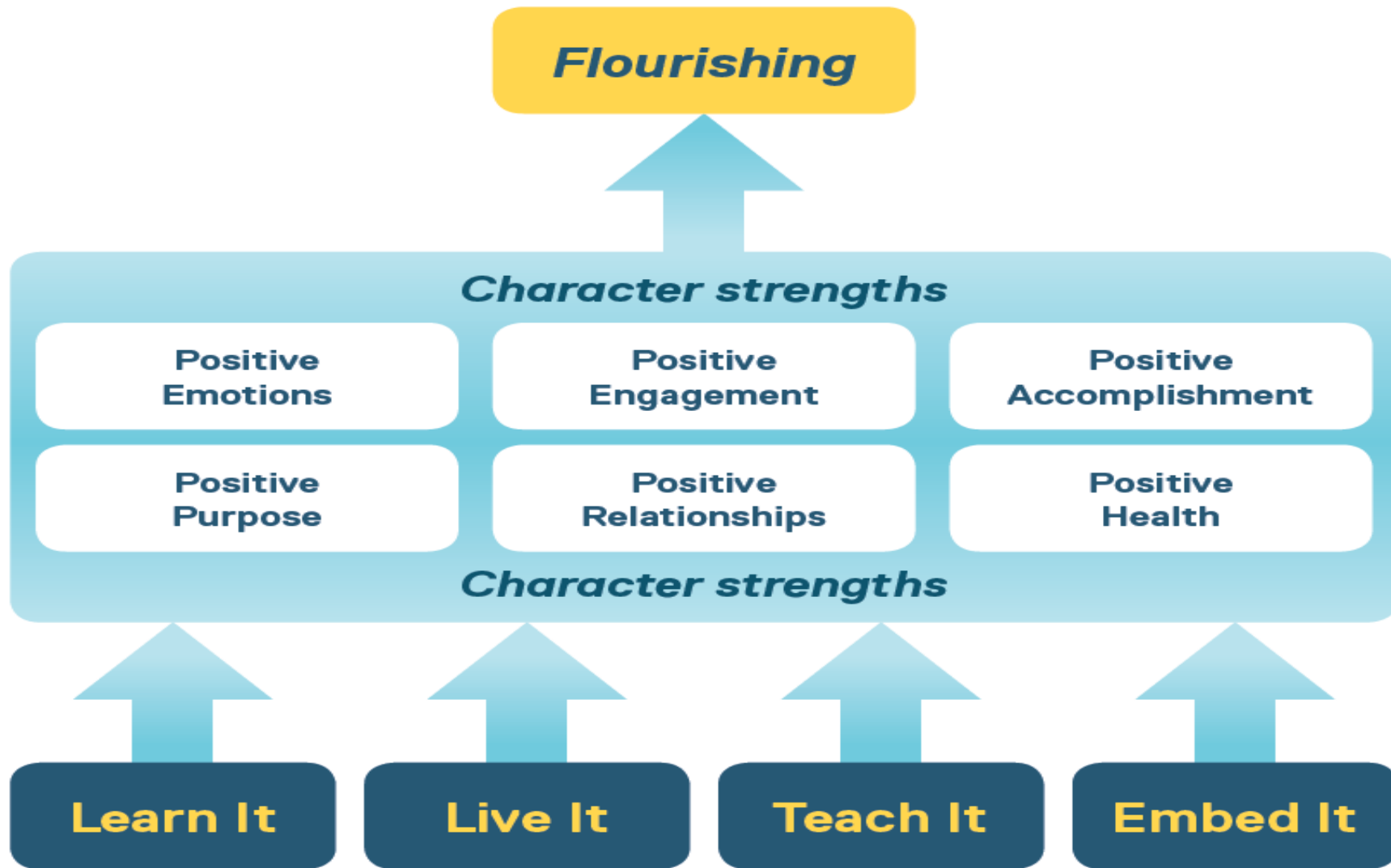
A Quality School with Happy and Responsible Learners

