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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 Professional Learning Advisory Committee meetings, please contact Nicky Sloss at nsloss@aisnsw.edu.au.

SPOTLIGHT

The Link: School Climate

AISNSW is committed to sharing the highest quality evidence from research findings to help inform practice in the independent sector. The Link provides short summaries of high quality, relevant and interesting research findings, providing readers with succinct and practical information to help inform practice.

In Edition 7, the AISNSW [Data and Research team](#) shares research related to school climate.

School climate is a holistic concept which encompasses four domains: safety, interpersonal relationships, teaching and learning, and the school environment. Improvement across these domains positively impacts student academic outcomes, and the mental health and wellbeing of the whole school community.

School climate is a multidimensional, holistic concept that encompasses a number of domains: safety, teaching and learning, interpersonal relationships, and the (external) environment. It is a result of relationships between students, school staff, parents and the community.

School climate is a major factor in student achievement, and mental health and wellbeing. For students this includes prosocial behaviour, social inclusion, attendance, belonging and connectedness; and for educators, job satisfaction, retention, self-efficacy and wellbeing.

Research continues to recognise the integral role of school climate in supporting successful outcomes at all levels of a school. Evidence based school improvement efforts that include explicit attention to school climate are more likely to create environments where all stakeholders flourish.

Further information related to school climate will be shared at the 2017 AISNSW K-12 Student Wellbeing Conference, [Spring into Wellbeing](#) in September.

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WHAT'S NEW

Aboriginal Wellbeing Education

There are more than 100 programs listed in the KidsMatter resource. Focus on the specific programs that suit your school by using the filter-search for Aboriginal and Torres Strait Islander students. For additional support contact the AISNSW Aboriginal Education consultant, Rosalyn Thomas rthomas@aisnsw.edu.au.

AISNSW Social Media

Educators can join AISNSW's social channels [Facebook](#), [LinkedIn](#) and [Twitter](#) for relevant information related to whole-school activities, events, research and more.

AISNSW Student Wellbeing Professional Learning 2017

Online registration is now available for all 2017 student wellbeing professional learning opportunities including conference, courses, webinars and online learning modules.

AISNSW Research and Data Infographics

The AISNSW Research and Data team have been releasing a series of infographics over the past two terms. Access and print these free infographics for your staff.

Blackdog Institute LifeSpan Project

Black Dog Institute is engaged in a [LifeSpan Project](#) with four distinct NSW regions, commencing 2018: Newcastle, Illawarra Shoalhaven, Central Coast and Murrumbidgee. Schools will play an integral part of this systems approach to mental health and youth suicide prevention. More details via its website and through AISNSW Student Wellbeing and Student Services consultants in 2017.

Bullying Resources

ReachOut has partnered with ABCTV to provide resources for teachers, parents and students in relation to bullying and respectful relationships.

Curve Lurve

The McGrath Foundation's Curve Lurve Resources have been reviewed and updated for PDHPE and student wellbeing teachers to access from term two.

Dance Break

Dance Break for wellbeing. [Dance Break app](#) is about getting people up and dancing at home, at school or in the office. Once a day Dance Break will prompt users with an energising track and encourage everyone to dance with people around the world regardless of time-zone, language, gender or race.

Early Childhood Inclusion Resources

Early Childhood Australia is committed to the inclusion of every child in early childhood education and care. Inclusion means every child has access to, participates meaningfully in, and experiences positive outcomes from early childhood education and care programs. Inclusion resources are an important part of how we support high quality early childhood education and care.

Explicit Imagery with Maree Crabbe

In November 2016, Maree Crabbe presented a free [teacher and parent webinar](#) for independent schools. The recording of the webinar will be available for a three month period and support materials for schools can be found on the It's time we talked [website](#).

headspace Notice

The national headspace School Support Program has grown increasingly concerned by the impact of a recently aired show on Netflix titled 13 Reasons why. Since the release of the program, the Australian and International mental health sector has raised major concerns regarding the content and depiction of youth suicide. headspace provides helpful information for schools, mental health services and parents if they are aware that children or young people have been exposed to the content and have expressed concerns around their own mental health, distress, or suicidal thoughts and feelings. Schools with concerns can also contact headspace School Support NSW/ACT Manager, Narelle Corless NCorless@headspace.org.au or AISNSW Student Services team on 02 92992845.

