



CATHOLIC
EDUCATION
MELBOURNE

eXcel:
Wellbeing
for learning



An overview: Wellbeing for learning
in Catholic school communities

What is eXcel?

eXcel: Wellbeing for learning in Catholic school communities ^[1] articulates the importance of wellbeing to children and young people's spiritual, cognitive, physical, emotional and social growth.

Catholic Education Melbourne has developed **eXcel** as an explicit, practical guide to inform pedagogical practice, curriculum design and policies to strengthen children and young people's wellbeing and learning outcomes.

Presented as four intersecting dimensions of **enable**, **connect**, **engage** and **learn**, the first letter of each has been combined to form the overarching concept of **'eXcel'**.

enable + connect + engage + learn = eXcel

eXcel embraces the belief that children and young people have the capacity to achieve their full potential when their wellbeing is nurtured in faith-filled learning environments that are safe, inclusive and respectful.

eXcel is an evidence-informed guide, not a 'program'. It builds on Catholic Education Melbourne's *Horizons of Hope* ^[2] education framework and its *Wellbeing Foundation Statement* ^[3] to provide schools with a broad, coherent platform to:

- **identify** key factors contributing to children and young people's sense of safety, connectedness and resilience

What skills and qualities do children and young people need for success and wellbeing?

- **develop** authentic engagement with families, parishes and communities to promote children and young people's social and emotional learning and academic success

How can we deepen and extend partnerships with families, the parish and community to support learning and growth across the school community?

- **evaluate** and renew wellbeing strategies to facilitate innovation and sustain continuous improvement.

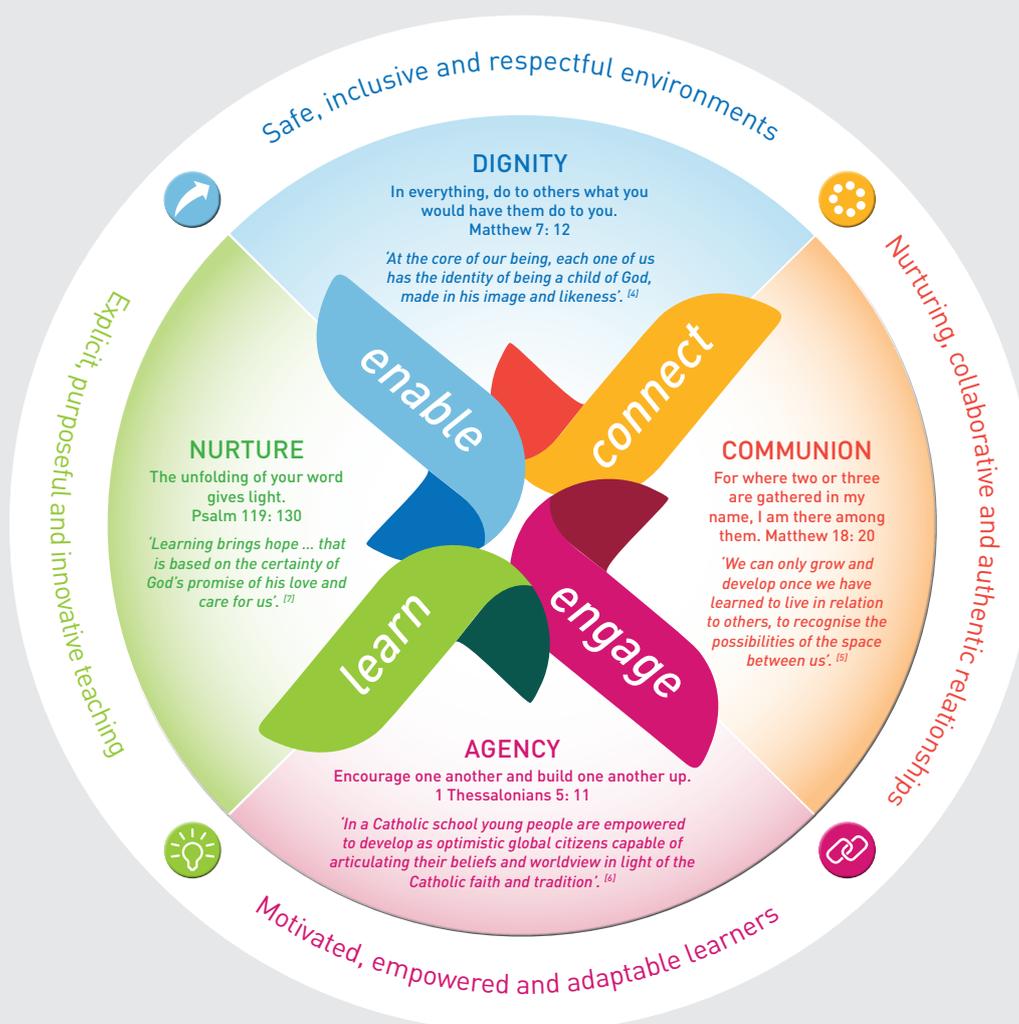
How do we know what we're doing is effective? In what way can school goals and planning be improved to ensure our approach is sufficiently inclusive, challenging and differentiated to strengthen children and young people's wellbeing for learning?

