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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

### Social and Emotional Learning

*“Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”*

*SEL programming is based on the understanding that the best learning emerges in the context of supportive relationships that make learning challenging, engaging, and meaningful.”*

**CASEL (2016)**

[Collaborative for Academic and Social and Emotional Learning \(CASEL\)](#) lead the world in terms of social and emotional learning research, policy and practice. These five capabilities provide a framework to allow the explicit teaching of essential skills.

According to the Organisation for Economic Cooperation and Development (OECD) [Skills for Social Progress report](#), social and emotional skills shape positive education and life outcomes and are essential skills to succeed in modern society. The AIS [The Link Issue 1](#) provides a useful summary of this report.

Australian organisations and frameworks ([NESA](#), [Be You](#) and [ACARA](#)) have drawn upon CASEL’s research to produce the learning across the curriculum statements (personal and social capabilities) as well as through the [PDHPE curriculum](#), components of work and resources.



Many behaviours that can put students at risk can be prevented or reduced when all-stage, whole-school interventions and strategies are used to develop students’ social and emotional skills. This is best achieved through effective classroom instruction, student engagement along with parent and community involvement.

Effective SEL programming begins in preschool and continues throughout secondary school. The focus on these skills is essential for student wellbeing outcomes. Parent education and support in this space is essential. The personal and social capabilities sit across all curriculum documents in NSW with the most explicit teaching occurring through [PDHPE](#). However, there is an important opportunity for all subject areas to consider SEL through the learning across the curriculum statements and icons in each syllabus K-10.

... Continued

Source: [www.casel.org](http://www.casel.org)

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# WHAT'S NEW

... Continued

Beyondblue's [Be You](#) initiative has included a range of resources to support school staff professional learning related to social and emotional learning and to provide a whole-school approach for schools. This support can be found in the 'resilience' section of the website, which requires an individual or school login. In addition, the [Be You program guide](#) can provide support for schools looking to upskill and create their own resources and activities to adapt to individual school contexts.

Professor Donna Cross (Telethon Kids Institute) suggests that *"Australian schools have access to world-leading wellbeing resources but need support to implement and integrate them effectively in their local environments, according to an internationally recognised Australian expert in child mental health and wellbeing."* Professor Donna Cross also warned schools against turning to quick-fix off-the-shelf programs to address student wellbeing. *"Schools need to invest in the implementation of a whole-school approach to social and emotional learning and wellbeing as insufficient implementation can sometimes lead to more harm than good."*

Some essential questions when considering your own school's approach to social and emotional learning might include:

- How does my school implicitly and explicitly teach social and emotional learning?
- How do we use social and emotional language with students?
- What opportunities are provided for parent education about social and emotional learning?
- How do you select resources to ensure they are best suited to your students and context?
- How involved am I in the selection of resources and can I provide feedback about their implementation?
- How does my school measure the effectiveness of the resources used?
- How could my school improve the work we are doing in relation to social and emotional learning?

AISNSW consultants are supporting schools to incorporate social and emotional learning into a whole-school wellbeing approach as well as through curriculum. Additional resources and professional learning related to SEL can be found in the AIS [What is Working Well in Wellbeing?](#) Online learning module for teachers. Please contact [Nicky Sloss](#) at AISNSW for more information and support.

## 2019 National Day of Action (NDA) against Bullying and Violence at AISHK

The Australian International School in Hong Kong recognised the NDA and shared this video of the K-12 students and staff showcasing a whole-school approach to Bullying. No Way!. Thank you to their Director of Wellbeing and School Counsellor for sharing these with AISNSW consultants. A range of videos and photos from AISNSW schools involved in the National Day of Action have been shared on the AISNSW Wellbeing in Education [Facebook group](#).

## A Whole-school Approach to Wellbeing

AISNSW is offering professional learning workshops in [Sydney](#) and three [regional](#) areas - Newcastle, northern NSW and Albury, designed to support schools to develop a whole-school approach to social and emotional learning and wellbeing. This workshop is also available as a school-based consultancy by request. Contact AISNSW Student Wellbeing Consultant [Nicky Sloss](#) for more details.

## AISNSW 2019 Student Wellbeing Funding Projects

Congratulations to the recipients of funding projects for this year. This was a competitive and rigorous process with an external panel selecting a range of schools who will receive ongoing support from AISNSW Student Wellbeing consultants this year. All schools were notified the outcome of their application through school principals on Friday, 12 April.