How SunSmart is Your School?

Can the community see that your school is proudly SunSmart? To find out what information the community sees visit [The SunSmart Program](#) website. This program supports more than 2,000 NSW primary schools to minimise student and staff over-exposure to UV radiation and reduce their risk of skin cancer by developing and implementing best-practice sun protection policies. Being SunSmart means more than just 'No hat, play in the shade'. It is about adopting a whole school community approach to address sun protection practices.

Independent Schools Digital Collaboration Network

The Independent Schools Digital Collaboration Network (ISDCN) is a collaboration between AISNSW and Independent Schools Queensland. Free webinars for teachers and parents are hosted each term and accessible through the [ISDCN website](#).

KidsMatter Early Childhood

[KidsMatter Early Childhood Initiative](#) has been launched to integrate Early Childhood and Primary for a whole-school approach to student and community wellbeing.

KidsMatter Partnership Resources

KidsMatter aims to support schools to connect with local services and support wellbeing partnerships. [This resource](#) can assist schools to make important links and enhance wellbeing for K to 6 students.

Mindfully

Mindfully is a radio program presented by ABC Radio and Smiling Mind Australia. To start the school term, the program has produced sessions for school use. These sessions recognise the new school term can be a stressful time for families. [The guided mindfulness sessions](#) have been tailored for parents, children, adolescents, university students and teachers.

Mission Australia 2017 Survey

The 2017 Mission Australia Survey is open for [registration and participation](#). The survey results provide a valuable snapshot of young Australians and offer important insights that inform Mission Australia's work and government decision making. The survey closes 31st July and results will be released before the end of the year.

New NSW Healthy School Canteen Strategy

The new Canteen Strategy was released during term one with input from all three education sectors and NSW Health. [School case studies](#) are available for school access along with [menu planning suggestions](#). Although not compulsory for AISNSW schools, participation is strongly encouraged.

PISA Wellbeing

In April, the OECD released Volume III of its PISA 2015 [results report](#). The report focuses on student wellbeing and draws information primarily from the wellbeing survey. The report also draws information from the school and student questionnaires and the educational careers and ICT questionnaires and the parental survey in order to draw broader conclusions about factors that may impact on student wellbeing in more general terms than canvassed in the wellbeing survey. This is the first time that the data has been combined to draw conclusions around wellbeing.

Primary School Mindfulness and Movement

Mindfulness also includes opportunities to move. In this [short episode](#) from ABC Radio's Mindfully program, a session is provided for primary-aged students to engage with during lesson breaks.

Puberty Resources

Teachers can order [free school and student resources](#) for use in Stage 3 and 4 PDHPE and student wellbeing lessons. Many resources are also available for download and mapped to curriculum.

ReachOut Parents Coaching

School professionals are often the first point of call for parents who are worried about their teenager. An innovative new service from [ReachOut Parents](#) means parents and carers of teenagers are able to access free, one-on-one coaching online with experienced practitioners and schools are encouraged to let parents know about the support available. Parents can register confidentially at [ReachOut.Com/Parents/Coaching](#) and schools can refer parents from anywhere in Australia by emailing coaching@reachout.com. The coaching program is just one part of the [ReachOut Parents](#) service launched last year. This extension to the ReachOut service for young people provides parents and carers with practical tips, information, peer-support forums, tools and stories to support their 12 to 18 year-old children.

ReachOut Strategic Plan

ReachOut recently released its Strategic Plan 2017 to 2020 with an ambitious goal to assist an additional one million people. The plan has three key priority areas including digital mental self-help, helping young people offline and inspiring greater support to accelerate change. AISNSW is a critical friend to ReachOut Schools and provides advice and feedback to help meet the needs of students and teachers in independent schools.

Resilience, Rights and Respectful Relationships

This is a Victorian resource from a team of gender and education experts in the University of Melbourne's Youth Research Centre. The experts have developed the Resilience, Rights and Respectful Relationships curriculum to address gender-based violence along with the interconnected area of social and emotional wellbeing and resilience building.

Respectful Relationships and Domestic Violence Toolkit

Implementation of amended Years 7 to 10 PDHPE syllabus content relating to domestic violence commenced in 2016. The NESA (formerly BOSTES) [domestic violence prevention toolkit](#) has been developed as a cross-sectoral resource to assist PDHPE teachers to implement the amended content. Key features of the teacher toolkit include frequently asked questions, definitions, signs and symptoms of abuse, suggested resources, support available, sample activities, research and references. In March 2017, AISNSW will host a webinar to support PDHPE and student wellbeing implement updated content.

