

WELCOME to the Winter 2009 Wellbeing Australia Newsletter

<http://wellbeingaustralia.com.au>



We welcome Sharon Austin and Sam Chadwick of Peer Support Australia to the Advisory Board.

Peer Support Australia

Peer Support Australia provides training and consultancy services which foster the mental, social and physical wellbeing of young people and their communities. Now in its 4th decade, Peer Support Australia is evolving programs and learning modules on orientation, relationships, optimism, resilience, anti-bullying and values. The Peer Support Program is integrated into curricula and sustained through all year groups. It supports positive cultural change in schools with a range of strategies developed in collaboration with members of each whole school community

With programs emphasising peer led / skills based experiential learning, Peer Support Australia delivers training, which give teachers the tools and information they need to implement the Peer Support Program in their schools. Workshops include:

- workshop for establishing and maintaining the Peer Support Program in schools;
- anti-bullying training for supporting students, staff and parents
- SRC leadership workshops aimed at assisting schools to encourage meaningful and active participation across all areas of school life.

Scheduled workshops are currently held throughout the year in New South Wales, ACT, Queensland, Tasmania, Western Australia and the Northern Territory. To find out more, visit www.peersupport.edu.au or contact 02 9905 3499 or peeroz@peersupport.edu.au

John Hattie's Research.

Everyone in education needs to know about this huge meta-analysis exploring the qualities and behaviours of effective teachers around the world. The most effective strategies are giving regular feedback and fostering an atmosphere of trust. More in Hattie's book "*Visible Learning*" (2009) New York Routledge.

Other new publications of interest are the *Handbook of Positive Psychology in Schools*, (2009) Rich Gilman, E. Scott Huebner, Michael J Furlong. (eds) Routledge. Barbara Fredrickson's book on her twenty years of research: *'Positivity'* (2009) Crown

Mind Matters

Take time to check out their new website www.mindmatters.edu.au/default.asp
This shows how this valuable program is now developing a fresh approach across Australia. The next Mindmatters conference is June 29th and 30th details on site.

Other conferences: Nov. 3-5 Sydney International Society of Child Indicators and Children as experts in their own lives. More information on www.isci09.com/

Cyber safety

The Australian Communications and Media Authority provides a range of services for students, teachers and parents. They will attend schools as a free service to talk to teachers and parents and students about how to be safe on the internet. 1800880176

<http://www.acma.gov.au/cybersafety>

www.netalert.gov.au

www.cybersmartkids.com.au

Journal of Student Wellbeing. Great articles, great resource, now in its second year.

This e-journal can be accessed at <http://www.ojs.unisa.edu.au/index.php/JSW>

Circle Time Solutions: A framework for developing relationships and resilience

Introductory days in Sydney June 25th and October 15th, in Adelaide July 16th

Trainer programs now available in Adelaide July 17th and 18th, Sydney October 16th and 17th. You must have completed an introductory day with Sue Roffey, Peta Blood or Inyahead) For request more information contact [here](#)

Innovative Program

The City of Wolverhampton College, UK, has opened an Applied Centre for Emotional Literacy, Leadership and Research. The centre aims to develop a framework to promote or advance the field of emotional literacy. It launched its program with a conference in June that brought together people from education, health and business sectors, notably Professor John Mayers, a pioneer researcher in the field. The centre will focus on organising the field, developing guidance and policy, providing training, curriculum and development, monitoring activities, conducting research, evaluating the impact of social/emotional based programmes www.acellr.com. Also mentioned at the conference was the innovative Spanish city, San Sebastian where the minister for Technology and Innovation, Jose Urrejola has introduced social and emotional literacy across the city – in the schools, families, businesses and town leadership!!

Looked at the website recently? www.wellbeingaustralia.com.au

On the front page you can Link to YouTube to hear Barbara Fredrickson talk about her research on Positivity, download a 36 page booklet on restorative practices and read some tips for teachers on asking challenging questions.

Letting people know about Wellbeing Australia

Please feel free to distribute this newsletter to your own networks and other interested colleagues. Feedback and contributions are always welcome. If you change your email address or want to come off this list let us know. Thanks.