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All items in this newsletter contain hyperlinks which were active at the time of publication.

Student Wellbeing News provides teachers in independent schools with resources, updates and current evidence-based research on contemporary issues about the health and wellbeing of students and school staff.

SPOTLIGHT

Student Wellbeing Framework

This new National Framework was launched in late October 2018 and is a collaboration between the Federal Government and all education sectors in every state and territory.

“The Australian Student Wellbeing Framework supports Australian schools to provide each and every student with the strongest foundation possible for them to reach their aspirations in learning and in life. The Framework is based on evidence that demonstrates the strong association between safety, wellbeing and learning.

The wellbeing of children and young people is enhanced, and their learning outcomes optimised when they feel connected to others and experience safe and trusting relationships. Students who feel connected, safe and secure are more likely to be active participants in their learning and to achieve better physical, emotional, social and educational outcomes. Educators who feel valued and supported are more likely to engage positively with students and build stronger connections within the school community. Enhancing the wellbeing of students and their educators delivers overall long-term social, health and economic benefits to the Australian community.”

Student Wellbeing Hub (2018)

The Australian Student Wellbeing Framework supports Australian schools to promote positive relationships and the wellbeing of students and educators within safe, inclusive and connected learning communities.

The Australian Student Wellbeing Framework consists of an overarching vision, key elements, guiding principles, and effective practices to support the whole school community to build and maintain safety, positive relationships and wellbeing. The key elements focus on leadership, inclusion, student voice, partnerships and support.



The Framework supports principals, school leaders, teachers, and students and their families to build a positive and inclusive learning environment through explicit teaching, evidence informed practices and active participation of the whole school community. The Framework seeks to support all students and their families through a systemic whole school approach to wellbeing, with tiers of support that emphasise appropriate early intervention.

The five elements of leadership, inclusion, student voice, partnerships and support provide the foundation for the whole school community to promote student wellbeing, safety and learning outcomes.

The Framework underpins the resources and support on the [Student Wellbeing Hub](#) and will also inform a new Student Wellbeing [Audit Tool](#).

AISNSW consultants are supporting schools to utilise the Framework as **one** way to guide and inform their data collection, planning and programming for whole-school wellbeing. Please contact [Nicky Sloss](#) at AISNSW for more information.

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WHAT'S NEW

AISNSW K-12 Student Wellbeing Conference

This year's conference *Shining a Light on Wellbeing*, will be held on Thursday 6 June at the Museum of Contemporary Art. Professor Susan Sawyer (Melbourne Children's Hospital, Centre for Adolescent Health and Wellbeing), Dr Annie Gowing (Melbourne University, Graduate School of Education) and Associate Professor Christopher Fisher (La Trobe University's Sex, Health and Society Research Centre) will present feature presentations at the event. Delegates will have the opportunity to engage with relevant resources at the venue as well as enjoying the Sydney Vivid Festival.

AISNSW 2019 Student Wellbeing/PDHPE Funding Opportunities

Schools are invited to apply for Student Wellbeing/PDHPE funding opportunities related to either road safety education (K-12) or physical activity/nutrition (K-6). Application guidelines and details will be available in the AIS Member Bulletin and on the AIS [website](#) from February 25. Contact [Nicky Sloss](#) or [Katrina Mostyn](#) for more details.

AISNSW Student Wellbeing Website Page

AISNSW has recently launched new resources on the Student Wellbeing page of our website. Find out about resources, courses and more via this [direct link](#).

beyondblue's Be You

Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people. Be You aims to provide a positive and inclusive environment for all students to achieve their best possible mental health and wellbeing. Resources, no cost professional learning and parent education is available for all school settings. Be You replaces KidsMatter and MindMatters however, existing schools will be assisted to migrate to the new initiative by Be You staff. AISNSW consultants represent independent schools on the NSW Be You reference group and are well-placed to respond to school queries. Please contact [Nicky Sloss](#) or [Elizabeth Maher](#) for further information.

Boys' Body Image

The Butterfly Foundation have released new research, resources and support around the topic of boys' body image. Titled *Reset*, this initiative aims to change the conversation happening for adolescent boys.

Boy Erased Support Resources

Boy Erased was released in Australian cinemas in late-2018. The movie has themes that some students may find upsetting. ReachOut has released a range of resources to assist students and educators in supporting themselves and others. Additional [resources](#) have been created to support parents.

Digital Civics

Harvard Graduate School of Education has released a toolkit aimed at assisting young people to use digital media safely and productively.

