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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 resources, updates and current evidence-based research on contemporary issues concerning the health and wellbeing of children and young people.

Should you have any ideas, suggestions or feedback for this newsletter or want to know more about AISNSW Student Wellbeing PL Advisory Committee meetings, please contact Nicky Sloss at nsloss@aisnsw.edu.au.

SPOTLIGHT

ReachOut.com Parent Portal

When a parent has the ability to recognise a teenager needs help, they are more likely to receive it. In May 2016, ReachOut.com introduced a service to help parents help teenagers. On this portal designed for parents, a raft of information is freely available including fact sheets, stories, practical tips and tools covering topics, issues and experiences that are relevant to teenagers aged 12 to 18 years.

The ReachOut.com Parent Portal addresses key concerns of teenagers including:

- stress
- alcohol
- cyberbullying
- depression
- peer pressure
- bullying
- anxiety

The portal provides advice for parents and teenagers in relation to the skills required to navigate the teenage years:

- effective communication
- coping skills and resilience
- technology
- friendships
- building trust
- sexuality
- supportive parenting

ReachOut.com [Parent Portal](#) also provides regular parent forums and a newsletter addressing parents' concerns for young people.

ReachOut.com [Parent Portal](#) joins a suite of evidence-based resources available to support the mental health and wellbeing of young people.

Also available:

[ReachOut.com](#) (for students)

[ReachOut.com Professionals](#) (for teachers and clinicians)

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WHAT'S NEW

Aboriginal Animations

KidsMatter Aboriginal and Torres Strait Islander resource portal has released a series of animations promoting the social and emotional learning of Aboriginal children. Each animation provides a story that highlights key messages about the day-to-day caring of Aboriginal children's wellbeing by parents, families and communities.

BOSTES Mindfulness Resources

Schools play an important role in developing the knowledge, skills and attitudes that young people need to manage stress, build resilience and develop a strong sense of identity. Practicing mindfulness has a significant role in improving mental health. The mandatory K–10 PDHPE syllabus acknowledges the link between a healthy lifestyle and positive mental health. Students reflect on the challenges that confront people at various stages of life and appreciate that these may provide unique opportunities for personal growth. Students also reflect on, discuss and develop skills that strengthen their resilience, and explore the characteristics and qualities displayed by resilient people. In May 2016, BOSTES released a range of resources for schools to use with teachers and students.

Confident Me

Dove has produced a comprehensive [multimedia resource](#) to support the teaching of self-esteem and body confidence in PDHPE. It is designed for students aged 11 to 14. [The workshop is free to download](#) and presents discussion, role-play and engaging activities.

Creating a Culture of Kindness

Teachers looking to improve classroom climate and encourage a culture of kindness can access a range of age appropriate resources at the Scholastic website.

E-Safety for Parents and Teachers

Schools understand that it can be difficult for parents to navigate social media services. The e-Safety Commissioner has provided a [social media age guide](#) to assist parent decision-making based on when children should join social media services. A range of [resources for schools](#) is also freely available for download.

ImageUp Ap

ImageUp is an all-in-one app that allows young people to post to Instagram, Twitter and Facebook and to keep them cyber savvy about image sharing.

Indigenous Tobacco Campaign

The Australian Government has strengthened its commitment to closing the gap in Indigenous life expectancy with the launch of the latest phase of the National Tobacco Campaign.

Don't Make Smokes Your Story features new advertising materials specifically targeted at encouraging Aboriginal and Torres Strait Islander smokers to make a serious quit attempt, not just for themselves but also for the health and wellbeing of their families.

Jiyo App

Jiyo is a personal wellbeing companion that allows teachers to engage, learn and interact with a diverse range of resources including articles, videos and reminders to assist teacher wellbeing.

Kindergarten Orientation Packs

As part of the New South Wales Government's ongoing commitment to the schools Road Safety Education Program, a free resource, the Kindergarten Orientation Road Safety Pack, has been produced to assist schools to raise awareness of families about road safety issues related to travelling to school. Transport for NSW has produced this resource to provide information for families about safe passenger and pedestrian behaviours for their children and how to meet their obligations as drivers to maintain a safe traffic environment around their local schools. The pack also provides the key road safety messages to discuss with children in their early primary school years. Schools can order the packs online.

Mindfulness at Monash University

Monash University is a world leader in mindfulness and has launched an online course for educators interested in furthering their knowledge of mindfulness and its use in educational settings.

