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

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

New: AISNSW Bushfire and Drought Support Portal for Schools

AISNSW recognises there is an overwhelming array of information sources for bushfire-affected communities, so we have created a dedicated online portal for providing resources and support to your school.

The Commonwealth Government has funded the comprehensive *Emerging Minds Community Trauma Toolkit* and *Beyond Blue Be You* materials and resources which can help adults and children before, during and after a disaster or traumatic event.

It is important to take a coordinated whole-school approach when supporting staff, students and parents/carers and when engaging with and utilising the resources available on the [portal](#).

AISNSW can assist independent schools across the state to become familiar with and/or implement these comprehensive resources by providing no-cost consultancy support in cases of significant need via phone, Zoom or in person on request. Please refer to the key contacts section of the portal for further information or email [Jo McLean](#), Head of Professional Services or [Nicky Sloss](#), Student Wellbeing Consultant for further information.

2020 Student Wellbeing Funding Opportunities

Funding opportunities are being offered to independent schools to conduct Student Wellbeing and/or PDHPE-based projects. Projects should promote a sustainable and continuous commitment to student wellbeing and PDHPE through embedded programs or activities that focus on a whole-school approach. An application guide, form and sample project ideas can be found on the AIS website [here](#). These same details will be communicated to principals shortly. Applications open on Monday 24 February and close at 5pm on Friday 20 March 2020 with schools being notified about the outcome of their application by Thursday 9 April 2020.

For further information please contact Nicky Sloss, Student Wellbeing Consultant, at nsloss@aisnsw.edu.au or Katrina Mostyn, PDHPE Consultant kmostyn@aisnsw.edu.au or by phone on (02) 9299 2845.

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WHAT'S NEW

AISNSW PDHPE Newsletter

In 2020, AISNSW PDHPE teachers will be able to access a new termly newsletter. This newsletter will include support, information, links to resources and examples of AISNSW member school PDHPE practice. To receive this newsletter, select 'PDHPE Primary' or 'PDHPE Secondary' on your AISNSW user profile. For more details contact [Katrina Mostyn](#), PDHPE Consultant.

Big Veggie Crunch 2020

Vegetable Week featuring The Big Veggie Crunch is a no-cost school-based health promotion event that aims to encourage primary students to eat more vegetables. The event will be held from 2-6 March (Term 1, Week 6) with The Big Veggie Crunch being held on Thursday 5 March. Registered schools receive resources to plan, communicate and participate as a whole-school or class event.

Building Confidence in Children

This factsheet from [Be You](#) supports social and emotional learning to build confidence. Confident students are motivated to engage in more experiences, more able to build positive relationships and become happier, successful adults.

Equipping Youth People for the Future Working World

This resource is a collaboration between Ernst and Young and ReachOut and is unique due to the student wellbeing lens in which the work is conducted. ReachOut presented some of the findings of this research and resource at the AIS Student Wellbeing Conference in 2019.

eSafe Kids

The Office of the eSafety Commissioner has now released new resources for primary students. These resources will immerse young children into a bright, visual and interactive world of online safety where students aged 5 to 9 can explore a range of topics to get online safety conversations started in the classroom.

Explicit Imagery and Young People

Significant concern has been raised about the potential harms of pornography, including its impacts on relationships, sexual risk behaviours, sexual violence and body image. There is a concerning trend that some young people are using pornography as a source of sexual education. [The Burnet Institute's](#) work focuses on the use of explicit imagery among young people in the Australian context, exploring trends in use, gender-differences, and sexual health and behaviour. This work is informing interventions and sexual education initiatives in schools.

Greater Good in Education

The Greater Good Science Centre has just released a new website and research that distils strategies and practices for the social, emotional and ethical development of students and the adults that work with them, synthesising insights and best practices from science, programs and practitioners.

Future Stress

ReachOut have a range of resources to support young people thinking about their future. Themes and topics related to skills, financial management and dealing with change are included on the site.