(II) 3 years School Development Plan (2019-2022)

Major Concern 1

Implementing a whole school approach to foster wellbeing through Positive Education

- Learn It   Teach It   Live It   Embed it

1.1 To ensure new staff and members and parents are equipped with the knowledge of Positive Education

1.2 To enhance teacher's capacity in fostering wellbeing through Positive Education

3 years School Development Plan (2019-2022)

Major Concern 1

Implementing a whole school approach to foster wellbeing through Positive Education

- Learn It   Teach It   Live It   Embed it

1.3   To incorporate wellbeing practices into existing curriculum and students' life

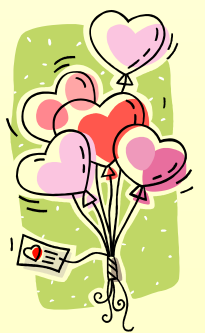**1.4   To engage parents and community to promote Positive Education**
   - Parents Resource center,   book club,   sharing ambassadors , volunteers,…

(III) 生命教育 Life Education ---Caring , Passion, Gratitude

生命教育
Life Education

生命教育 Life Education

以正向教育 (Positive Education)
培養學生身心健康及正確價值觀

Feeling Good and Doing Good

Flourishing

" One of the Core aims of Positive Education is that individuals flourish –that they have greater wellbeing, a greater sense of purpose , and more life satisfaction. We want people to live the life that they have been given for the short portion of time they have been given it –and to enjoy it more. "

Stephen Meek, Principal
Geelong Grammar School
Positive Education – The Geelong Grammar School Journey

Flourishing Tree
— OF LIFE —

Why Positive Education ?
* Well being of everyone

➢ **To help students / staff develop a positive outlook on life .**

➢ **Just positive thoughts are not enough , we need to promote strong and nourishing relationships with self and an others –   Positive feelings and actions.**

➢ **Not a new theory / concept in HKUGAPS.**
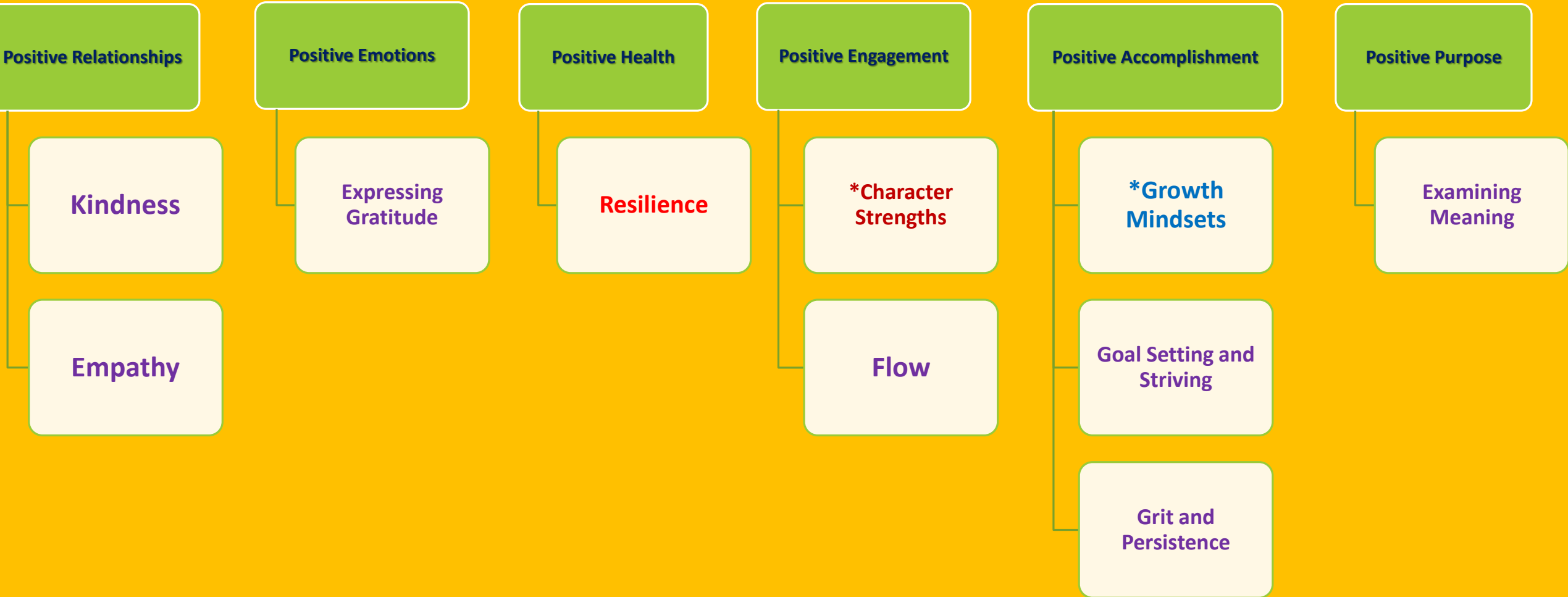
Guiding principles