Why eXcel?

eXcel: Wellbeing for learning in Catholic school communities^[1] affirms Catholic Education Melbourne's ongoing commitment to supporting rich, deep and varied learning experiences for our students, so that they may develop as optimistic, resilient young people of faith, ready to be effective members of community, contributing to and enriching the world around them.

eXcel supports the development of school-wide practices and cultures that enable children and young people to:

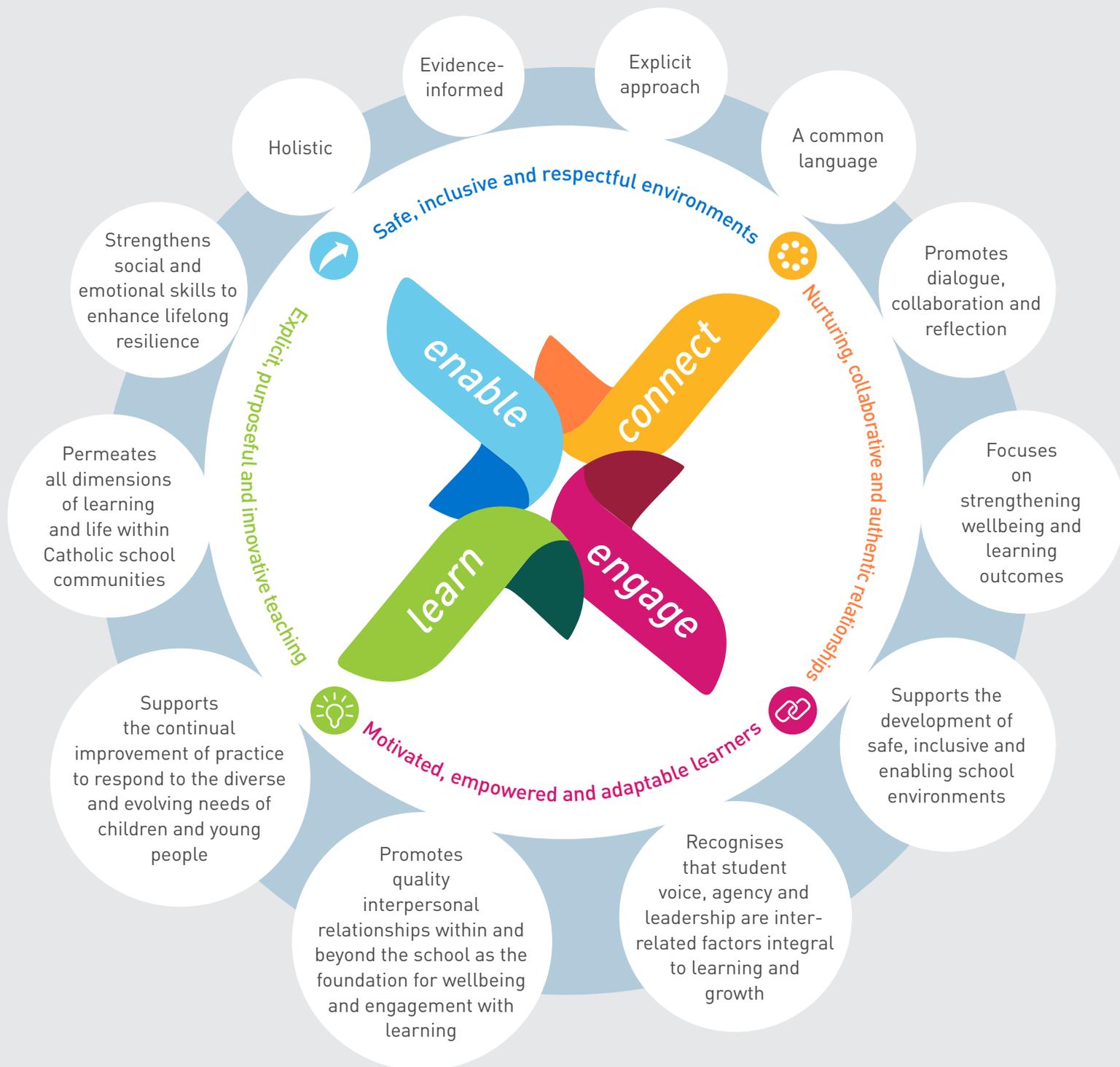
- deeply connect 'who they are' and 'how they can be' in the world to the Catholic faith
- reach their potential
- build positive and connected relationships
- develop skills and attitudes that promote wellbeing and resilience
- deepen their appreciation of learning, their perseverance and their stamina
- lead optimistic, graced and hope-filled lives of impact.



