

**WELLBEING  
FRAMEWORK**



**JOHN XXIII  
COLLEGE**  
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# John XXIII College WELLBEING FRAMEWORK

*I have come that they may have life to the full.* John 10:10

Wellbeing at John XXIII college is based in the Ignatian concept of *Cura Personalis*, which centres on the care of the whole person as a unique child of God. Inspired by the Gospels, and in the spirit of our founders Pope John XXIII, Mary Ward and Ignatius of Loyola, wellbeing is a collaborative effort, fostering connections between educators, students, families and the broader community. The Wellbeing Framework creates a safe, respectful environment where genuine connections flourish, the spiritual, physical, intellectual and mental health of community members is supported, and individual growth and meaningful accomplishment is nurtured. By being people for others, we enjoy harmonious relationships and find meaning and purpose as we collectively strive for positive change in our world.