The "Positive Education Model" from Geelong Grammar School will be our main reference

◦ **Whole School approach to implement Positive Education**

◦ **All staff (teachers) should be "involved" in promoting**

 Positive Education

◦ **Priority: Positive Relationship, Positive Health , Character Strength**

Learn it . Teach it. Live it. Embed it

Selected 10 Key Development Focus on Positive Education

Positive Relationships	Positive Emotions	Positive Health	Positive Engagement	Positive Accomplishment	Positive Purpose
Kindness	Expressing Gratitude	Resilience	*Character Strengths	*Growth Mindsets	Examining Meaning
Empathy			Flow	Goal Setting and Striving	
				Grit and Persistence	

*Character Strengths and Growth Mindsets should be taught first among all these topics

Positive Education 3-year Plan (2017-2020)

Expected Outcome	Work Plan	17-18	18-19	19-20
Teachers can master and internalize Positive Education with confidence. Make Positive Education part of our school culture.	**Bring in overseas and local experts: Advise on the philosophy, design, implementation, evaluation, etc.; Organize training**	✓	✓	✓
	Support teachers to attend training locally and overseas: All teachers are to complete "Discovering Positive Education" by GGS	✓	✓	✓
	Build Positive Education School Culture: School departments and committees are to take Positive Education into considerations when developing work plans and strategies	✓	✓	✓
Developed a school-based Positive Education Curriculum in 2019/2020 with an evaluation	**Work with local expert to localize Positive Education Curriculum to best fit our school and teachers**	✓	✓	✓
The level of positive energy is enhanced in students. Positive virtue and attitude towards life as well as resilience are internalized.	**Conduct research with local expert**	✓	✓	✓
Parents are educated to be our ally in promoting Positive Education so that students can experience Positive Education holistically	**Introduce to parents the concept of Positive Education and success cases overseas. Establish Positive Education Parental Group through collaboration with PTA**		✓	✓
To promote Positive Education to parents, the education sectors and the community	**Organize seminar or workshop for experience sharing**			✓
	Set up a "Positive Education Resource Center" and e-platform for making and sharing of resources			✓

Pre and Post Pos Ed Era

	Pre	Post
Morning Sharing, Assemblies, Whole-school events	• Focus on the *7 priority values and attitudes suggested by the EDB and topics related to the school year theme.	• Focus on the 10 priority focus on PosEd
PSE (Personal and Social Education) lessons	• Nurture the 7 priority values and attitudes. • Use Textbook for KS1 while refining school-based curriculum for KS2.	• Developing school-based curriculum with PosEd elements
Class Building	• Adopt Responsive Classroom Approach	• Integrate Responsive Classroom Approach (RC) with PosEd elements
Subject integration	• Not organized	• Try to fit PosEd into the formal curriculum

* "Perseverance", "Respect for Others", "Responsibility", "National Identity", "Commitment", "Integrity" and "Care for Others".