Sesame Street Autism Character

Sesame Street has introduced a new Muppet character. Julia, a little girl, has orange hair, a toy rabbit and autism. Julia made her Sesame Street TV debut in April after being included in digital and printed storybooks. In her debut episode, Julia demonstrated some common characteristics. When Big Bird is introduced to her, she ignores him. Confused, Big Bird thinks "That maybe she didn't like me". But the other Muppets tell him, "She does things just a little differently." For support with students with autism, please contact AISNSW Student Services Assistant Division Head, Lisa Ridings lrulings@aisnsw.edu.au.

Smartphone Support

These infographics from the United Kingdom look at smartphone usage and suggest strategies to support students and teachers.

Smiling Mind Troll Mindfulness

Smiling Mind has partnered with DreamWorks Animation to produce a [mindfulness session](#). The session aims to assist children to relax, engage with mindfulness and find happiness from within.

Spring into Wellbeing

The AISNSW 2017 K to 12 Student Wellbeing Conference will be held on Friday, 1st September at the Sydney Novotel Manly Beach. [Professor Andrew Martin](#) will keynote at the conference along with a range of wellbeing practitioners and school-based presenters.

Sporting Schools Program Funding

The Term 2 2017 round of Sporting Schools Program funding is open for school applications from with more than 6,290 schools already registered nationwide. The program continues to provide Australian primary schools the opportunity to access funds to give their students a variety of free quality sport experiences before, during or after school.

Schools are encouraged to visit the [Sporting Schools site](#) to register and book a program or to access resources.

Spotlight on Bullying

Principals Australia Institute is offering a free one-hour MindMatters webinar on Wednesday 17 May to discuss how the MindMatters framework and Spotlight resources can be used to help school communities develop positive and practical strategies to prevent bullying.

Student Wellbeing Hub

The Australian Government Department of Education and Training has released the new [Student Wellbeing Hub](#) which replaces the Safe Schools Hub. The Student Wellbeing Hub provides information and resources for educators, parents and students on wellbeing and is guided by the principles of the National Safe Schools Framework, which promotes a whole-school approach to wellbeing. The aim of the hub is to assist schools to create safe, supportive and respectful teaching and learning communities.

Student Wellbeing Module for Teacher Professional Learning

This online self-paced wellbeing 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 research and essential classroom resources. Teachers are able to use the module as a learning tool to inform their practice and create wellbeing activities for students. There is an opportunity for teachers to share their experiences with other participants and to receive six NESA (formerly BOSTES) accredited hours for completing the module.

Talk Soon, Talk Often

Talk soon, Talk often is a book written to help parents navigate sexuality education conversations with their children. Originally produced by the Western Australian Department of Health, the book is the result of research by La Trobe University, which asked parents what they wanted to help them navigate this potentially complicated and anxiety provoking topic. The book was such a success that all legal content, support materials and services have now been updated to suit parents, carers and families living in NSW.

Teaching for Inclusion

This tool will allow teachers to create an individualised planning document for each student. Choose each specific learning trait to get started. The document can be previewed in a browser or downloaded as a PDF.

Teacher Stress

This [mindfulness exercise](#) is designed to help teachers understand their reaction to stress, also known as the fight or flight response. It works by noticing where stress is held in the body in order to switch from fight or flight mode into calm, alert and rest mode.

Teacher Wellbeing

This infographic supporting teacher wellbeing strategies can be printed and promoted within school staffrooms.

Teenage Brains

This infographic from the US National Institute for Mental Health provides useful information for students, teachers and parents in relation to adolescent brain development.

Thought Observation

Secondary school students sometimes have trouble paying attention and staying focused. [This resource](#) from Smiling Mind has been created to enhance students' awareness of thoughts. Through learning to observe thoughts, students are more likely to stay on task and manage stress.

Your Time in the Sun

Your time in the sun is the latest campaign from the NSW Cancer Institute, aimed at reminding young people about the importance of protecting their skin in the sun.