Educator Wellbeing Infographics

Teacher Magazine has released a range of infographics examining teacher and staff wellbeing.

Empatico

Empatico is a no-cost tool connecting classrooms internationally. It empowers teachers and students to explore experiences aimed at growing curiosity, kindness and empathy to increase connectedness amongst primary school students.

Facebook Wellbeing

In late 2018, NSW education sectors met with Facebook leaders to discuss how the social media platform is trying to. This link outlines the steps that Facebook is taking to promote the wellbeing of the people who use their services.

headspace Suicide Prevention Initiatives

Until the end of 2019, headspace School Support will deliver initiatives focused in rural, regional and remote locations. One initiative will closely align with Primary Health Networks' suicide prevention strategies and be in the form of regional seminars with stakeholders. The other initiative is school-based training packages for secondary school students and their parents/carers that raise awareness and build capacity around mental health, bullying and how to help a friend.

These engaging and innovative training packages can be tailored to meet the needs of school communities. Where possible they are delivered in collaboration with school staff, headspace centre staff and community mental health professionals. headspace staff are able to work with schools to ensure that training session content for students is also aligned with PDHPE and student wellbeing requirements. For more details contact headspace in Schools Program Manager, [Narelle Corless](#).

PDHPE K-10 Syllabus Familiarisation and Road Safety Education Regional Workshop Tour

AISNSW teachers, PDHPE K-10 teachers and student wellbeing leaders are invited to attend regional workshops in Ballina, Albury, Dubbo, Newcastle, Armidale and Wollongong during Terms 1-3, 2019. These two-hour no-cost workshops will provide teachers and leaders with an understanding of the requirements, strands, propositions and content of the new PDHPE K-10 syllabus as well as ideas for assessment. Teachers are also invited to register for and complete AISNSW no cost, NESA registered online learning modules: #Safe2StepOut (primary) and Stage 6 Health Promotion on the Roads. In addition, AISNSW has released a PDHPE K-10 Syllabus Familiarisation module available for registration now.

RESOURCES

Mental Health Literacy

This guide is the first and only evidence-based Canadian mental health literacy curriculum resource designed for use in secondary schools. The Guide is a flexible resource for educators and evidence shows it can be adapted to different school populations and settings. The Guide includes six interactive web-based classroom modules, a teacher self-study resource, lesson plans, print and video resources, PowerPoint presentations, evaluation options, and supplementary materials to be adapted by teachers as applicable to individual school contexts.

New Muppet

Sesame Street has introduced a new character aimed to increase student empathy related to homelessness. Lily is accompanied by [new resources](#) including activities and story books.

ReachOut Wellbeing Fives

These five-minute activities are perfect for classrooms, homeroom, tutor time or school assemblies. Register for ReachOut five-minute activities as a tool to increase student belonging, connectedness and wellbeing.

Reproductive Education

A new set of resources for sexual and reproductive health education has been launched for Victorian schools to help teach students about fertility and assisted reproductive treatment. This resource includes an online learning portal for teachers with videos, fact sheets and other resources as well as a teaching module that can be adapted for a range of contexts. These resources could certainly be adapted to a NSW context.

Respect

The Federal Government has released a range of resources for parents and carers to increase education and a dialogue of respect for young men and women.

Safer Internet Day 2019

This event was held on Tuesday 9 February with many AISNSW schools engaging in the initiative supported by the Office of the eSafety Commissioner through webinars, resources and parent support. The eSafety Commissioner regularly updates school and parent resources through its [education portal](#) and [iParent](#) site. In addition to resources, the Office has provided designated virtual classroom activities for AISNSW schools this term.

Scottish Sexuality Education

Scotland will become the first country in the world to have lesbian, gay, bisexual, transgender and intersex (LGBTI) inclusive education embedded in the curriculum. Government schools will be supported to teach equality and inclusion across a range of different age groups and subjects. Details on the working group can be accessed [here](#) with resources available in the future.

AISNSW K-10 PDHPE and Sport Facebook Group

Additional resources for PDHPE and sport are available in a closed Facebook forum, updated daily. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

AISNSW Wellbeing in Education Facebook Group

Additional resources for wellbeing in education are available in a closed Facebook forum, updated on a daily basis. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

Committee for Children Research

The Committee for Children in the USA has commissioned research related to social and emotional learning in education settings. Access [this resource](#) when considering enhancing social and emotional learning in a school context.