(IV) Development Strategies 4 P _ People, Place , Program ,Policy

1. **People (Staff + Parents + IMC)**

   * **Start small – A group of passionate teachers ***

   Staff - 97% of teachers participated in training programs
   ① Workshops, Seminars, Conference, In-house sharing
   ② 3 Days Training Course by Geelong Positive Education Institute
   ③ Visit to Geelong Grammar School (Australia)

   Parents
   ① Parent Academy – Seminars
   ② Workshops and Sharing

	2016-2017	2017-2018	2018-2019	2019-2020
Staff Professional Development Training/Sharing	✓	✓	✓	✓
Briefing / Workshop for Parent	✓	✓	✓	✓
Setup a PosEd framework	✓			
PosEd in PSE（個人和社會教育課）	To develop School-based Curriculum	P1+P4	P1+P4 P2	P1+P4 P2+P5 P3+P6
PosEd in Community Service Module（社區服務單元）	To develop School-based Curriculum	1 year level	2 year levels	2 year levels
PosEd in Class Building（班級經營）	✓	✓	✓	✓
PosEd in Morning Sharing（早會分享）	✓	✓	✓	✓
Whole School Experiential Activity（體驗活動）	✓		✓	

Development Strategies

2. **Program**

- **PSE**
- **Class Building ****
- Award Scheme- House Scheme
- Whole school event
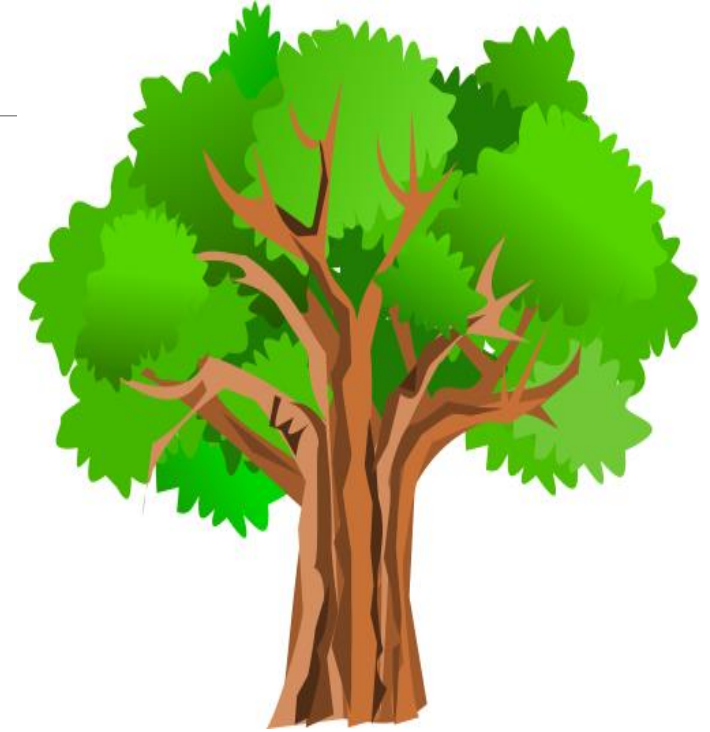- **Morning Sharing**
- **Assembly**
- Embed in different subjects, ...

Learn It   Teach It   Live It   Embed It

Development Strategies

3. **Places (Environment)**

◦ Student artwork

◦ Notice board

◦ Signage, banners …

4. Policy - Teachers' Development Targets

(IV) During School suspension/ on line learning under the pandemic

Positive Relationship, Positive Engagement and Positive Emotions

A. Whole School events

1. Morning sharing – Character Strengths + Tasks
2. Assemblies

Various modes

Video , live streaming ,face to face sharing

2. Love and Caring Day – Positive Purpose and Meaning

   Videos to cheer up the elderly + cards and small gifts

3. Development of Personal & Social Education (PSE)
   Curriculum
   - Experiential Learning approach
   - co plan among class teachers
   - Support by University