Mission Australia Survey 2016

Mission Australia has opened its annual student survey for Australian students aged 15-19 years old. Schools with more than 100 students involved in the survey can access a tailored report from their student population results. A promotional toolkit is available for school access. This year the survey includes special focus questions to discover more about local communities and perceptions of discrimination. The survey also seeks to understand young people's participation in education, employment and community activities along with their family and social support networks, values and concerns. Highlights from the 2015 report are available online to inform schools when focusing on young people and their wellbeing.

Morningside Centre

The Morningside Centre provides education and resources for teachers to assist young people develop values, qualities and skills necessary to thrive and contribute to their communities.

Music e-Scape

Music e-Scape is a free app from the Young and Well Cooperative Research Centre designed to enhance mood through music available in young people's smart phone playlists.

Our Pact App

OurPact app is a parental control and screen time management tool for use after negotiations with young people to formalise their agreement related to online screen time and behaviour.

School Leader Survey

Principals Australia Institute will soon release a school leader survey that will result in new resource creation related to teacher health and wellbeing.

School TV

Dr Michael Carr-Gregg and the Young and Well Cooperative Research Centre have released this new resource for teachers and parents. *School TV* will soon be available to schools, providing access to relevant monthly video content across a range of student wellbeing topics.

Send This Instead App

This app provides students with an alternative response when pressured to send explicit or intimate images online.

Social Development Resources

Social understandings and behaviours are closely interwoven with emotions, temperament, values, attitudes, knowledge and skills. Social competence is about the ability to recognise, interpret and respond to social situations in ways that society sees as appropriate. It is a known protective factor for children's mental health and wellbeing. KidsMatter has released resources to support the social development of young people in Australia.

Spotlight on MindMatters

MindMatters has just released four focus topics with accompanying resources related to self-harm, bullying, suicide prevention and technology. These spotlights take a similar format to existing modules including an introductory video, panel discussion and many downloadable resources. Each Spotlight topic takes an in-depth look at relevant issues and presents positive actions staff can take to help individual students and to build a whole school response. Additional resources will be made available throughout 2016. These resources are not mapped to the NSW PDHPE curriculum at this stage.

Student Wellbeing Funding Opportunities

2016 funding opportunities are available annually through AISNSW. This year's projects have been awarded and will be showcased in [upcoming editions of Student Wellbeing News](#). Additional details can be found on the [AISNSW student wellbeing resources page](#). For more information, please contact AISNSW Student Wellbeing Consultant, Nicky Sloss at nsloss@aisnsw.edu.au.

Student Wellbeing Module for Teacher Professional Learning

The AISNSW launched a wellbeing online learning module for teachers during Term 1, 2016. The module has been created to assist teachers working in wellbeing in schools. It can be used as a resource for teachers' wellbeing as well as providing classroom resources. Teachers are able to use the module as a learning tool to inform their practice and create their own wellbeing activities for students. There is an opportunity for teachers to share their experiences with other participants and to receive four BOSTES accredited hours for completing the module.

Three Quiet Minutes

This resources from the Morningside Centre provides some suggestions to include quiet time and space in student school days.

Wellbeing Toolbox

The Toolbox is a collection of health and wellbeing apps endorsed by professionals and reviewed by young people aged under 25 years. The apps assist students with their goals and also allow them to track their progress.

World Tobacco Day

In May 2016, the Australian Department of Health released a range of reports and resources aimed at continuing the downward trend of smoking rates and uptake in our young people.

Young and Well YouTube

The Young and Well Cooperative Research Centre has a YouTube channel available for teachers and clinicians to explore the resources available for student wellbeing using state of the art technology.

Academy of Social and Emotional Learning

This resource centre provides the latest research, news and trends on social and emotional learning, character development as well as school culture and climate.

Bereavement Centre

The Bereavement Centre in Sydney provides individual and group counselling for young people, support for care givers, advice for teachers and other care givers, and training and clinical supervision for professionals and volunteers.

Black Dog Institute

School Clinicians are now able to [register with the Black Dog Institute](#) before referring a patient for an assessment. General practitioners, psychologists and psychiatrists in Australia are eligible for [registration](#).

Centre for Emotional Health

The [Centre for Emotional Health Clinic](#) is a centre of excellence aimed at furthering the understanding of emotional disorders and improving methods of treatment for young people. The centre also provides [fact sheets for parents and teachers](#) to access via their website.

