

THIS ISSUE:

Spotlight.....	1
What's New.....	2
Resources.....	4
Research, Articles and Clips.....	5
Professional Learning....	7
Websites of Interest.....	7

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

Live Life Well @ School: a whole-school approach

The Live Life Well @ School initiative encourages and supports schools to adopt and promote healthy eating, physical activity and boost students' movement skills, academic performance and wellbeing.

Live Life Well @ School is a school-based initiative that aims to enhance teachers' knowledge, skills and confidence in teaching nutrition and physical activity as a whole-school approach. This approach might include the Personal Development, Health and Physical Education (PDHPE) syllabus as well as through student wellbeing time.

Live Life Well @ School aims to:

- Get more students more active, more often
- Focus on healthy eating habits
- Develop whole-school strategies that support physical activity
- Improve the teaching of nutrition and physical activity through a focus on PDHPE programs
- Foster community partnerships that promote and support whole-school strategies
- The AISNSW has an agreement with NSW Health to promote and support independent schools in relation to Live Life Well @ School. AISNSW consultants are available to assist with workshops, customised professional learning, self-paced online learning modules, courses, conferences and [school-based funding projects](#).



NSW Local Health District [health promotion officers](#) provide additional support to schools as follows:

- Support schools to develop a whole-school approach to nutrition and physical activity
- Provide schools with information about events that promote healthy eating and physical activity
- Provide access to resources
- Support for school community gardens
- Support to develop a [healthier school canteen](#)

In addition, schools are able to access a range of resources via the [Healthy Kids website](#) to support a whole-school approach. This website provides information about [nutrition initiatives](#) e.g. Crunch n Sip, Live Outside the Box, Fruit and Vege Month, Big Vegie Crunch and Kitchen Gardens. In addition, [resources related to physical activity](#) can support schools implementing Live Life Well @ School in their own context e.g. Sporting Schools, Get Skilled, Get Active, Yulunga traditional games and fundamental movement skills.

Please contact AISNSW Consultant [Katrina Mostyn](#) for more information.

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WHAT'S NEW

A Whole-school Approach to Wellbeing

AISNSW is offering [regional](#) professional learning workshops with the next two hosted at Lindisfarne Anglican Grammar School in September and Trinity Grammar School in Albury this November. These sessions are 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 following schools who were awarded Student Wellbeing/PDHPE Funding Projects this year: Aspect Hunter School, Giant Steps Australia, Green Point Christian College, New England Girls' School Armidale, Western Grammar School and Westmead Christian Grammar School. These opportunities are advertised in late-February each year for school application.

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](#).

Australian Olympic Change-Maker

The new Australian Olympic Change-Maker program has just been launched to celebrate and recognise Australian secondary school students who demonstrate the Olympic spirit through leadership and driving positive change in their communities. This national program replaces and builds upon the Pierre de Coubertin award (which will no longer be available for application). Find out how your school's students can be recognised and share in a unique Olympic experience via the [Change-Maker website](#).

Be Deadly Online

Be Deadly Online is an animation and poster campaign about big issues online like bullying, reputation and respect for others. Developed with deadly Indigenous writers and voice actors, all Australians can enjoy these short, fun animations and learn about how we want to behave together online.

Fruit and Vegetable Month

Fruit and Vegetable Month 2019 will be held from Monday 2 September to Friday 27 September. Fruit and Vegetable Month provides no-cost resources that promote eating more fruit and vegetables and curriculum materials linked to the new NSW PDHPE syllabus. Register your school [here](#) now.

Headstream for Youth Mental Health and Wellbeing

Headstream for Youth Wellbeing is focused on making the digital world a better place for young people. This resource aims to help adolescents recover from harms, encourage pro-social behaviour and build healthy relationships.

International Day of the Girl

'a Girl & her world' is hosting an awareness campaign in October 2019 related to International Day of The Girl. This event aims to highlight and address the needs and challenges girls face while promoting empowerment and the fulfilment of their human rights. Schools have an opportunity to be involved in this year's event during the week beginning 21 October. AISNSW schools are invited to access a no-cost awareness-raising kit complete with resources, activities and ideas for girls to engage with the day [here](#).

Kindness Resources

These no-cost printable posters illustrating key kindness concepts with definitions are suitable for Kindergarten to Year 9 students.

La Trobe Secondary Schools Sexual Health Survey

In early June, La Trobe University released the results from the sixth national survey of over 6000 Year 10-12 students across Australia. Professor Christopher Fisher, Associate Professor in Young People's Sexual Health and Sex Education at La Trobe University presented the results from AISNSW student participants (deidentified) at this year's AISNSW PDHPE and Student Wellbeing Conferences. This data is useful when planning and programming sexuality and sexual health education for Stages 5 and 6 students.