B. Year Level Activities / Class Activities

1. **Class Building with Responsive**

   Classroom Approach

   - Regular Homeroom : Sharing, WWW, games

   - 2020-2021 Orientation Week
   To facilitate students in adapting to the new academic year & strengthen students' sense of belonging towards the class and the school (1-4/9)

Reinforcing Positive Relationships and Building Character Strengths through Class Building Activities

Exercising One's Character Strengths – Self-regulation through learning to plan one's daily activities

Learning to Apply the New eLearning Platform

	1/9 (Tues)		2/9 (Wed)	3/9 (Thurs)	4/9 (Fri)
	P.1-3	P.4-6			
8:30-9:00 (30 min)	**Opening Ceremony (Live Broadcast)** - **School Song** - **Principal Wong's Message**	**Homeroom 1**	**Homeroom 3**	**Briefing Session (Video)** - **Manners & Responsibilities duirng eLearning**	**Homeroom 8**
9:00-9:30	Recess				
9:30-10:00 (30 min)	**Homeroom 1**	**Opening Ceremony (Live Broadcast)** - **School Song** - **Principal Wong's Message**	**Homeroom 4**	**Homeroom 6**	**Homeroom 9**
10:00-10:30	Recess				
10:30 – 11:00 (30 min)	**Homeroom 2**	**Homeroom 2**	**Homeroom 5**	**Homeroom 7**	**Homeroom 10**

Suggestions for Homeroom Activities

1/9 (Tues) Focus: Positive Relationships and Positive Emotions [Class Building 1] • Getting to know you • Welcoming new students • Warming up after the summer break	Opening Ceremony	Homeroom 1 (Both CTs) • Sharing (summer holiday) • WWW in the holiday	Homeroom 2 (Both CTs) • *Game B1/2 • Ask students to get a file from TEAMs (P3-6), such as Class Welcome Note or Name tag template Homework • Making and designing one's own name tag/self-introduction template • Upload ideas for class name on Teams

2/9 (Wed) **Focus: Positive Relationship and Character Strengths (e.g. Teamwork, Creativity) [Class Building 2]** • **Establishing class identity – class name, class logo, class song/chant** **If CTs cannot finish the tasks in one homeroom, they can continue in the other homerooms.**	**Homeroom 3 (Both CTs)** ● **Game C2** ● **Brain-storming an idea/item to represent your class (e.g. focus on the character strengths you would like to highlight in your classes)** ● **Class name – CTs can decide whether you would like to divide the class into groups or in whole class mode**	**Homeroom 4 (Can split class)** ● **Game A2** ● **Brand introduction** ● **Class logo (Encourage students to upload their designs in Teams)**	**Homeroom 5 (Both CTs)** ● **Review previous experience using positive language and character strengths, e.g. "I can see that you exercised your Love of Learning during the summer by learning a new skill!"** ● **Create new slogan/song**

2. Year Level Activities

Cross –year Level activities : The Caring Angel Program

P.1+P.4 ; P.2+P.5 ; P.3+P.6 (Meeting via Zoom)

* **Cultivating students' love and caring**

* **extending the bonding (Relationship)**

* **Senior students as good models**

* **Developing social skills**

C. Well Being of Teachers

1. Support Teacher to adopt on-line Learning and Teaching with small steps– Workshops, videos, Tips

2. Gift Box from School (IMC)

3. Keep close communication

4. Work from Home

5. Renovation of Common Room

KEEP CONNECTED

RESPECT YOURSELF

CHALLENGE YOUR MINDSET

TAKE A MOMENT

TALK THINGS OVER

GET ACTIVE

MAKE A DIFFERENCE

LOOK ON THE BRIGHT SIDE

BE KIND TO OTHERS

HAVE A GOAL

Conclusion 　 十年樹木　 百年樹人

◆ Start small – Support ,trust and Create space to teachers

◆ Set as Major Concern-Whole school approach

◆ Sustainability - Establish school culture

◆ Let's Pos Edu Symposium – 15 May 2021

Thank You !

Flourishing Tree
OF LIFE