The four dimensions of **enable**, **connect**, **engage** and **learn (eXcel)** are designed to:

- promote common understanding
- enable consistent approaches
- develop shared commitment
- inspire rigorous conversation
- encourage deep reflection
- inform innovative action.

eXcel: guiding wellbeing practice in Catholic schools to create optimal learning environments



The eXcel guide and practical tools to assist schools to explore each dimension may be accessed via the CEVN website.

References

- 1 Catholic Education Melbourne (CEM) 2018, *eXcel: Wellbeing for learning in Catholic school communities*, Catholic Education Melbourne, East Melbourne
- 2 Catholic Education Melbourne (CEM) 2016, *Horizons of Hope: An Education Framework for the Archdiocese of Melbourne*, Catholic Education Melbourne, East Melbourne
- 3 Catholic Education Melbourne (CEM) 2017, *Horizons of Hope: Foundation Statement: Wellbeing in a Catholic School*, Catholic Education Melbourne, East Melbourne

- 4 Dolan, Cardinal Timothy Michael 2014, 'Made in God's image and likeness', *Our Sunday Visitor*, 11 December, <https://www.catholiceducation.org/en/religion-and-philosophy/the-human-person/made-in-god-s-image-and-likeness.html>
- 5 Buber, M 1958, *I and Thou*, trans. RG Smith, Scribner, New York, p. 47.
- 6 Catholic Education Melbourne (CEM) 2017, *Horizons of Hope: Foundation Statement: Wellbeing in a Catholic School*, Catholic Education Melbourne, East Melbourne, p.5
- 7 Hart, D 2016, *Learning is a Discovery that Brings Hope, A Pastoral Letter on the Catholic Church in Education*, Catholic Education Melbourne, Melbourne, p. 3



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Catholic Education Melbourne
228 Victoria Parade, East Melbourne VIC 3002
T: +61 3 9267 0228 W: www.cem.edu.au