Love Your Body Week

Love Your Body Week is the Butterfly Foundation's national body image awareness campaign for primary and secondary schools in September 2019. This initiative helps children and young people to appreciate, accept and respect their bodies, to challenge appearance ideals and to talk kindly about themselves. Registered schools are encouraged to have a focus on body positivity during September and will be provided with no-cost support material including lesson plan guides, digital clips, posters and ideas for awareness-raising activities for schools.

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 the final regional workshop for Term 3 in Armidale on 29 August. This two-hour no-cost workshop 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 engaging with a range of road safety education and student wellbeing resources.

Play School Indigenous Doll

ABC's Play School has welcomed a new Aboriginal toy to its cast, introducing the doll to the show in an Acknowledgement of Country special that aired at the start of NAIDOC week. This history-making episode was the first time Play School had featured all Indigenous presenters, with the entire episode being dedicated to Indigenous culture and highlighting the importance of caring for Country together.

Regional and Remote Schools Action Pack

ReachOut Australia conducted extensive research into the mental health and wellbeing needs of young people living in regional, rural and remote areas. Young people identified the positive things about living, working and studying in regional, rural and remote parts of Australia as well as significant challenges such as loneliness, isolation, unemployment and boredom. ReachOut partnered with Mission Australia to publish a comprehensive report on this research. Schools can engage with the regional and remote schools' resources action pack via the [ReachOut website](#).

Teacher Wellbeing Podcast

Teachers are often so dedicated to helping others, they can fail to recognise that their own wellbeing is at risk. In this podcast from The Queensland University of Technology, Dr Rebecca Spooner-Lane points out some of the early signs of burnout. She also talks about simple steps teachers can take to look after themselves.

Upskilling Teachers in Online Safety

The Office of the eSafety Commissioner operates the world's first and only legislated cyberbullying complaints scheme, where young people under 18 can report serious cyberbullying. They then work with social media providers to get the harmful content removed. They also run a legislative-backed reporting tool for victims of image-based abuse – or the sharing of intimate images/videos without consent. From the complaints received, many of these online issues are closely linked to social conflict occurring at school. But the problem of bullying – online and offline – extends far beyond the school gates. To assist educators with this, eSafety has developed a no-cost NESA-accredited [teacher professional learning program](#) empowering teachers with the confidence and competence needed to guide their students through a range of online challenges they may encounter.

Videos for Change

Students are invited to participate in the 2019 Videos for Change competition. Videos for Change empowers secondary school students to become agents of social change. It is a real world, student-led, project-based learning experience in which students create one-minute videos to raise awareness of social issues they feel passionate about. Videos for Change can be embedded as part of a student wellbeing program and can allow students the opportunity to develop the critical global competencies needed to be active, responsible and engaged citizens. In 2018, AISNSW schools [Kambala](#) and [Kincoppal-Rose Bay](#) were both selected as finalists.

Youth Drought Summit

UNICEF Australia, with support from the NSW Government, is hosting the first Youth Summit for young people living with drought in NSW. The Summit will be a forum for meaningful, action-oriented discussion between young people, policy-makers and service providers about how to more effectively support young people and children experiencing drought. It is also a chance to have a break from the land, build new connections with others going through similar struggles, and to connect, engage and reflect, surrounded by beautiful Lake Macquarie during the October school holidays (all expenses paid). Students and young people aged 14-24 years impacted by drought are invited to apply and participate in the NSW Youth Drought Summit. This is a unique and exciting opportunity to speak up for drought-affected children and young people. Applications close on Friday, 30 August.

RESOURCES

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 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.

Autism and Inclusion at Kindergarten

This no-cost resource, developed in collaboration with the Australian Catholic University and the Early Learning Association of Australia includes ideas to help guide and plan for an inclusive environment.

BeyondBlue 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 however, existing schools will be assisted to migrate to the new initiative by Be You staff. In the future, translated fact sheets and downloadable PDF documents will be available for school and parent support. 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.

Drought Relief Action Pack

School communities in a drought-affected area are likely to see effects of the drought in a range of ways. Students might be feeling the pressure of more responsibilities around the home. Families in the community may be experiencing financial hardship due to affected incomes. Whatever the impact, resilience skills can assist students cope with the stress more

effectively, and better equip them to confront and overcome life's challenges. This resource from ReachOut provides schools with practical tips, strategies and activities to empower students, foster their resilience and help them to bounce back from these challenges that can feel insurmountable.

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 receive, free of charge, 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.

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 NSW PDHPE syllabus requirements and student wellbeing needs. For more details contact headspace in Schools Program Manager, [Narelle Corless](#).