Children's e-Safety Commissioner

Australian children, parents and guardians have a place to report serious online bullying following the official launch of the Office of the Children's e-Safety Commissioner last year. The office has established a cyberbullying complaints system, backed by legislation, to quickly remove online material that is harmful to children from social media sites.

Crunch and Sip School Resource Pack

The new and updated school resource pack for PDHPE and student wellbeing is available for primary school teachers. The pack contains an implementation guide, lesson ideas, resources and research findings.

Cyber Safety

CyberStrong Schools' resources are designed to support schools and parents by providing freely available resources related to online behaviour.

Disaster Resilience

The Australian Institute for Disaster Resilience has produced a range of resources and programs for Australian schools in addition to teacher education forums.

Fruit and Veg Month

Fruit and Veg Month is a health promotion program for NSW primary schools that puts a positive focus on fruit and vegetables. Fruit and Veg Month 2016 will be held from 29th August to 23rd September. This year's theme is *Vegetables Are Funky!* Classroom activities are designed to meet PDHPE K–6 curriculum outcomes.

Good Grief Resources and Research

Good Grief is committed to education to build resilience and foster wellbeing. Good Grief provides programs for children, young people and adults challenged by loss and change.

Hawn Foundation

The Hawn Foundation enlists educators, scientists, researchers, clinicians, volunteers, parents and children's advocates to create resources related to social and emotional learning and student wellbeing.

Headstrong 2.0

The Black Dog Institute has created *HeadStrong*, the creative way of thinking, talking and teaching about mood disorders. Aligned to PDHPE for Years 9 and 10, *HeadStrong* includes five modules split into a series of ready to use classroom activities and teacher development notes. Each module links directly to curriculum outcomes and is supported by a series of engaging class room presentations.

KidsMatter Survey Tools K–6

KidsMatter has online survey tools that schools can use to survey staff, students and families about wellbeing and compare results against national averages. These tools include a survey that can monitor a school's wellbeing progression.

Men's Health 2016

Men's Health Week 2016 was held in mid-June with a range of resources produced to foster positive discussions on issues related to men's' health.

Mental Health Resources for Parents

Children of Parents with a Mental Illness provides [resources for parents](#) to discuss mental health with children. [headspace Australia](#) provides factsheets to support parent education.

Mindfulness Resources

Edutopia has a range of resources related to mindfulness education in school settings.

MindMatters Survey Tools 7–12

MindMatters has online survey tools that schools can use to survey staff, students and families about wellbeing and compare results against national averages. These tools include a survey that can monitor a school's wellbeing progression.

National Presentation Network

The National Presentation Network provides free webinars for parents, teachers and students on student wellbeing and broader curriculum areas.

NSW Wellbeing in Education

Two additional resources for wellbeing in education are available in a [Facebook forum](#) and a [LinkedIn group](#). Educators are encouraged to contribute and share resources and ideas in these professional forums.

Parent Partnerships

Parent involvement in education is one of the biggest predictors of student success. *Edutopia* has compiled a list of articles, videos and other resources to assist parental engagement.

RESOURCES

Road Safety Education

Road Safety Education (RSE) programs are instrumental in increasing students' knowledge, attitudes and skills in road safety and in reducing the number of deaths and injuries from road accidents. AISNSW has a program agreement with Transport for NSW's Centre for Road Safety for the delivery of RSE in Independent schools. The AISNSW K–12 RSE program is funded by the Centre for Road Safety, and AISNSW is committed to supporting best teaching and learning practices in RSE within the PDHPE curriculum, and other areas of the curriculum such as student wellbeing and English. All resources and professional learning for RSE are provided free of charge.

Royal Commission Reports

The Royal Commission into Institutional Responses to Child Sexual Abuse has released two research reports with the first examining information-sharing frameworks and the second examining best practice in implementation.

Safe Schools Hub

The Safe Schools Hub has resources publically available and designed for use in schools.

School Transition

Resources are available for parents, students, educators and administrators to help support a successful transition through school stages.

Social and Emotional Learning

Students need to learn the social and emotional skills on which effective interactions depend, and be offered frequent opportunities to use these skills to benefit optimally from school environments. KidsMatter has a range of [resources for teacher professional learning](#) and student wellbeing activity implementation freely available for schools. These same resources include a useful [infographic](#) to display in and around classrooms.

Studying without Stress

Macquarie University provides resources, strategies and programs related to Stage 6 student wellbeing and stress management.

