



# MENS REMAP

A mind-body approach  
to boys wellbeing

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**PESA**  
Positive Education Schools Association

**BELONG LEARN GROW**  
PESA NATIONAL CONFERENCE 2019



**TSS**  
THE SOUTHPORT SCHOOL

- Anglican, independent K-12 school for 1630 boys
- Prep School: 610 boys; Senior School: 1020 boys
- Boarding school – 310 boarders, mostly from a rural background in western Queensland and north NSW
- International students from PNG, Hong Kong and mainland China
- GPS school – with extensive academic and co-curricular program – at least a 6 day per week proposition for most boys and staff



## Vision Statement:

“The Southport School is a world class day and boarding school for boys, a balanced and holistic Christian learning community in the Anglican tradition, working with families to nurture outstanding young men who are confident, healthy and responsible, imbued with intelligent dispositions and advanced skills in academics, creativity and higher order thinking, and who have developed leadership capabilities enriched by the principles of Positive Psychology.”



## Influences:

### Contextual Wellbeing

*It is great, fantastic even, that schools around the world are becoming so proactive in the pursuit of wellbeing for their students.*

*However, our well-intentioned efforts to support staff and student wellbeing will ultimately fail to be the success we want them to be if they focus solely on individual development; and do not consider the creation of a positive school context in which wellbeing reform is embedded. (Prof Helen Street, 2017)*

### Good physical health promotes positive wellbeing and vice versa

*Many common mental disorders, such as depression and anxiety, often arise in our early years and can be long lasting. Happily, there is good evidence to suggest that eating a healthy, good quality diet can be protective, and can reduce the chances of developing a mental disorder. Early life, adolescence in particular, is a time of transition to adulthood where many lifelong habits are being established. This time is highly important to establishing healthy habits, and educating young people on nutrition, food and cooking. (Prof Felice Jacka, 2018)*

### Positive masculinity

*Can we wean boys off machismo and misogyny? Will they ever relinquish the race, the game, the fight, and join the dance? I hope so. Because liberation – a process of disarmament, reflection and renewal – isn't just desirable, it's desperately necessary. In our homes, in business, and clearly, and most clearly of all, in our politics. (Tim Winton, 2018)*

We know that our boys in general:

- are proud of their school
- are compassionate
- eat enough fruit
- are resilient
- show gratitude
- exercise well (Y4 – Y10)

BUT

- they struggle to demonstrate a growth mindset (Y4-8)
- they don't eat enough veg
- they don't drink enough water
- they use too much technology on weekends





# MENS REMAP - A mind-body approach



We have a huge range of contexts for learning to occur:

sport music

classroom

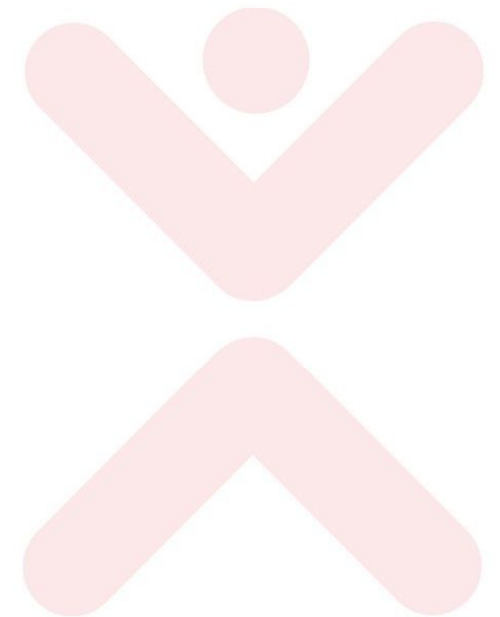
assembly

dining hall

chapel

cadets

house meetings



Recent initiatives include:

Zen Zone

Strengths based  
student leadership

Yoga

Crunch n' sip

Edible Garden



'Man Up' workshop

Service program

Review of Canteen and  
Dining Hall menus

Boarding houses –  
tech restrictions and  
music to fall asleep to





Thank you!



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