RESEARCH, ARTICLES AND CLIPS

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 NSW 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 student representatives 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.

AISNSW The Link

In this edition of The Link, the importance of social and emotional learning skills is discussed for student academic achievement and wellbeing as well as for life long success.

Adult Mobile Phone Use

The New York Times examines how adult modelling of mobile phone use impacts students and young people.

Belonging

Dr Kelly-Ann Allen presented at this year's AISNSW Student Wellbeing Conference in June. Post-conference, she shared this research paper related to the importance of meaningful social connections and bonds with others as an enduring life-long characteristic.

Consent and Tea

This short clip and the accompanying resources provide an interesting way to discuss consent with upper secondary students.

Deeper Learning in Practice

This article from Edutopia discusses supporting students as they develop important skills, understandings and mindsets that often require a shift in thinking about classroom learning and the competencies needed by teachers to facilitate that learning.

Designing a School for Wellbeing

One Chicago Public School has developed with an operating philosophy that a more sustainable world begins at school. The proposed campus is an urban farm and educational institution wrapped into one. In addition, wellbeing has been incorporated into the landscape.

Emotional Diversity for Boys

In this commentary, researchers consider how teaching emotional diversity can support the long-term physical and mental health of boys.

Enhancing Relationships in the Workplace

This article from the Harvard Business Review provides an opportunity to reflect upon our own behaviour in the workplace and how we might improve our relationships with colleagues.

Improving Student Sleep

A UK sleep education study that enlisted teachers to educate students about healthy sleep behaviour has seen students pick up some healthier sleep habits.

Mental Health and Emotional Wellbeing

This resource from the Personal Social Health and Economic Foundation in the UK aims to upskill and support teachers teaching health, relationships and sexuality education. The resource includes teacher notes, lesson activities as well as PowerPoint slides.

Navigating Girls' Friendships

This article examines the neuroscience related to how girls react to and develop friendships. In addition, it shares some strategies for teachers and parents supporting girls to manage challenging friendship matters.

Parenting in the Digital Age

The latest research from the eSafety Commissioner focuses on parents' experiences raising children in an online world. It provides insight into how parents assess and react to their children's experiences and the information they find most useful in guiding children through their experiences online. Data in this report is drawn from a random sample of 3,520 parents in Australia of children aged 2-17.

School Attendance and Mental Health

Mental health and disorders are a significant cause of student absence from school, particularly in the secondary school years, according to a new Australian study.

School, Health and Wellbeing

In this paper from The Lancet, the authors examine how secondary schools can influence health by affecting the behavioural roles that are available for students to perform, the resources available to influence student behaviour and how peers and teachers respond.

Social and Emotional Learning in Primary School

This article from the Greater Good Science Centre explores innovative ways to incorporate social and emotional learning into classroom activities and lessons.

Stress and the Adolescent Brain

This article from the National Association of Independent Schools USA discusses the neuroscience related to adolescent brains and how they experience stress.

Student Sexual Assault

This article discusses strategies for supporting young people of all ages and aims to develop a strong sense of personal agency in young people. Establishing gender equity is discussed as the ultimate goal to decrease sexual harassment and assault.

Supporting all Students

Education week discusses LGBTQI-inclusive teaching and learning happening in an environment where educators have access to resources and materials as well as professional learning. It goes on to suggest that one of the biggest challenges goes beyond just paving the way for inclusivity in that schools must intentionally create it.

Talking about Consent

This article from ABC Life provides some advice for parent education in relation to abuse, consent and body safety.

Teacher Wellbeing

Researchers at the [Buffet Institute in Nebraska](#) developed an ecological framework of teacher wellbeing which identifies individual factors and contextual factors linked to teacher wellbeing. Although the framework was created with early childhood educators in mind, it is applicable to teachers working with students of various ages.

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.

PDHPE Road Safety and Wellbeing Regional Tour, Armidale

Thursday, 29 August 2019

AISNSW Student Services Conference: Working Together – Support for Students with Academic, Behavioural and Mental Health

Monday, 2 September 2019

Wellbeing and Positive Education: A Practical Approach

Friday, 13 September 2019

Proactive and Reactive Student Wellbeing

Tuesday, 17 September 2019

Whole-school Wellbeing Regional Offering, North Coast

Friday, 20 September 2019

K-10 Wellbeing and PDHPE Resource Exploration

Friday, 25 October 2019

Whole-school Wellbeing Regional Offering, Albury

Tuesday, 5 November 2019

Online Modules

K-12 What is Working Well in Wellbeing?

Term 4, 2019

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

Terms 2 and 3, 2019

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

Terms 2 and 3, 2019

AISNSW Aboriginal and Torres Strait Islander

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

Live Life Well @ School

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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