## AISNSW Guest Speaker Considerations

AISNSW Student Wellbeing consultants have provided a range of considerations for schools thinking about a guest speaker or external provider, incursion or excursion. These considerations suggest exercising caution and having a comprehensive process in place.

## 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 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](#).

## ARACY Childhood Report

The Australian Research Alliance for Children and Youth (ARACY) recently released a new report titled *To have and to not have – Measuring Child Deprivation and Opportunity in Australia*. Through the data collected in the study, ARACY make a range of recommendations to enhance the wellbeing of children and young people.

## Australian Student Wellbeing Framework Resources

In late March, a new survey tool was released and aligned to the new Framework. This School Wellbeing Check can be accessed via online registration and is designed to be completed by wellbeing teams to align their practices and policies with the Framework.

## Beyond Blue Support for Diverse Communities

Beyond Blue have produced a range of resources to support the resilience and diversity of lesbian, gay, bi, trans and intersex (LGBTI) and sexually diverse people. These resources acknowledge the increased risk of mental health concerns for LGBTI people in response to discrimination and vilification.

## Biala Special School Big Veggie Crunch

This year, Biala Special School at Ballina were involved in a Live Life Well @ School Initiative, Big Veggie Crunch. Biala received funding from AISNSW in 2018 to continue implementing initiatives to enhance nutrition and physical activity in their context. AISNSW PDHPE consultant [Katrina Mostyn](#) can support schools with a whole-school approach to [Live Life Well @ School](#).

## Disturbing Images

ReachOut have created a range of resources to support schools and students when dealing with distressing images, videos and news reports.

## Empathy and Resilience

The New York Times Learning Network shares resources for social and emotional learning in the classroom and acknowledges their importance for building student empathy and resilience.

## eSafety Big Issues

The Office of the eSafety Commissioner regularly updates parent resources related to the key issues to support the safety and resilience of children and young people online. Issues include cyber-bullying, explicit imagery, nudes and sexting, time spent online, gaming and unwanted contact.

## Future Proofing Study

The Black Dog Institute is conducting a world-first study to investigate the power of mobile applications (apps) for

preventing depression in youth. This study will identify the factors that lead to depression and other mental health problems. Their research team is looking for 20,000 Year 8 students from 400 NSW schools to take part in a five-year longitudinal study. Participating schools will be contributing to exciting new scientific discoveries which will lead to breakthroughs in the prevention and treatment of mental health problems in young people. Schools will also can receive, at no cost, the Black Dog Institute's *Navigating Teenage Depression* session for parents. School teaching staff will also be encouraged to use *myCompass*, a no cost digital program to help them manage their own mental health. Interested schools are encouraged to discuss all aspects of the research with both their school principal and counsellor in respect to mandatory reporting, questionnaire content related to self-harm and suicidal ideation as well as the optional collection and triangulation of student data.

## Global Happiness and Wellbeing Report

Global Council for Happiness and Wellbeing (GCHW) is a global network of leading happiness and wellbeing scientists and key practitioners in fields and sectors spanning psychology, economics, education, health, urban planning, civil society, business, and government. The GCHW identifies the best available evidence-based happiness and wellbeing policies to encourage their adoption and advancement at the local, national, and international levels. This report released in February 2019 provides rigorous evidence, international case studies, and detailed policy recommendations on efficient ways to promote happiness and wellbeing through public policy.

## headspace Glossary

headspace recently provided a [glossary of terms](#) about gender diversity and sexuality for professionals to increase their knowledge and understanding.

## Our Local

Children and young people from a diverse range of backgrounds, interests and experiences have expressed the need to have an easy way to access local and state-wide opportunities, activities, services and events. Through consultations, polls and focus groups for the NSW Strategic Plan for Children and Young People and ongoing, access to this information continues to be raised by children and young people as a priority for them. [Our Local](#) is a directory website co-designed with children and young people under the age of 24 in NSW to help them find local and state-wide opportunities, activities, services and events.

## Parent Resources for Difficult Times

Emerging Minds has provided a range of resources to share with parents and carers when supporting [children](#) and [young people](#) through adversity.

# RESOURCES

## 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.

## School Leader eSafety Guidance

The Office of the eSafety Commissioner has provided an updated suite of resources for school leaders in relation to school policies, links and best practice. Kellie Britnell from the Office of the eSafety Commissioner will be presenting a workshop at this year's AISNSW Student Wellbeing Conference in June.