Supporting Student Mental Health

Blackdog Institute has [resources for teachers](#) to support students at risk along with [ideas and resources from The British Columbian Ministry of Education](#).

Teacher Health

Making Healthy Normal is a campaign from the NSW Department of Health aimed at adult and workplace wellbeing. *Make Healthy Normal* is about making lifestyle changes that can make a difference to health. Teachers can take the quiz and join the 10 Week Make Healthy Normal Challenge.

Teacher Inspiration

Edutopia provides resources to inspire teachers and increase their wellbeing at the start of a new school term.

Think Feel and Act Cards

This hands-on tool increases awareness about choices, and is ideal for coaching, small group instruction, or personal development. The cards help people understand the differences between thoughts, feelings and actions.

RESEARCH, ARTICLES AND CLIPS

ABCTV Resources

New resources are available for primary and secondary school teachers related to personal and social capabilities in the curriculum.

Academic Gain and Pro-social Behaviour

Research released in relation to violence suggests there is a causal link between academic gains and safer schools.

Aboriginal Australians' Health Status 2015

This recently released *Overview of Australian Aboriginal and Torres Strait Islander health status* provides information about Aboriginal and Torres Strait Islander populations, the context of Indigenous health, various measures of population health status; selected health conditions, and health risk and protective factors

Building Resilience in Young People

Dr Andrew Fuller discusses how we can assist young people develop their resilience.

Bullying in Schools Research

The University of South Australia has released a [research report](#) discussing the effectiveness of anti-bullying and relationship strategies in schools. Telethon Kids Institute in Western Australia provides [additional research](#) related to cyber safety and aggression.

Anti Bullying Resource

In this video clip, children were asked what it felt like to be bullied. The children wanted to ensure everyone could grow up in a friendly, caring, compassionate environment.

Children's Week Resources

Winthrop Professor Donna Cross from the Telethon Kids Institute and University of WA outlines what we now understand about bullying behaviour – its impacts and reasons for it – and provides practical strategies that are effective in reducing bullying-related harm.

Classroom Tips on Fairness

This article from *Edutopia* discusses the relationship between fairness and equity in the classroom. The article provides strategies for teachers when working with young people.

Consent via a Cup of Tea

This short clip can teachers explain the concept of consent to students in student wellbeing or PDHPE sessions.

Data Potential

This recently released paper from The Mitchell Institute finds that harnessing data potential requires improving the quality and consistency of collections, streamlining data linkage, addressing information gaps and building better ways to analyse, share and use data.

Drug and Alcohol Education with Paul Dillon

Paul Dillon discusses the latest data and information regarding drug and alcohol education for parents and teachers in a recent webinar for the National Presentation Network.

Emotional Intelligence for Students

This article from *Six Seconds* provides an introduction to emotional intelligence for students.

Family Engagement

Edutopia suggests simple strategies to increase parental engagement in secondary schools.

Finnish Schools

Filmmaker Michael Moore examines the positives of education in Finland.

Learning from Mistakes

In this article from *Teacher Magazine*, the importance of learning from failure and the need to have a growth mindset is discussed.

RESEARCH, ARTICLES AND CLIPS

Managing Self-harm in Schools

This webinar from Orygen Australia explores the occurrence of self-harm in young people, and the relationship between self-harm and suicide. It aims to assist school leaders and counsellors to consider how they manage the occurrence of self-harm and care for the students involved.

Mindfulness

[ABCTV Catalyst program](#) discusses the benefits of evidence-based mindfulness for adults and is supported by this short [YouTube clip](#) from Melbourne University related to the use of mindfulness in schools.

Morning Meetings

Morning meetings can be a valuable time to develop social and emotional learning skills, create a culture of respect and trust and prepare students to learn.

Motivational Interviewing and Restorative Justice

Practitioners in a wide range of settings including Juvenile Justice, drug and alcohol recovery, health care, education and the workplace are employing motivational interviewing to assist with mental health and wellbeing.

Negative Emotions

The importance of experiencing a range of emotions are discussed in this article from *The Scientific American*.

Parenting Ideas

In this resource from Harvard University, strategies for parents to assist with building and modelling self-regulation skills are discussed in respect to wellbeing and academic outcomes.

Positive Ripples

Professor Lea Waters from Melbourne University discusses the impact of positive experiences in shaping the lives of young people.

Reality Television in Schools

During June 2016, [#RevolutionSchool](#) aired on ABCTV. Educators interested in this four-part series can access it via [ABCTV iView](#).