Vegetable Week

Vegetable Week featuring The Big Veggie Crunch is a school-based health promotion event that aims to increase students' knowledge, exposure and positive attitudes towards vegetables. Vegetable Week runs from Monday 22 May to Friday 26 May 2017. The Big Veggie Crunch will be held at 10am on Thursday 25 May. If this time doesn't suit calendars, schools are welcome to make another time over the week that does suit.

World Happiness Report 2017

The *World Happiness Report* is a landmark survey of the state of global happiness. The World Happiness Report 2017, which ranks 155 countries by their happiness levels, continues to gain global recognition as governments, organisations and civil society increasingly use happiness indicators to inform their policy-making decisions.

Y-PEP Child Protection Education Program

YWCA NSW is offering a free child protection education program for children and young people from Years K to 10. It is aligned to the NESA NSW K to 6 and 7 to 10 PDHPE syllabuses, focusing on the three key themes: Recognising Abuse; Power in Relationships and Protective Strategies. It is designed to complement, strengthen and support the curriculum outcomes already delivered by teachers. The program can be accessed via face-to-face delivery, live streaming and/or on-demand resources. For further information about how your school can access the Y-PEP Child Protection Education Program contact the YWCA via email at ypep@ywcansw.com.au or phone (02) 9285 6254.

RESOURCES

ARACY Middle Years Resources

Resources from the Australian Research Alliance for Children and Young people's Middle Years Forum held in February 2017 can be accessed by all educators and health professionals. PowerPoint presentations from Professor George Patton, Professor Gerry Redman and Debbie Noble-Carr are also available for download.

Blue Knot Foundation

Blue Knot Foundation has developed a series of [fact sheets](#) to meet the needs of the different groups of people who are impacted by childhood trauma and abuse. This includes those who have experienced it, and those affected by it, including family, friends, partners and loved ones (carers/supporters). Fact sheets have also been developed for people who work with survivors in different capacities.

Bullying Resources

This [animation](#) from *Bullying, No Way!* is for students aged 9 to 13 years. The animation helps students learn what bullying is and what to do if they are bullied. Teachers can also access resources and lesson plans for supporting materials for the classroom.

Early Childhood Webinars

KidsMatter Early Childhood [free webinars](#) are opportunities for learning and reflection. Teachers and parents can participate in a live event or register and watch the recording post-session.

Children's e-Safety Commissioner Resources

The Office of the Children's e-Safety Commissioner offers free resources related to online safety targeted at primary and secondary school students. Resources include classroom lesson plans, information and clips related to social media, digital citizenship and more.

Headspace Mindfulness for Students

Encourage children to use [Headspace mindfulness](#) to be calmer, kinder and more focused throughout their day.

KidsMatter e-Books

KidsMatter e-Books are available for teachers and parents to access when supporting primary school students. Topics include mental health, social and emotional learning, social development and working with community.

KidsMatter Primary Aboriginal Education Portal

KidsMatter offers a range of resources to assist schools with significant enrolments of Aboriginal and Torres Strait Islander students. The resources support schools to unpack meaning of mental health and wellbeing in an Aboriginal and Torres Strait Islander context particularly regarding language, interpretation and translation. AISNSW Aboriginal Education Consultant Rosalyn Thomas is available for assistance related to Aboriginal education and wellbeing rthomas@aisnsw.edu.au.

Kindergarten Orientation Packs

As part of the NSW Government's ongoing commitment to the schools Road Safety Education Program, the Kindergarten Orientation Road Safety Pack free resource has been produced to assist schools to raise families' awareness 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 via the NSW Centre for Road Safety.

NSW Wellbeing in Education Facebook Group

An additional resource for wellbeing in education are available in a Facebook forum, updated with articles and resources on a daily basis. Educators are encouraged to contribute and share resources and ideas in these professional forums.

Orygen Webinar Resources

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. Each month, free webinar recordings are posted on the site for educators and health professionals to access.

Personal and Social Capabilities

ACARA has released resources to support the teaching or personal and social capabilities. The [continuum](#) provided can support schools developing a wellbeing scope and sequence. For further support in this area, contact AISNSW Student Wellbeing consultant, Nicky Sloss nsloss@aisnsw.edu.au.

RESEARCH, ARTICLES AND CLIPS

Project Air

Project Air is a collaboration between NSW Health and the University of Wollongong. Factsheets relating mental health and wellbeing can be freely accessed on the [project website](#) by teachers and school counsellors.