In Real Life

In Real Life provides support and resources for young people to be confident with their sexuality, safe sex practices and relationships. This site is funded by the Australian Government as part of their [National Sexually Transmitted Infection Strategy](#).

Mission Australia Youth Survey

Mission Australia has released its 2019 Youth Survey findings, which schools can access to enhance PDHPE teaching and learning programs and student wellbeing initiatives. In its 18th year, the Mission Australia Youth Survey Report aims to identify young peoples' values, aspirations, and concerns with a focus in 2019 on student voice, bullying and disability.

The survey shows mental health, the environment, and equity and discrimination are the three most important issues identified by more than 25,000 respondents aged between 15 and 19 years. In addition, coping with stress, school or study problems and mental health are listed as respondents' top three personal concerns. The final report contains six recommendations aimed at enhancing student wellbeing nationally.

Additional [support documents](#) accompany the survey including comprehensive infographics, and a summary comparing major Australian cities and a breakdown of data e.g. Aboriginal and Torres Strait Islander students, gender differences and disability. Schools who chose to participate in the no-cost survey receive a tailored report when more than 100 students are involved. Accessing a tailored report can validate internal school data and provide evidence for schools to allocate resources to enhance student wellbeing.

AISNSW [supports schools](#) in the use of research and evidence in PDHPE teaching and learning programs along with whole-school wellbeing approaches where collaboration between these two areas is essential to support student wellbeing outcomes. For further information, please contact AISNSW Student Wellbeing and PDHPE Education Consultants [Nicky Sloss](#) and [Katrina Mostyn](#).

Montague Resources

Written by experienced teachers, these no-cost guides and resources offer new and exciting ways to approach different wellbeing themes and topics.

Online Mental Health Professional Learning

The National Workforce Centre for Child Mental Health offers no-cost online courses specifically designed to support educators and practitioners working with children up to age 12. Courses contain practical demonstrations to help put learning into practice.

Paralympic Education Program

Paralympics Australia's Paralympic Education Program (PEP) aims to inspire and excite young people by bringing the Paralympic Games and Para-sports into the classroom. The PEP will feature online education resources for teachers and students, along with opportunities for schools to experience Para-sport activities firsthand and school visits from our inspiring Australian Paralympians. The program will challenge student perceptions and attitudes towards people with an impairment and help to increase inclusion through Para-sport.

Practitioner Guide Supporting Parents of Children with Anxiety

Co-developed with the Parenting Research Centre, this guide is designed to help practitioners better support parents with children (aged 9-12 years) who are experiencing mild-moderate anxiety. The guide offers practical advice and is accompanied by two parent guides, *Gathering information about your child's experience of anxiety* and *Supporting your child*.

Preventure Program Research

Researchers at the Matilda Centre, University of Sydney, are launching an Australian-first randomised controlled trial evaluating the efficacy of a school-led Preventure program. Preventure is a brief, personality-targeted intervention to improve student wellbeing and prevent substance use. The program has a strong evidence-base; the critical next step is to test the program when delivered by school staff, enabling broader reach and uptake across Australia. Schools in the greater Sydney or Wollongong regions wishing to express their interest in participating in this free trial should email

[Dr Erin Kelly](#).

Resilience

ReachOut resources support teachers and schools to understand the role of resilience in respect to their learning and wellbeing.

Student Snapshot Survey

Student Snapshot is a no-cost digital alternative to paper-based transition questionnaires, designed by ReachOut for students moving from Year 6 to 7. This student wellbeing self-assessment survey can be used to generate individual student profiles and a year group wellbeing overview with resource recommendations for teachers and parents/carers. Implementing Student Snapshot will support schools to build relationships with new students and ensure that wellbeing initiatives are relevant to the year group they are working with.

Teacher Wellbeing

ReachOut have released a range of new resources to support teacher wellbeing. Topics include communication, self-care and online resources.

