



# Christ Church Grammar School

PERTH, WESTERN AUSTRALIA

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## **MEDIA STATEMENT: Christ Church boys benefit from holistic health and wellbeing approach**

Christ Church Grammar School is inspiring a new generation of boys through its holistic approach to boys' health and wellbeing.

The Wynne Centre for Boys' Health and Wellbeing located on the Claremont campus embraces the whole school, influencing boys from Pre-Kindergarten through to Year 12.

"Research shows that students who experience a nurturing environment and emotional, social and physical support are more likely to experience positive wellbeing and reach their full potential," says Liam Casson, Director of The Wynne Centre for Boys' Health and Wellbeing.

"Our health and wellbeing approach complements our existing pastoral care model and is delivered by focusing on teaching proactive and preventative holistic health strategies throughout a boy's educational journey at Christ Church."

"We aim to introduce our young men to information, followed by wisdom to expand their paradigm and introduce them to a life that includes a proactive and preventative approach to good health, holistic wellbeing, joy, and fulfilment."

Positive Education, mindfulness, yoga and healthy eating are just a few of the ways Christ Church Grammar School is inspiring a new generation of boys.

"Throughout the Christ Church journey, our boys have access to world-class speakers, who engage them on a wide range of health and wellbeing subjects, specific to their age and stage of development. The opportunity to hear guest speakers is also extended to the wider school community."

"We believe in partnering with our community to raise boys. Our families are integral to reinforcing concepts discussed in class or by presenters and we believe it is this collaboration that results in raising happy, healthy young men."

Other key components of the School's holistic approach to health and wellbeing include; a compulsory sport program supported by world class coaches, resources for parents to support the upbringing of their boys such as the School's Building Good Men blog, and an impressive Outdoor Education program for boys commencing in Year 4.

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