ReachOut Parent Portal

ReachOut.com has introduced a service to help parents help teenagers. On the site, teachers and parents will find fact sheets, stories and practical tips and tools covering a range of topics, issues and experiences that are relevant to teenagers aged 12 to 18 years. Schools are encouraged to share the resource with their parent and carer communities.

Refugee Support

The Sesame Workshop hopes the friendly faces of [Sesame Street characters](#) will help refugee children navigate the complex social and emotional effects of trauma and displacement.

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 to 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.

Sexuality Education – Sense and Sensibility

This [site](#) provides resources for teachers and parents looking to learn more about sexuality education and support children and young people managing adolescence.

Social Research Centre

Three public lectures were held in different Australian cities focusing on what we can do to ensure young people are socially and emotionally fit enough to flourish in learning and in life. Broad concepts and outcomes of educating the whole child were shared including: advancing and promoting children's social and emotional competence in schools and how this is linked to academic success, social and emotional learning initiatives in Canada and the USA and recent research evaluating universal classroom-based social and emotional competence promotion programs. Resources from the lectures are now available for download.

21st Century Skills

The gap between the skills people learn and the skills people need is becoming more obvious as traditional learning falls short of equipping students with the knowledge they need to thrive. Today's job candidates must be able to collaborate, communicate and solve problems – skills developed mainly through social and emotional learning. Combined with traditional skills, this social and emotional proficiency will equip students to succeed in the evolving digital economy.

Are the Kids Alright?

This report is the final report of the Child Wellbeing Project about young Australians aged between 8 and 14 years. Led by Professor Gerry Redmond at Flinders University, the main findings include that marginalisation has far reaching consequences for wellbeing and that young people are experts in their own lives so their views need to impact policy.

Boys' Social and Emotional Learning

Social and emotional competency is key to school success however, it does not come naturally to many boys. In this article, the author details which strategies that students can use to handle stressors and promote positive relationships.

Character Education

This article explores the importance of character education in the United States. This is the first in a three-part series on character education and how character attributes are becoming a factor in secondary and higher education admission.

Circles and Restorative Practice

Through daily restorative circles, students and teachers at one school work together to identify what happened and determine a logical consequence for their actions.

Consent

This YouTube clip can support discussions relating to respectful relationships and sexuality education in the classroom.

Cyberhate

In [Cyberhate with Tara Moss](#), a documentary produced by *The Full Box* for ABC TV, author Tara Moss investigates online abuse, revealing her own story and those of others who have been victims of cyber violence. Whilst this documentary is suitable for teacher education, schools need to exercise professional judgement when sharing sections with students.

Dear Teacher

Students with a formal diagnosis such as autism, Asperger's, ADHD, learning disabilities, Sensory Processing Disorder, and Central Auditory Processing Disorder along those who just need to move while learning, often find it challenging to shine in a traditional classroom. The students who collaborated to write and star in this Dear Teacher video represent such students. These students wanted to share with educators how their brain works and offer simple ways teachers can help.

Emotional Intelligence

Emotional intelligence (sometimes called EQ), is the ability to use emotions effectively and productively. Since the publication of the initial research in 1990, innovative schools and educational organisations have begun integrating emotional intelligence into their educational programs through a process of social emotional learning (SEL). It is becoming increasingly clear that an emphasis on teaching and modelling EQ/SEL skills is a foundation for high-performing students, classrooms, and schools.

Learning to Be

In this [short article](#), Professor Sue Roffey examines how children and young people learn to be and what can schools do so that what students learn is positive, constructive and helpful for their own lives and the health of their communities.

Mindfulness and Wellbeing

There is a lot of research conveying mindfulness' positive impact upon psychological wellbeing. This article explores some of the evidence in relation to mindfulness and attention and self-regulation.

My Year 12 Life

In 2016 cameras were given to a diverse group of teenagers across Australia to film the most dramatic 12 months of their lives, Year 12. The resulting self-executed 'vlogumentary' explores the gamut of issues confronting teenagers. Teachers are encouraged to embed this series of activities into existing comprehensive units of work that contain content which includes themes such as resilience, goal setting, exam stress, friendships, respectful relationships, mental health and future directions.

Not Special Needs

This [YouTube clip](#) was released in time for World Down syndrome Day on 21 March. The clip prompts students and teachers to consider what "special needs" does a person with Down syndrome really have?