## Teaching Tolerance Puberty and Health Education

This resource from the United States have launched a new resource to ensure the teaching of puberty and health education is accurate and inclusive of all students.

## Trauma and the Child

This no cost evidence-informed online course from Emerging Minds will support school staff understanding when working with children and young people who are or who have experienced trauma.

## Wellbeing Meetings

As an educator, a lot of conversations about student wellbeing will happen with families. Having a process or some ideas for discussing concerns about student mental health and wellbeing can be a helpful. Be You has released a new flowchart to assist with this process.

## Yellow Ladybugs

Yellow Ladybugs is an Australian organisation supporting girls and parents of girls with autism. A teacher and school resource are available to download at no cost.

## 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.

## Beyond Blue Be You Initiative

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 and, 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. Be You representatives will be hosting two workshops at the AIS Student Wellbeing conference in June.

## Building Relationships and Connectedness

These wellbeing resources from ReachOut provide a range of strategies to enhance wellbeing in both tutor time and curriculum classrooms.

## Building Resilience

Building resilience is important as it helps children and young people shift back along the mental health continuum towards enhanced wellbeing. These resources from Be You support schools and teachers to enhance student resilience as part of a whole-school approach.

## Coping with Drought

ReachOut have created a range of resources for schools and students in regional areas who may be dealing with the effects of the drought.

## 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 can 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](#).

## 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.

## 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.

## Wellbeing Calendars

Action for Happiness produce monthly calendars to download at no cost. These calendars provide practical ideas for both student and teacher wellbeing.

## 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.

# RESEARCH, ARTICLES AND CLIPS

## Enhancing School Climate

When teachers deliberately foster a sense of belonging by greeting each student at the door of the class, they see significant improvements in academic engaged time and reductions in disruptive behaviour. This is one of ten community building ideas shared by Edutopia to enhance school climate.

## eSafety for Women from Culturally and Linguistically Diverse Backgrounds

The Office of the eSafety Commissioner reports key findings and support for technology-facilitated abuse for women from culturally and linguistically diverse backgrounds.

## Friendships

This article from the British Broadcasting Commission examines the importance of diversity in friendships.

## Mindfulness in Schools

Smiling Mind has been funded to implement evidence-based mindfulness in 400 NSW primary schools. Mindfulness can be incorporated into a wellbeing scope and is also an optional example in the new PDHPE K-10 Syllabus. Contact AISNSW Student Wellbeing consultants for additional support to carefully implement mindfulness practices in your school context.

## Principal Health and Wellbeing

This report from Teacher Magazine reminds school staff of the importance of executive health and wellbeing in schools.

## Relationships

This short video clip from Edutopia acknowledges the importance of positive relationships for student wellbeing and engagement.

## Selecting Resources

How does your school select resources and review their appropriateness post-use? Contextualised and bespoke use of resources implemented by appropriately trained and well-supported school staff are most effective. Professor Donna Cross shares her thoughts in this article from colleagues at Independent Schools Queensland regarding the ineffectiveness of one-size off-the-shelf programs.

## Strengthening Adolescent Resilience

This article from Mind Shift suggests ways to assist adolescent girls to shift anxiety mindsets to more resilient thinking.

## Student Performance

The Centre for Education, Statistics and Evaluation examines the factors influencing student performance, including wellbeing.

## Student Wellbeing Literature Review

This literature review from the Centre for Education, Statistics and Evaluation provides a sound foundation for teachers and schools wanting to underpin their school wellbeing initiatives with research and best practice.

## Supporting LGBTQI Students

In partnership with Lifeline Australia, this research report from La Trobe University presents findings of lesbian, gay, bisexual, transgender, intersex people, and other sexual identity and gender diverse individuals use of crisis support services in Australia. This is the first research of its kind in Australia that explores the needs of LGBTQI people during a time of personal or mental health crises. Researchers from La Trobe University will present a feature presentation at this year's AISNSW Student Wellbeing Conference to assist schools to create a sense of belonging and connectedness for LGBTQI young people.

## Survey Data and Wellbeing

This podcast from Teacher Magazine discusses the importance of utilising a range of school data to inform wellbeing practices and programs in schools.

# PROFESSIONAL LEARNING

# WEBSITES OF INTEREST

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>

## Whole-school Wellbeing - Sydney

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

## Whole-school Wellbeing - Regional NSW

Various Dates

## 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

## 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

## 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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[www.aisnsw.edu.au](http://www.aisnsw.edu.au)