

## **WELCOME to Autumn 2007 newsletter for *Wellbeing Australia*.**

The website is <http://www.wellbeingaustralia.com.au> . Our email address is now in synch with this. Please let us know if you change your email address if you want to keep receiving newsletters.

One change you may find on the website is the decision to focus more directly on what is happening in education. Caring school communities, where social and emotional skills are both modelled and taught, are essential for wellbeing in all our communities and the foundation of hope for Australia's future.

As promised in the last newsletter we have now put up a 'Stories' page on the website and encourage you to just write a few words about what you are doing. Send to [mail@wellbeingaustralia.com](mailto:mail@wellbeingaustralia.com) There are wonderful examples of what works in promoting wellbeing and hearing about real life experiences can be as powerful as any research paper! Small events are as helpful as big projects – though we are also interested in hearing about these.

We have also added more materials and links. For those of you who are working directly with primary aged children check the many excellent downloadable resources on the UK SEAL (Social and Emotional Aspects of Learning) site <http://www.bandapilot.org.uk/pages/seal/index.html>

You may also be interested in the new All about... section in resources. We plan to put up information (weblinks, books, articles) about a theme related to Wellbeing. The first is on resilience. If you can add to this let us know. <http://wellbeingaustralia.com.au/All%20about.html>

There is an increasing interest in 'happiness' and what it means. A recent SBS Insight program is just one example. The Dalai Lama, Ross Gittens and others will be speaking at a conference in June in Sydney on Happiness and its Causes. Details of this and other relevant conferences on the website. For those who have not checked out Martin Seligman's Authentic Happiness website it is worth a look – while you are there you can check out your 'signature strengths' <http://www.authentichappiness.sas.upenn.edu> Martin Seligman has a major project planned in Australia in Geelong Grammar School in Victoria later this year.

One of the important findings of the happiness research is that so long as you are not in relative poverty, relationships and connectedness to communities are more important than material acquisitions. This is congruent with the message we are giving on Wellbeing Australia about the knowledge and skills needed to build healthy communities.

Peta Blood has busy setting up a new professional member organization for those working in restorative practices. There will be an inaugural conference in

the Sunshine Coast 16<sup>th</sup> – 19<sup>th</sup> October. More information on [www.rpiassociation.com](http://www.rpiassociation.com)

There are an increasing number of books on the market that explore various elements of emotional and social literacy in schools. Teacher Wellbeing, Developing Emotionally Literate Staff, Bullying Solutions, Circle Time for Emotional Literacy and Emotional Coaching are just a few of those published in 2006. Details on the books section of the website.

The next Circle Time training in Sydney is on Tuesday August 28<sup>th</sup>. In May and June Sue Roffey is presenting after school seminars in Melbourne and Brisbane on Beyond Behaviour Management: Relationships and Student Wellbeing <http://www.leadingedgepl.com.au/calendar.aspx>

People across Australia are signing up for Wellbeing Australia, some of these are Wellbeing Co-ordinators, others are working in schools as mainstream staff or behaviour support. Several are researching in related areas. We have now reached every state and are beginning to think of how we might develop this resource and the network further. If you have any ideas let us know.

The new on-line Journal of Student Wellbeing may be of interest to both researchers and practitioners.  
<http://www.ojs.unisa.edu.au/journals/index.php/JSW>

A special edition of Education and Child Psychology on Psychological Wellbeing, also invites contributions. Papers need to be between 3,500 and 5, 000 words. Enquiries [s.roffey@uws.edu.au](mailto:s.roffey@uws.edu.au) or [t.noble@acu.edu.au](mailto:t.noble@acu.edu.au)

### **Letting people know about Wellbeing Australia**

Please feel free to distribute this newsletter to your own networks and other interested colleagues. Any feedback is also helpful.

If you missed previous newsletters you can access these on the website under Ongoing Work: Archives.

Many members are doing work related to wellbeing, resilience, emotional literacy, restorative practices and relational values. Anyone who wants a workshop/training course/ seminar etc publicised on the Events Page of the website please let us know. A brief description, dates, cost and email contact.

**You are receiving this because you have expressed an interest in this network. Please let us know if you would like to be removed from our mailing list at any time.**