

Six key factors for whole-school wellbeing success

The AISNSW Wellbeing Literature Review identified six key factors as being critical to ensuring a successful whole-school approach to wellbeing.

<p>Adopt a whole-school approach</p>	<p>Interventions led by the whole-school community are more effective than interventions led by a single staff member. Although principal commitment and engagement is crucial for wellbeing approaches, this alone is not sufficient for success.</p> <p>Schools are encouraged to consider how each intervention can be supported and implemented within existing structures, roles and curriculum, e.g., PDHPE.</p>	
<p>Focus on interventions with evidence of effectiveness</p>	<p>Whole-school interventions require considerable resources. Therefore, it is important to base wellbeing interventions and approaches on robust evidence to ensure their effective impact on key wellbeing outcomes, e.g., improved social and emotional learning skills.</p>	
<p>Establish a dedicated leadership team to drive implementation</p>	<p>Consider a dedicated wellbeing team to drive whole-school wellbeing. The <i>who</i> might depend on the needs and context of each school. It is critical that the facilitators of any wellbeing initiatives are approachable, demonstrate strong interpersonal skills, and show interest in student wellbeing.</p>	
<p>Prepare the school and staff early</p>	<p>Ongoing professional learning for educators is essential to support successful implementation of wellbeing approaches. It is important to educate school staff about the evidence supporting wellbeing outcomes and build staff capacity. Doing so can be important to achieve staff buy-in and improve success.</p>	
<p>Provide meaningful engagement with families</p>	<p>Home life is undoubtedly one of the most important settings in children's lives. Family partnerships and engagement in whole-school wellbeing approaches are essential. Meaningful engagement may be achieved by including families in decision-making processes.</p>	
<p>Create meaningful opportunities for student voice and engagement</p>	<p><i>Nothing about us without us!</i></p> <p>Wellbeing can be enhanced when students feel they have an authentic voice. This may be particularly important during adolescence when the need for autonomy is increased. The development of social and emotional capabilities will enhance students' ability to express themselves in relation to health, safety and wellbeing.</p>	