Relationships

This short article from *Edutopia* discusses strategies for building authentic relationships with teenagers.

School Connectedness and Wellbeing

During the transition from primary to secondary school, students typically experience a new social environment. They move from primary school with small intact classes throughout the day with one main teacher to a larger secondary school with teachers, classrooms and often classmates changing throughout the day. During this time, students report a reduced sense of connectedness, which has been associated with symptoms of depression and anxiety. This study investigates the temporal association between feeling connected to school and mental health prior to and over the transition period.

Science Results

According to the Greater Good Science Centre, reading about scientists' struggles can help motivate students who are not doing as well as they would like to.

Service Learning in Schools

This article discusses how service learning can be utilised in schools and the important outcomes for all involved.

Sir Ken Robinson on Creativity

Sir Ken Robinson discusses creative teaching, imagination and innovation in April 2015.

Sleep

[SBS Insight program](#) discusses the importance of sleep and the impact of technology on our sleep patterns with [Fast Company's research article](#) supporting the same ideas.

Smiling Mind

Smiling Mind is an evidence-based free Australian mindfulness resource for use in educational settings. Smiling Mind can be used with P-12 students as well as by teachers.

Social and Emotional Learning

Education Week provides suggestions for schools implementing social and emotional learning interventions and strategies for student wellbeing.

Soul Pancake

Soul Pancake provides handy stimulus clips for use in student wellbeing sessions. This short clip demonstrates the importance of relationships and connectedness.

Sport and Mental Health

This webinar recording is aimed at increasing awareness of mental health in young people involved in sport. There is a focus on the importance of promoting mental wellbeing and early identification of mental health problems, as well as guidance on where to go for specialist assessment and treatment.

Student Voice and Bullying Video

Inspired and performed by students at three Catholic primary and secondary schools in the Diocese of Wollongong, this innovative video uses student voice and experience to focus on the impact of bullying, and provides practical strategies for youth to deal with this important issue. It is an engaging visual stimulus which challenges students to think positively, respond compassionately and act with courage when they are confronted with future incidents of bullying.

Teaching Acceptance

Schools in the United States are finding new ways to address discrimination and bullying related to race and religion.

Teacher Stress Reduction

Education Week discusses the benefits of teacher stress reduction in relation to improved classroom climate and effectiveness.

Teenage Risk Taking

Risk-taking is discussed in this Greater Good Science Centre article. Risk taking is a part of growing up and can assist teenagers to develop independence and their identity. Risks assist students to find out what they can do, and to gain insight into the meaning of their lives.

Transitions in Schooling

Dr Stacey Waters discusses the social and emotional outcomes of transitioning from primary to secondary schools.

Wellbeing Matters with Dr Sue Roffey

Dr Sue Roffey discusses the importance of whole-school and teacher wellbeing.

PROFESSIONAL LEARNING WEBSITES OF INTEREST

The following is a list of AISNSW [Student Wellbeing Professional Learning courses](#) for 2016. For more information or to register, please select the course title. Please note: AISNSW also provides individual student wellbeing consultancies and professional learning sessions tailored to the needs of your school.

What is Working Well in Wellbeing? Self-paced Learning Module

Friday, 18th March – Friday, 16th December

Strategies for Leading Wellbeing Teams with the Student Wellbeing Committee

Thursday, 27th October

To subscribe to this newsletter, please **log in** or **sign up** to the AIS website www.aisnsw.edu.au and select Student Wellbeing as an area of professional interest in 'My Profile'.

Australian Communications and Media Authority
Australian Drug Information Network
Black Dog Institute
Bravehearts – child protection
beyondblue – for secondary schools
Bullying. No Way!
CASEL – Collaborative for Academic, Social, and Emotional Learning
Curve Lurve
Cybersmart and e-Safety Commissioner
Cyber Strong Schools
headspace
HeadStrong 2.0
Kids Helpline
KidsMatter
Melanoma Institute Australia
MindMatters
National Centre against Bullying
National Eating Disorders Collaboration
NSW Cancer Council
NSW Parents' Council
Optymise
Orygen Youth Health
Peer Support Australia
ReachOut.com
ReachOut.com Professionals
Road Safety Education AISNSW
Transport for NSW Centre for Road Safety
Safe Schools Hub
Sexuality, Sexual Health and Relationships Education
The Butterfly Foundation
Values Education for Australian Schooling
Wellbeing Australia
Youthsafe