

WELCOME to the Spring 2010 Wellbeing Australia Newsletter



Mind and its Potential Conference

<http://www.mindanditspotential.com.au/>

Sydney, November 18th and 19th 2010

Wellbeing Australia is endorsing this conference and those who are signed up to the network will be entitled to a discount. State this on your application form when you fax it to 02 9798 9413 or call Customer Service on 02 8719 5118

The Federal Scoping Study on Wellbeing commissioned by the Australian Government is now on the DEEWR website. The final report:

<http://www.deewr.gov.au/Schooling/wellbeing/Documents/ScopingStudy.pdf>

and the literature review on

<http://www.deewr.gov.au/Schooling/wellbeing/Documents/LitReview.pdf>.

The study explores the relationship between student wellbeing and their academic achievement. It includes a definition of student wellbeing and outlines seven school pathways to enhance student wellbeing and learning.

Thanks to all WBA members who took part.

Another opportunity for a contribution to research. This New Zealand study explores the path of individual wellbeing over the course of a year. The next cohort begins this month, September. Go to <http://www.wellbeingstudy.com>

Social and Emotional Learning. Go to the Wellbeing Australia website <http://www.wellbeingaustralia.com.au/wba> for the link to the meta-analysis conducted by CASEL in the US. You might also be interested to read about the Academic, Social and Emotional Learning Act 2009

In July 2010 the Australian Primary Principals Association (APPA) asked all political parties to commit to four priorities of which social and emotional learning was one. We continue to advocate for this across Australia.

Positive Schools 2011 <http://www.positiveschools.com.au/>

This conference takes place in May next year with events in both WA and QLD.

Mindmatters and Kidsmatter

Liz Furler has been appointed as the CEO Principals Australia and Heather Parkes and Jeremy Hurley are the new National Coordinators. A Principals Australia office has been set up in the ACT. Mindmatters are currently putting together a pack for Beginning Teachers. KidsMatter are looking at various models to expand the pilot.

The Revised Safe Schools Framework. This will be launched early in 2011

Recent and new books that will be of interest to WBA members.

Chadwick, S. (2010) *They Can't Hurt Me* – a peer-led approach to bullying – explores a successful intervention program which when implemented effectively was found to reduce the frequency of bullying behaviours (published by Verlag Dr. Muller) available on Amazon

Fredrickson, B. (2009) *Positivity* Experiencing positive emotions in a 3-to-1 ratio to negative emotions leads people to achieve more and enhances their sense of wellbeing. The book includes exercises designed to enhance relationships, health, relieve depression and broaden your mind. Oneworld Press.

Hansberry, B. (2010) *Working Restoratively in Schools. A Guidebook for Developing Safe and Connected Communities*. This clear and comprehensive book shows how to make restorative approaches work effectively across a whole school or centre. Includes many strategies including what to do when things don't go to plan. Available from [Inyahead Press](#).

McGrath, H and Noble, T. (2010) *Hits and Hots Teaching +Thinking+Social Skills* Includes new high impact teaching strategies and higher order thinking strategies, games & quizzes and guidelines for teaching & assessing social skills. For students from 7 years to tertiary. Includes CD for IWB
<http://www.hi.com.au/bookstore/bmoredetail.asp?idVal=2714/6493/45498>

Roffey, S. (2011) *Changing Behaviour in Schools: Promoting Positive Relationships and Wellbeing*. This book contains ideas to promote the positive, increase student engagement, address the diversity of difficulty and develop emotional literacy, resilience and pro-social behaviour. Includes Professional Development and Circle activities. Published by Sage in November: 15% discount from Footprint Books

It is probably too expensive for individuals but universities should hold a copy of the *International Research Handbook on Values Education and Student Wellbeing* edited by Terry Lovat, Ron Toomey and Neville Clement and published by Springer. You can access individual chapters on-line

Circle Solutions Info re training <http://www.circlesolutionsnetwork.com.au/csn>

Sharing Information. If you know about relevant conferences, resources, programs, good practice or just have good stories to share please let us know at:
<mailto:mail@wellbeingaustralia.com.au>

Letting people know about Wellbeing Australia: Please feel free to distribute this newsletter to your networks and 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