Health4Life

The Health4Life initiative aims to empower young people to improve their health and wellbeing and reduce the risk of chronic disease later in life. Based on the best available evidence and aligned with the PDHPE curriculum, the Health4Life initiative represents the first eHealth program to concurrently target six key lifestyle risk factors among secondary school students: physical activity, poor diet, risky alcohol use, smoking, recreational screen time and poor sleep. In mid-2019, a consortium led by the University of NSW will be conducting a large trial with Year 7 students from schools in NSW, WA and QLD. Schools interested in participating should [contact Health4Life](#) directly.

Office of the eSafety Commissioner *Yes Project*

This digital and social health resource encourages young people aged 14 to 17 to be positive influencers and supportive friends in all their social spaces, particularly online. Teachers can download a [Workshop Handbook and Educator guide](#).

On the Move Road Safety Drug Driving Secondary Resource

Transport for NSW's Centre for Road Safety drug testing video and education resource helps teach young adults the consequences of taking drugs before driving or being a passenger of someone drug driving. Students in Years 10, 11 and 12 can find out about the drug testing process and strategies to stay safe.

RESEARCH, ARTICLES AND CLIPS

Safety Town

Transport for NSW's Centre for Road Safety primary school resource Safety Town, houses a range of engaging online and downloadable resources for students, teachers and parents addressing key road safety messages.

Social-emotional and Character Development

Social and emotional learning involves the capacity to recognise and manage emotions, solve problems effectively, take others' perspectives and establish positive, empathic relationships with others – competencies that are essential for the development of all students. This resource supports teachers working with young people in a school setting.

SunSafe Student Ambassador Program

Ensuring teenagers are made aware of the danger of melanoma and the importance of sun safety is the mission of the new educational program at Melanoma Institute Australia. Secondary schools are invited to send representative students to participate in the SunSafe Student Ambassador Program. The comprehensive 1-day program will train students in the importance of sun safety and how to develop an effective presentation that they will then take back to their school and deliver to their peers.

Students with Diverse Needs

The AISNSW Student Services team works in collaboration with member schools to assist in addressing the needs of students whom may require additional planning, support and adjustments. Contact Division Head [Lisa Ridings](#) for further assistance in this area.

Y-PEP Child Protection Primary and Secondary Student Education Program

Y-PEP is a free interactive child protection education program delivered to children and young people in government, Catholic and independent schools across NSW. Funded and supported by NSW Government and offered free to schools, Y-PEP aims to strengthen and complement, rather than replace the existing NSW PDHPE child protection education content delivered by teachers, with a specific focus on Power in Relationships, Recognising Abuse and Protective Strategies.

The highly interactive program is delivered by the Y-PEP team via a 3-hour workshop as well as a 1-hour follow up session to be delivered by Y-PEP facilitators 3-6 months after the workshop. There is also the opportunity for the program to be delivered via Live Stream workshops. For further details, [contact Y-PEP](#) directly.

Anti-bullying

Daisy Chain is a short-animated film and interactive storybook app narrated by Kate Winslet. It tells the story of Buttercup Bree who falls victim to nasty posts from bullies. Daisy Chain allows parents and children to better understand cyber-bullying by teaching them the power of kindness, and the impact of positive and negative sharing.

A Whole-school Approach to Wellbeing

Professor Donna Cross presented a keynote and two workshops at the 2018 AISNSW K-12 Student Wellbeing Conference. Here and through her work nationally, she shared the importance of a whole-school approach to wellbeing.

Belonging and Connectedness

Meteor Education discusses the importance of teacher-student relationships in terms of enhancing wellbeing and connectedness in schools.

Boys Education and Masculinity

This article from the New York Times examines what young men imagine is expected of them and how they are navigating the transition from being boys to men.

Building Student Resilience

EduTopia examines four key steps to enhance student resilience through students identifying and managing their own stressors and developing a sense of self-efficacy.

Bullying Prevention

Effective bullying prevention requires a multi-pronged effort. School staff need to have appropriate policies and procedures in place and need to know the right way to work with students involved in bullying. This paper examines a critically important part of tackling the problem is focusing on developing the social-emotional skills of children. These skills enable children to be socially competent citizens within the school environment and help build an overall positive climate within the school.

Child and Adolescent Mental Health

Telethon Kids Institute have recently republished their *Child and Adolescent Mental Health and Educational Outcomes* report, originally released in December 2017. A range of research, reports and research can be found via the website and can assist to inform wellbeing programming and planning in schools.