Whole-school Wellbeing

ReachOut have redesigned their website to make it easier for teachers to find engaging wellbeing resources and information. Updated sections include resource topic areas as well as additional information related to teacher wellbeing.

Work and Money

Schools play an important role in preparing young people for the transition into adulthood and employment. The changing and uncertain working world has led to the need for new skills, a shift in the way we think and plan for work and life, and an enhanced need for resilience.

Many students are uncertain and concerned about what their future will look like. It's important that they are aware of the many options available to them and how they can access these. This resource gives students an opportunity to discuss apprenticeships, casual work, the selection of university courses and financial independence as they consider how their future path may look.

Critical thinking, creativity and emotional intelligence are important skills for every student to develop to navigate our rapidly changing world. This resource is designed to help prepare students for the transition from school to further education and employment by reviewing the broad range of options available.

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.

Body Image

To promote the inclusion of males in the discussion of body image, The Butterfly Foundation has launched *RESET: a conversation about boys' body image*. Its purpose is to support schools and other organisations in engaging in those conversations, and to raise awareness and help seeking in boys.

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 to 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.

Headspace for Educators

Headspace has now provided access to no-cost online mindfulness for educators for personal and professional use.

ReachOut Parents

ReachOut Parents has been developed to support the parents and carers of the young people in schools. This resource is designed to support the work schools undertake in relation to student wellbeing and mental health education.

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](#).

Smiling Mind

Smiling Mind have released a range of no-cost resources to support student and teacher wellbeing utilising mindfulness. [Their site](#) also includes research related to the effects of mindfulness in a school-based setting.

Study Stress Action Pack

ReachOut have produced activities and resources to support students, parents and carers through examination periods. The action pack includes a suite of activities intended to help teachers or wellbeing staff better understand how students experience stress. In addition, support is provided to promote class discussion and to assist those students who may be having difficulty coping. Lastly, infographics are available for download and display in school classrooms and corridors.

Student Voice

This resource from the NSW Advocate for Children and Young People, *'Engaging with children and young people in your organisation'* includes checklists, tips and suggestions to enhance authentic student participation. In Term 3, AISNSW will be hosting a webinar related to student voice and whole-school student wellbeing. More details are available [here](#).

Wellbeing 5's

To support teachers to engage and energise their students, [ReachOut for Schools](#) has developed a range of short wellbeing activities and classroom lessons. Some of the most popular resources include forming respectful relationships, bullying, exam stress and help-seeking strategies. All activities are evidence-based, student-centred and able to be adapted to fit existing lessons, programs and school contexts.

RESEARCH, ARTICLES AND CLIPS

Belonging and Connectedness

Creating a strong sense of belonging for students makes a significant contribution to school climate. It is important for classroom teachers and school leaders looking to develop a positive culture across the whole organisation.

Children to Adolescence Study

The focus of this study is on health and emotional development through the middle years (8-14 years). The research will consider the experience of students and their families as they move from primary to secondary school and how these experiences may impact students' health, school engagement and academic outcomes. The transition through the middle years brings changes in social and emotional development. It also brings changes in engagement with family and school. These changes are associated with a rise in emotional and behavioural problems.

Depression, Anxiety and Peer Victimization

Untangling the direction and nature of the relationships between peer victimisation, depression and anxiety is difficult because they often co-occur. Using data from the Longitudinal Study of Australian Children, this study aimed to answer several questions, including whether peer victimisation, depression and anxiety predict each other, and whether any of these domains have unique relationships with negative wellbeing outcomes.

Emotional Co-Regulation and Behaviour

This article from Edutopia explores how supporting student self-regulation can lead to improved outcomes in future and taking a less punitive approach to student behaviour.

Emotional Scientists

It is important to assist teachers to identify their emotions, understand the influence of their feelings on all aspects of their lives, and develop the skills to make sure they use their emotions in healthy, productive ways. In turn, this will impact modelling and teaching emotions to the students in their care.

