Wellbeing is embedded throughout the curriculum here at St Francis de Sales. Student Wellbeing is further supported through the specialist program at our school.

The students develop personal and social capability as they learn to understand themselves and others, and manage their relationships, lives, work and learning more effectively.

The capability involves students in a range of practices including recognising and regulating emotions, developing empathy for others and understanding relationships, establishing and building positive relationships, making responsible decisions, working effectively in teams, handling challenging situations constructively and developing leadership skills.