Principal Wellbeing

Catholic Education Western Australia (CEWA) is working with Professor Donna Cross of the Telethon Kids Institute on a research project into the health and wellness of principals. The app is under development and initial research will look to identify the characteristics and wellbeing mindsets of primary principals, as well as developing an understanding of how these factors relate to principals' health, school size and school socio-economic status. Analysis of the research has the potential to bring significant benefit to principals, students and the wider school community.

Psychological Health

This article explores the importance of focusing on the psychological health of our students as well as social and emotional learning in schools.

Respectful Relationships Victoria

This series of video resources were made available after the Respectful Relationships Forum held in Melbourne in November 2016. The Victorian Government is investing \$21.8 million over two years to roll out a holistic approach to Respectful Relationships across schools and early childhood services. This approach will support the delivery of [respectful relationships education](#), through the new Victorian Curriculum across all year levels. NSW PDHPE and student wellbeing teachers can engage with the resources to suit and meet their needs.

SBS Insight Teacher Special

In a recent edition of SBS Insight, the program gained access to schools and classrooms to examine how inspirational teachers engage with their students.

Sexting

In this short [TED talk](#), Amy Adele Hasinoff looks at problematic responses to sexting in mass media, law and education, offering practical solutions for how individuals and tech companies can protect themselves online.

Sexuality Education for Young People

The National Association of Independent Schools (USA) shares [resources](#) related to student wellbeing and sexuality education.

Screen Technologies and Wellbeing

How are screen technologies such as computer games, the internet and social media changing the human brain? Susan Greenfield examines these ideas and shares [free resources](#) with teachers and parents.

Social and Emotional Skills

This [teacher blogpost](#) focuses on the importance of social and emotional learning skills and their link to wellbeing and academic outcomes.

Supporting Transgender Youth

Trans 101 was created by the Youth at Ygender and Minus 18 to support transgender and gender diverse students. This introductory video supports students and teachers to understand definitions and encourages students to be understanding of difference and diversity. This video is contained in a more [comprehensive resource](#) supporting transgender students.

Teacher Social and Emotional Learning

The Greater Good Science Centre explores the importance of positive role models for student wellbeing and the development of key skills throughout their schooling.

The Nature of Wellbeing

Given that wellbeing is a quality of all living systems, it too, is complex by nature. This article examines what happens when we apply complexity science to wellbeing. Rather than seeing wellbeing comprised of an abstract shopping list of pillars building blocks or factors, it is seen as an always adapting pattern of relationships.

Transition to School

The importance of a positive transition to school is well recognised. This paper examines the existing literature on the transition from home and/or early childhood settings to primary school.

The following is a list of AISNSW Student Wellbeing Professional Learning courses for 2017. 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. <https://www.aisnsw.edu.au/Services/PL/SW/pages/default.aspx>

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

Monday, 6th February – Friday, 15th December

AISNSW K to 12 School Counsellors Conference

Thursday, 24th May – Friday, 25th May

We are all teachers of Wellbeing

Wednesday, 26th July

AISNSW K to 12 Student Wellbeing Conference: Spring into Wellbeing

Friday, 1st September

Relationships and Diversity in PDHPE and Student Wellbeing

Friday, 10th November

WEBSITES OF INTEREST

Black Dog Institute

Bravehearts – child protection

beyondblue – for secondary schools

Bullying. No Way!

CASEL – Collaborative for Academic, Social, and Emotional Learning

Curve Lurve

Children's e-Safety Commissioner

Cyber Strong Schools

Edutopia

headspace

HeadStrong 2.0

Independent Schools Digital Collaboration Network (ISDCN)

Kids Helpline

KidsMatter

KidsMatter Early Childhood

Melanoma Institute Australia

MindMatters

National Eating Disorders Collaboration

NSW Parents' Council

Peer Support Australia

PDHPE Resources NSW Department of Education

Principals Australia Institute

ReachOut.com

ReachOut.com Professionals

ReachOut.com Parent Portal

Road Safety Education AISNSW

Six Seconds

SunSmart – NSW Cancer Council

Transport for NSW Centre for Road Safety

Sexuality, Sexual Health and Relationships Education

Student Wellbeing Hub

Student Wellbeing Funding Opportunities AISNSW

The Butterfly Foundation

Wellbeing Australia

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