Coeducational Sexuality Education

The Washington Post examines the benefits of single-sex and coeducational sexuality education in schools.

Improving School Climate

eSchool News examines the importance of social and emotional learning as well as restorative practices to enhance school climate.

International School Wellbeing

International Educational Psychology Services and Cardiff University partnered to research student and staff wellbeing in international schools. Findings of the research were published in October 2018.

Mental Health of Students with Additional Needs

Professor Neil Humphrey presented this paper and resource at both Manchester Institute of Education and the NSW cross-sectoral anti-bullying conference in 2018.

Negative Emotions

Mindful explores the importance of embracing negative emotions and emotional agility rather than pursuing relentless positivity.

Neurodevelopmental Perspectives on A.A. Milne and the Hundred Acre Wood

This research paper closely examines what neurodevelopmental and psychosocial problems exist in the Hundred Acre Wood.

Parent Wellbeing Education

Education Week Magazine provides strategies for discussing social and emotional learning with parents and carers.

Positive Psychology and Positive Education

This article examines enablers and barriers when looking to take a positive education approach to wellbeing in a school setting.

Raising Resilient Parents

In this article, the Catholic Weekly examines the importance of building parent resilience.

Social and Emotional Learning and Academic Achievement

This research synthesis is designed to assist educators support equitable education outcomes for all students. It suggests ways teachers, executive and school support personnel can utilise insights from research to create K-12 schools and classrooms that advance educational equity.

Staff Wellbeing

Education Support Partnership from the United Kingdom explores how school leaders can support staff to develop a sense of self-efficacy as well as their own wellbeing throughout the school year.

Student Development

In a recently published article in *The Conversation*, Professor Sue Roffey discusses the importance of student development and wellbeing.

Supporting Student Sexuality

The New York Times examines the experiences of adolescents navigating their sexuality and what support is needed for them moving throughout secondary school.

Videogaming and Adolescents

The Royal Children's Hospital in Melbourne has conducted research related to video gaming and adolescents. The research found concerns around the increasing prevalence of in-game purchases and how these affect adolescents and young adults over time. Additional research is being conducted from Years 3 to 9 in relation to adolescent video game use and how health and wellbeing is affected longitudinally.

Wellbeing in Schools

This blogpost from Focus Education examines some of the key features of whole-school wellbeing in English schools.

PROFESSIONAL LEARNING

The following is a list of AISNSW Student Wellbeing Professional Learning courses in 2019.

Please note: AISNSW also provides individual student wellbeing in-school consultancies and professional learning sessions tailored to the needs of your school.

<https://www.aisnsw.edu.au/courses>

Designing a Wellbeing Scope and Sequence webinar

Wednesday, 6 March 2019

Whole-school Wellbeing

Friday, 17 May 2019

K-12 School Counsellor's Conference: Working at the Pointy End

Thursday, 30 May – Friday, 31 May 2019

K-12 Student Wellbeing Conference: Shining a Light on Wellbeing

Thursday, 6 June 2019

Wellbeing and Positive Education: A Practical Approach

Friday, 13 September 2019

Proactive and Reactive Student Wellbeing

Tuesday, 17 September 2019

K-10 Wellbeing and PDHPE Resource Exploration

Friday, 25 October 2019

Online Modules

All Year

K-12 What is Working Well in Wellbeing?

K-6 Live Life Well at School: Starting the Journey

K-6 Live Life Well at School: Taking the Next Step

WEBSITES OF INTEREST

[AISNSW Aboriginal and Torres Strait Islander](#)

[AISNSW Live Life Well at School](#)

[AISNSW New Student Wellbeing page](#)

[Black Dog Institute](#)

[beyondblue – for secondary schools](#)

[Bullying. No Way!](#)

[CASEL – Collaborative for Academic, Social, and Emotional Learning](#)

[Cyber Strong Schools](#)

[Edutopia](#)

[eSafety Commissioner](#)

[headspace School Support](#)

[Health 4 Life](#)

[Kids Helpline](#)

[National Eating Disorders Collaboration](#)

[Peer Support Australia](#)

[Positive Choices](#)

[ReachOut Students](#)

[ReachOut Schools](#)

[ReachOut Parent Portal](#)

[Road Safety Education AISNSW](#)

[Six Seconds](#)

[SunSmart – NSW Cancer Council](#)

[Transport for NSW Centre for Road Safety](#)

[Student Wellbeing Hub](#)

[Student Wellbeing Funding Opportunities AISNSW](#)

[The Butterfly Foundation](#)

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