Physical Activity and Emotional Health

Research has found a link between consistent participation in organised sports and physical education in childhood and improved emotional health once the child reaches the age of 12.

Proof Positive

This video series from The Greater Good Science Centre discusses human flourishing, gratitude, wellbeing of migrant families, stress and positive emotions.

Rethinking Risk Taking in the Early Years

Charles Sturt University's researchers are taking a closer look at how educators think about risk in early years education and how best to support the development of confident, competent and resilient children from their earliest years.

Schools as Family: TEDx Talk with Dr Sue Roffey

Healthy child development includes the drive to discover, become independent, be active, connect with others and have fun. When schools promote an environment that fosters positive development, students are more likely to thrive. Education that mirrors the best of family life puts wellbeing at its heart and includes learning to be and live together as well as knowledge and skills. This will not only reduce mental health concerns and enable young people to become the best of themselves, it will also empower future communities to flourish.

School-based Mindfulness

Teachers have found mindfulness techniques help students pay attention, empathise with their classmates, control their own emotions and limit stress. This article shares how one mindfulness study is measuring whether and how these techniques contribute to improved academic outcomes for students in addition to social-emotional ones.

Social and Emotional Learning meets Compassion

This article provides ideas for schools and teachers to deliver education both compassionately and effectively. It examines how we might build a culture of high academic and behavioural expectations, while also taking into consideration the challenges that students bring with them to school.

Water and Wellbeing

Coastal environments have been shown to improve health and wellbeing. Proximity to water – especially the sea – is associated with many positive measures of physical and mental wellbeing, from higher levels of vitamin D to improved relationships. Many of the processes are the same as with green space with some added benefits according to research from [BlueHealth](#), a programme researching the health and wellbeing benefits of blue space across 18 (mostly European) countries.

Working with Trans and Gender Diverse Children

Dr. Michelle Telfer, the head of Department of Adolescent Medicine at The Royal Children's Hospital (RCH) Melbourne and the Director of the RCH Gender Service shares her experience leading the Gender Service at the RCH and how practitioners can best support trans and gender diverse children and their families in this podcast.

PROFESSIONAL LEARNING

WEBSITES OF INTEREST

The following is a list of AISNSW Wellbeing Professional Learning courses available for registration in 2020.

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

Online Modules - All Year

[What is Working Well in Wellbeing?](#)

[Starting the Journey: Live Life Well @ School](#)

[Taking the Next Step: Live Life Well @ School](#)

[Stage 6 Health Promotion on the Roads](#)

[Safe2StepOut Primary Road Safety](#)

Designing a K-12 Wellbeing Scope and Sequence webinar

Tuesday 17 March

Exploring Proactive and Responsive Student Wellbeing Approaches Part A

Friday 22 May

AISNSW K-12 Counsellors Conference: Looking back and looking forward

Thursday 28 and Friday 29 May

K-12 Wellbeing Conference 2020: Your Wellbeing Vision

Friday 12 June

Best Practice Child Protection and PDHPE webinar

Thursday 27 August

Mental Health: Whole-School Processes and Practices

Wednesday 9 September

Developing Authentic Student Voice in Student Wellbeing webinar

Tuesday 15 September

Exploring Proactive and Responsive Student Wellbeing Approaches Part B

Wednesday 18 October

Social and Emotional Learning in Schools: A Practical Approach

Wednesday 4 November

[AISNSW Aboriginal and Torres Strait Islander Education](#)

[AISNSW Bushfire and Drought Support Portal](#)

[Live Life Well @ School](#)

[AISNSW Wellbeing page](#)

[Black Dog Institute](#)

[Be You](#)

[Bullying. No Way!](#)

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

[Cyber Strong Schools](#)

[Edutopia](#)

[eSafety Commissioner](#)

[headspace School Support](#)

[Kids Helpline](#)

[Melanoma SunSafe Student Ambassadors](#)

[National Eating Disorders Collaboration](#)

[Peer Support Australia](#)

[Positive Choices](#)

[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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